



"Breaking the Cycle"

7-Day Relationship Reset

A phase-by-phase roadmap for interrupting the Patterns that show up in relationships.

Instead of Fixing everything in a week, we interrupt the pattern it grows from - in the moment it starts.

- Lauren Dry

The Connection Catalyst

[Learn More with Lauren →](#)

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Welcome to the **Breaking the Cycle** **7-Day Reset**

This reset exists because most relationship advice skips the part that matters most - what's happening inside each of you before a word is said.

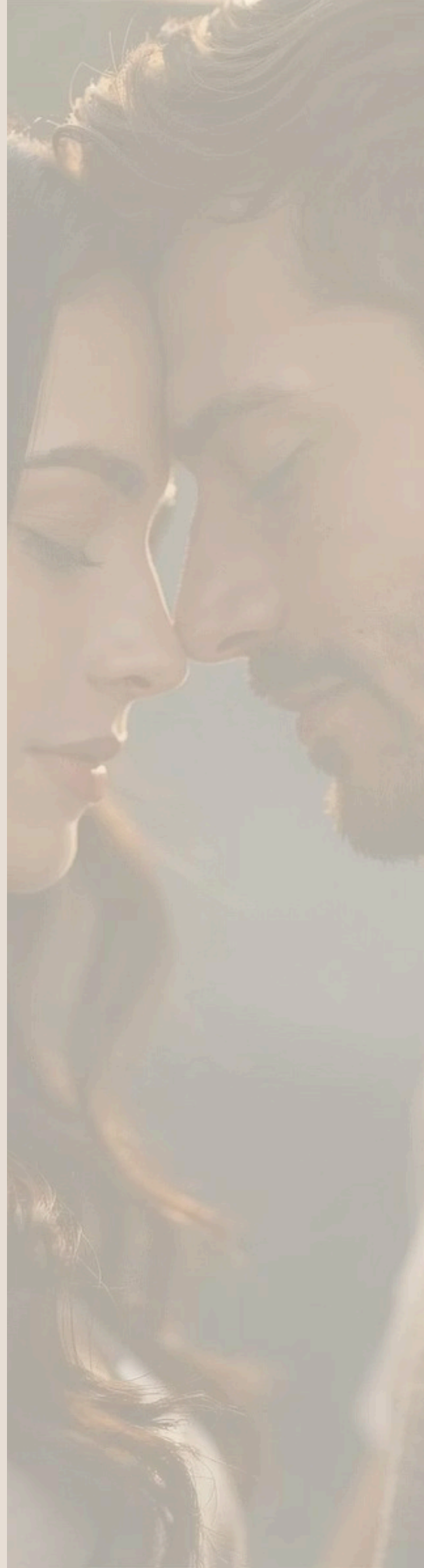
This is a 7-day, phase-by-phase process for interrupting the patterns that keep showing up, no matter how many times you've tried to change them.

Included is an exclusive introduction to the **Connected Boundaries™** method - a model for getting clear on **who** you are, **what** you need, and **how** to communicate that without losing yourself or the relationship.

Each phase builds on the last. Some days will feel easy. Some will ask more of you. Trust the process - it's designed to meet you where you are.

