

# Self-Regulation in Relationships

## How to manage your emotions instead of relying on your partner to soothe them

### Quick recap

This was a coaching class led by Annie focused on self-regulation and nervous system management in relationships. Annie taught participants about the importance of regulating one's own emotions rather than expecting partners to provide emotional relief, using the metaphor of two people drowning and needing to learn to swim to shore independently. She explained how unregulated emotions often stem from unresolved past experiences that get triggered in present situations, and demonstrated practical self-regulation techniques including breathing exercises, meditation, and body awareness practices. The class included a live demonstration with Hristo where Annie guided him through a process of identifying and releasing trapped emotions, followed by breakout room practice sessions where participants could apply the techniques with partners.

### Summary

#### Emotional Regulation in Relationships

Annie led a discussion on emotional regulation and attachment dynamics in relationships, explaining how early childhood experiences shape our expectations in adult relationships. She emphasized the importance of learning to self-soothe and regulate one's own nervous system rather than depending on a partner to provide emotional relief. The group discussed how different people have varying capabilities in providing comfort, using personal anecdotes to illustrate the point that a partner's inability to meet emotional needs may not be due to a lack of care, but rather a difference in skills or capacity. Annie stressed the significance of

developing independence in emotional regulation as a key to healthy relationships and successful parenting.

### **Self-Regulation and Emotional Processing**

Annie led a discussion on self-regulation and emotional processing, explaining how triggers cause people to "time-travel" back to past unresolved feelings. She demonstrated a practical technique involving breathing exercises and inner attention to reduce emotional intensity and integrate unresolved feelings. The session concluded with participants practicing this technique in breakout rooms, with Annie encouraging everyone to apply these tools when facing minor frustrations.