

## Relationship Recalibration™ **CONFIDENTIAL** Informed Consent and Relationship Questionnaire.

“We are prey to the unconscious in very powerful ways” *Shankar Vedantam, Author of ‘The Hidden Brain’*

Relationship Recalibration™ discovers, relaxes and erases unconscious habits based on our personal history. Historical mental and emotional patterns invariably leak into relationships, causing discord, distance, and co-dependency and chronic feelings like anger, passivity, fear, invisibility, dependency and defensiveness. Originally taken on for protection or other good reason to deal with less than perfect life circumstances, these historical patterns now keep us locked into the past – in other words, not completely present to ourselves or our partners.

### THE RISK OF CHANGE.

As historical patterns of body and mind are released, participants often find increased compassion and appreciation for their partners, along with greater autonomy, assertiveness and feelings self-sufficiency. The tendency to blame oneself for the other’s state decreases. This may decrease tolerance for behaviors that had been tolerated. These changes can profoundly affect the relationship, bringing in new possibilities and new ways of relating. In some cases counseling (marriage counseling or psychotherapy) is recommended to assist individuals and couples to negotiate the changes. These changes may also lead towards dissolution of the relationship.

### RELATIONSHIP RECALIBRATION™ VS. COUNSELING

Both are useful for different reasons, and complementary. Relationship Recalibration™ addresses outdated imprints in the nervous system breaking up *old* patterns of reaction. This means that new behaviors are now *possible*. Counseling helps you to better understand and integrate these changes into your relationship and life, and helps you to find *new* behaviors to successfully carry you forwards. In computer terms, RR clears the viruses that have been making your computer run poorly and reboots your computer freeing all available resources, while counseling helps you to understand the programs you have and learn new ways to make them run better. Counseling may be necessary in situations that are volatile or difficult to manage.

### CONFIDENTIALITY

This questionnaire is to be filled out separately by *each* participant. Sharing the questionnaire with your partner is not recommended. Sessions are usually done in confidential one-on-one meetings, with understanding that each partner has their own private space. What happens in session is never shared with your partner or anyone else, without your written permission.

The patterns of thought, feeling and perception that we bring to our relationship developed long before we met our partners and are ultimately are personal to each partner. In spite of sometimes knowing ‘better’, our particular

history can lead to selective perceptions and interpretations that view our partners unfavorably and unfairly. Revealing these interpretations, based as they are on unconscious filtering, can be unnecessarily hurtful to your partner. Unconscious thoughts, feelings and emotions may be newly realized in a session, only to be immediately ‘recalibrated’, diminishing their significance. In plainer words, there may be no sense dropping trash on your partner on the way to the dumpster.

That said, some couples may decide to observe each other’s sessions. Sessions will sometimes reveal the story behind the issues that have been stressing a relationship, and observing the impact of the other’s past can be moving, powerful and eye-opening, leading to greater understanding and intimacy in the relationship. You may also decide to work on just a single issue in each other’s presence, even if the bulk of the work is done alone.

The bottom line is this: ‘If you feel it, you can heal it’. If the presence of your partner inhibits you from acknowledging your thoughts or feelings, the effectiveness of the treatment is diminished because areas will be unaddressed.

### THE TREATMENT

The purpose of Relationship Recalibration™ is to erase personal patterns that detract from presence in relationship, and these patterns can be painful to see, at times. The good news is that bringing them to the surface means that they can be cleared, and every effort is made for you to leave the session having addressed what has arisen.

The treatment includes bodywork including chiropractic, acupuncture (usually non-needle) and other forms of treatment. Please inform Dr. Weissfeld of any physical issues or concerns you may have about the treatment or other health issues, and fill out the health assessment form.

I understand and consent to treatment.

I will fill out the questionnaire at [www.neurontogenics.com/couplesurvey.html](http://www.neurontogenics.com/couplesurvey.html), or I will come in early to fill it out or I will email [drweissfeld@gmail.com](mailto:drweissfeld@gmail.com) to request a copy.

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Signature

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Date

**CONFIDENTIAL - CALIBRATE THE EXPERIENCE OF YOUR RELATIONSHIP**

These 34 questions will be used to gauge the present state of your relationship and assess results of your program.

Questions that ask about how your partner thinks or feels are based on your impressions, do not ask them.

Enter Answer from 1-5 - Answer quickly with your first response.

Questions all refer to your relationship or your feelings about your partner, not other areas of life.

	1-5		1-5
I feel guarded around my partner		I am too needy for my partner	
I feel that I have to justify myself		We have difficulty working out our problems	
I feel disrespected		We disagree about everything	
I feel my opinions don't count		I don't trust my partner around money	
I feel put down, belittled		My partner doesn't trust me around money	
I feel lonely		I don't trust my partner	
I feel angry		I don't trust myself	
I hold back my real thoughts and feelings		My partner doesn't trust me	
The problems we have are my fault		I am afraid of my partner	
The problems we have are my partners fault		My partner is afraid of me	
I feel guilty		I am disappointed in the relationship	
I feel shame		My partner is disappointed in the relationship	
My partner is angry at me		I sometimes regret getting into this relationship	
It feels like we are on opposite teams		My partner regrets getting into this relationship	
It feels like we lead separate lives		Our physical relationship is not satisfying to me	
My partner is too clinging		My partner is not satisfied with our physical relationship	
I crave more closeness		I express my needs and desires	
I need more space		My partner expresses needs and desires	
Add up all numbers	Total		Total

Grand Total \_\_\_\_\_