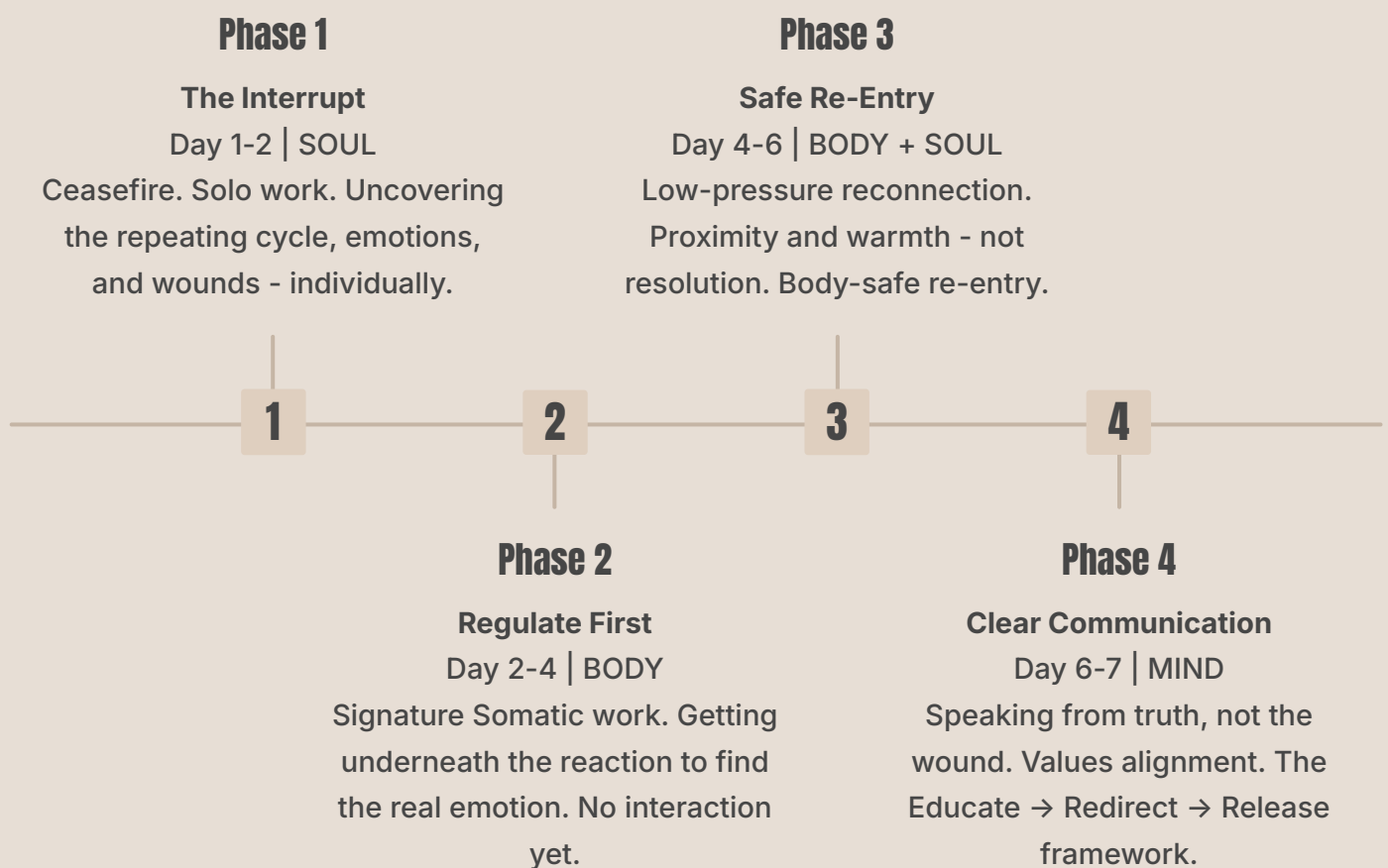
Seven days won't fix everything straight away. But it will change the moment the pattern usually takes over - and that's where everything connective can begin.

With love, Lauren Dry x



Your 7-Day Reset at a Glance

Four phases. Seven days. One goal: interrupt the pattern before it runs you - and come back to each other differently.



At each phase, the **Breaking the Cycle 7 day Reset** gives you a clear framework: depending on your **capacity, energy level, and the closeness of the relationship**, so you can Educate, Redirect, or Release with Ease.

Phase 1 - The Interrupt

DAY 1-2

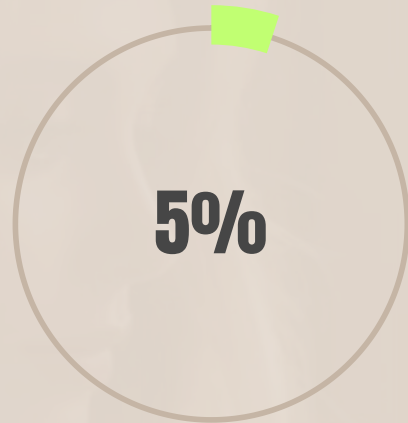
SOUL

This phase is about calling a ceasefire - not a resolution (yet). Each person steps back individually to observe what's happening inside themselves. Basic interaction: No fighting. Just space.



Unconscious Mind

Behaviours, Patterns, Relationships



Conscious Mind

What we think we control, with words alone

What the pattern looks like in real life:

- Cycles of broken trust, in any relationship
- Shutting down or going quiet
- Tension building before anything is even said
- Snapping - and then wondering why

⚠ **Minimal interaction with the other person about the conflict, yet.** Your only job in Days 1-2 is to go inward solo.

Practical Steps:

Call the Ceasefire

Step away from the conflict - even silently. No more rounds, no more last words. The ceasefire is not surrender; it's the first act of self-connection.

