

Reboot Your Love Story



The shift between making love and making a child is an energetic one. Something which was once spontaneous changes to something that has a purpose and measurable end point.

How a couple manages this shift can make all the difference in how they cope as a couple while undergoing infertility treatments.

During those moments when the stresses of life may feel so overwhelming, here are three strategies that I recommend

for a couple to implement in order to ground themselves and to remember why they want to begin a family.

Whether you're taking these steps proactively, before issues begin to happen or want help in bringing back those loving feelings these strategies are centered on self loving and nurturing the bond between partners throughout the course of treatments or infertility.

Reboot your Love Story!

When faced with creating your family outside the privacy of your bedroom perhaps a love story reboot is needed? Just like all the discussion around a Star Wars reboot or the comic world reboot, returning to your original love story can foster a strong sense of connection and love for each other.

This process helps to reconnect the neural pathways in your brain that initially attracted you to one another, and can be a great way to re-live those exciting first moments and build upon them in the present.



Get started here!

1. Create a shared journal which can be a simple composition notebook or a special creating your family journal that you both choose.
2. Then individually or together begin.
3. Sit comfortable for a moment with your eyes open or shut, whatever is most comfortable for you.
4. Go back in your memory to that moment you knew your partner was your beloved.
5. While in that moment, feel those feelings, see it through your eyes and hear what's happening around you.

6. Relive that moment when you just fell head over heels in love.
7. Then open your eyes and journal that moment, try to be as detailed as possible. Write your love story.
8. Give your partner the shared journal and allow them some time to read your version of your love story.
9. Use the shared journal as a ongoing way of communicating. Perhaps leaving it on your bed with thoughts or questions.
10. Let there be space between you both and allow your partner to respond or not. But keep writing!
11. Your journal becomes your family creation story.

Implementing strategies that promote self-love and self-nurture is important for men and women at this time because it facilitates receiving, maintaining and balancing energy.

Taking steps like those above helps to ground you to the real reasons why you and your partner want to be parents. It takes focus off of all the rest of the "stuff" that you have to deal with and re-focuses your energy on the truly important foundations of your relationship.