Journal Your Experience - Solo

Write without editing. What did you feel? When did it start? What did it remind you of? This is not about who was right - it's about what's alive in you.

Uncover the Repeating Cycle

Look for the pattern beneath the cycle. What emotions keep showing up? What wounds are being touched? What common story is here?

ACTION Steps - *Phase 1*

DAY 1-2

SOUL

ACTIONS

Set a timer for 20 minutes. Write without editing. These prompts are designed to help you move past the surface story and into what's actually happening underneath.

What triggered me - and what's the earliest memory I have of feeling this same way?

What emotion am I most aware of right now? What might be underneath it?

What story am I telling myself about what happened? Is this story familiar?

What do I actually need right now - that I haven't asked for?

What pattern keeps showing up in my relationships - and when did it start?

Your Journal Space



There are no right answers here. The goal isn't insight - it's honesty. Write what's true, not what sounds good.

Phase 2 - Regulate First

DAY 2-4

BODY

You cannot access truth from inside a stress response. This phase is solo work - regulating your nervous system and uncovering the real emotion beneath the surface reaction.



of communication is non-verbal - mind and body must be on the same team

What dysregulation actually feels like:

Tight chest / held breath

A bracing in the ribcage, shallow breathing - the body still bracing for impact even after the moment has passed.

Urgency to resolve

The frantic pull to fix it NOW is cortisol, not clarity.

Flooding / over-explaining

Words spilling out faster than thought - the body trying to outrun the feeling with language.

Shutdown / disappearing

Going blank or unreachable - not indifference, but overwhelm.

What's really underneath the reaction:

Anger → Abandonment

Beneath most anger is a fear of being left, dismissed, or unseen.

Withdrawal → Shame

Pulling away is often the body protecting a wound too exposed to name.

Hurt → Fear

Underneath hurt is almost always fear - of not being enough, or losing the relationship.

Control → Anxiety

The need to manage or fix is the nervous system trying to create safety where it feels none.

"The reaction is not the truth. It's the signal. Your job in this phase is to follow it inward, solo."

ACTION Steps - *Phase 2*

DAY 2-4

BODY

ACTIONS

These aren't thinking exercises. They're body-first practices. Try them first before processing and communicating anything.

→ 90-Second Somatic Reset

One hand on your chest, one on your belly. Breathe in for 3, out for 6 - repeat until your shoulders drop.

→ Name the Layer Underneath - In Writing

Ask: "What am I actually feeling beneath this reaction?" Write it without editing - the first honest answer is usually the real one.

→ Move Before You Process

Walk, shake out your hands, stretch your jaw. Emotion lives in the body - movement discharges what words can't reach yet.

→ Cold Water Reset

Hold your wrists under cold water for 30 seconds. It activates the dive reflex and slows your heart rate - fast, physical, effective.

- Practice the RISE signature somatics exercises that you can use in the moment - these are designed to work fast, wherever you are.

Your Notes

"You cannot think your way out of a feeling. We move through it first."

Phase 3 - Safe Re-Entry

DAY 4-6

BODY + SOUL

This phase is about how to re-enter without restarting the fight. The goal is **presence, neutrality, and low-pressure connection** - not resolution.

- ❗ **No heavy conversations yet.** No fixing. No pushing. No "we need to talk."

What to DO

- **Sit next to each other**, not face-to-face confrontation
- **Parallel activity** - walk, drive, cook together
- **Short interactions**, not "big talks"
- Let body connection rebuild at its own pace

What to AVOID

- Forcing a resolution before both people are ready
- Bringing up the original issue in a charged moment
- Interpreting silence as rejection
- Pushing for acknowledgement or apology right now

"You don't need to resolve anything yet. You just need to remember you're on the same side."



ACTION Steps - *Phase 3*

DAY 4-6

BODY + SOUL

ACTIONS

These are low-pressure, body-safe ways to begin reconnecting. The goal is proximity and warmth - not resolution. Let the relationship breathe before you ask it to carry weight.



Choose Side-by-Side Over Face-to-Face

A walk, a drive, cooking together - side-by-side removes the pressure of eye contact and creates shared experience without confrontation.



Initiate One Small, Neutral Moment

Make them a cup of tea, send a low-stakes message - one small act of warmth signals safety without demanding anything back.



Let Silence Be Okay

Comfortable silence is a sign of nervous system safety, not distance - resist the urge to process out loud before both of you are ready.



Check In With Your Body Before You Speak

Before any interaction, pause: if your chest is tight or your jaw is clenched, wait - re-entry only works when your body is actually ready.

Your Notes



You're not pretending everything is fine. You're choosing to rebuild safety before you rebuild understanding.

Phase 4 - Clear Communication

DAY 6-7

MIND

You've done the hard solo work. You've interrupted the pattern, regulated your body, and re-entered with care. Now - for the first time in this cycle - you can actually speak. Not from the wound. From the truth. Using the groundbreaking **Connected Boundaries Method™**



This simple structure: **Educate**→ **Redirect**→ **Release** is your communication framework for Day 6-7.

Practical lines you can actually use:

Educate - name the pattern without blame

"When our ____ Value isn't working while we're talking, I feel ____ and need ____"

"When this happens, I notice I shut down. I'm working on staying present."

Redirect - state what you will do differently

Subject change, energy change, environment change.

Every conversation is an emergency when we're dysregulated.

If resentment isn't high, feel free to redirect.

Release - allow space, don't force outcome

"I'm going to take a break - I'll be back in 10mins."

Allow the conversation to land without demanding an immediate response.

Honour your own capacity while using "bridges"

"Breaking the cycle doesn't mean never fighting again. It means we stop handing the pattern the wheel."

ACTION Steps - *Phase 4*

Your values are the foundation of every boundary, every conversation, and every pattern you're trying to break. This is where you get honest about whether you're actually living them.

Your Values Check - Be Radically Honest

Values Check #1 - COMMUNICATION What are your top Communication Values? (e.g. Calm, Tone, Respectful Dialogue) Am I actually showing up this way - or just expecting it from others?	Values Check #2 - LIFESTYLE What are your top Lifestyle Values? (e.g. Gentle Parenting, Spirituality, Adventure) Am I living in alignment with these - or just claiming them?	Values Check #3 - CORE What are your top Inherent Values? (e.g. Honesty, Authenticity, Kindness) - aim for 5-6 max. Am I radiating these in my relationships - or holding others to a standard I'm not meeting?
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Your Notes

"You can't break the cycle by changing your words alone. You break it by becoming someone who no longer needs the pattern."

Q: I'm Having Trouble - What Do I Do?

NEED MORE INSIGHT?

A: Parts Integration Work

If you're feeling blocked, stuck, or like the pattern is winning - that's not failure. It means there are *Old Parts of you trying to Protect you from Change*. These parts learned their reflexes a long time ago, and they're doing their job. They just need to be **Heard, and Redirected - Unconsciously**.

We can help these parts feel heard, soothed, and integrated using Unconscious Mind Tools:



Embodiment Work

Somatic practices that bring you back into your body and out of the loop of overthinking or defensiveness.

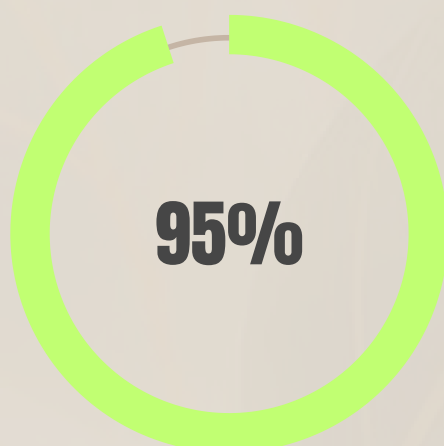


Parts Integration Practices

Working with the Parts that desire **Connection over Authenticity (*Self-Abandonment)**, or **Authenticity over Connection (*Isolation)**. Create Deep Unconscious Repair so they stop working against each other.

📌 Reach out for support for deeper support with this - for closer, clearer relationships.

This deeper inner work - your capacity, your time, your beliefs - is just for you. No other person required.



Unconscious Mind

Our Behaviours, Patterns and Decisions are controlled here, this is where the Cycle actually breaks, and Resets at the Root.

Lauren Dry x

Your Next Step

01

Days 1-2: The Interrupt

Notice the pattern. Name it internally. Use a Connected Boundary to pause before it escalates.

03

Days 4-6: Safe Re-Entry

Parallel activity. Short interactions. No big talks yet. Let connection rebuild at its own pace.

Connect with Lauren Dry

Instagram: [@the.connection.catalyst](https://www.instagram.com/the.connection.catalyst)

02

Days 2-4: Regulate First

90-second reset. Walk before responding. Delay when activated. Stabilise before you touch it.

04

Days 6-7: Clear Communication

Educate → Redirect → Release. Name the pattern without blame. State what you'll do differently. Allow space.

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