



3 STEPS TO

GET OVER YOUR EX

A "Custody Without Courts" Book

THOM TESSANDORI

The “Custody Without Courts” Book is available here:

<https://CustodyWithoutCourts.com>

The following report contains excerpts from the book “Custody Without Courts” as well as Newsletters by Thom Tessandori.

If you find this report helpful, you are going to get a ton of value from the “Custody Without Courts” book and the forthcoming “Partnering Parents” book.

Thank you for signing up to my Newsletter list. Please enjoy this bonus report to help you get over your Ex-Partner in three steps.

A handwritten signature in black ink, appearing to read "Thom", is centered on the page.

Romantic break-ups are never easy. Even if it's a clear choice that you shouldn't be together, that doesn't make breaking up any less painful.

And if you are like most folks that have been a long-term relationship before, there are many things that can cause triggers, like money, jealousy and children. Things that seemingly have nothing to do with your actual relationship, yet somehow effect it in a negative way.

As a parent, you are quick to realize that kids take up alot of time. This is just one of those "facts of life". And if you are preoccupied about a previous partner or, even more painful, not quite over a break-up with a Co-Parent, your kids get even LESS of your time.

If you are reading this report, chances are you are ready to get over the break-up with your Ex. No matter how good or bad your breakup went, there is a good chance that there is still emotional fodder that needs to be dealt with.

If one of the struggles you are experiencing is Child Custody, meaning that you can't agree about how much face time with your child and money should be part of your agreement, than you are ready for my book "Custody Without Courts". Go here to read more about my book:

<https://CustodyWithoutCourts.com/book.html>

If you aren't quite there yet and still need to resolve some emotional issues, please read on. I've included three steps in this report that, when done in order, will help you resolve any previous relationship inside of yourself.

This it true for how good or bad it went, how long ago the break-up was and if you still talk to your previous partner or not. Try these and let me know how it goes. You can write me directly at

Thom@CustodyWithoutCourts.com.

Please use these “quick launch” links to go to a given section:

[Step 1: Throwing Away The Image](#)

[Step 2: Disappearing The Voice](#)

[Step 3: Changing The Color](#)

Step 1: Throwing Away The Image

There is a really great exercise in Neuro Linguistic Programming that I used after I'd have a less-than-fun interaction with my Previous Partner. This isn't necessarily a thing you can do in the moment, but I have to say that in the times I was attempting to quiet my mind, especially right after the break-up, it was very helpful.

The exercise goes like this:

Choose a moment that happened where you had an interaction with your Previous Partner. I had a tendency to choose "bad" moments, mostly because there weren't many good moments during our breakup.

Take the moment when you feel the most intense, like the moment you want to do damage to another person just because you are frustrated or you feel unheard.

Then freeze it.

Just like a snapshot or a screenshot from a video, take the movement and literally stop it in your mind.

Slowly extract the color from it so that it become black and white and you are left with just a “vintage” looking image of the situation you chose.

Then, in your mind, crinkle up that picture into a ball of photo paper and throw it into the river. Like, actually see yourself at the edge of a river or on a bridge throwing that paper into the water below.

This might sound relatively simple, and it is. This is part of the beauty of this exercise.

But it’s also a really powerful exercise that helps you reframe situations and see them for what they are. It puts you in control of something you normally don’t have control over. But more importantly, it gives you the mental wherewithal to know that ultimately you are responsible for your emotions and thoughts.

After all, those thoughts are just moments and something in that moment just happened. The moment might temporarily make you sad or happy, or you might feel nothing, but the important takeaway is that it's just a thought.

Because thoughts and feelings are ephemeral and we have the ability to choose our reaction to thoughts, I was free to choose whatever I wanted to.

I choose her and by choosing her, I chose her actions.

I chose my daughter being late for school, I chose having to buy school uniforms for my daughter and having to pay late fees on her school lunch tab... all that comes with it.

I know it's easy for me to sit behind a desk and tell you to "choose" someone whom you probably disagree with and someone who probably pushes your buttons.

But it's you who is going to take a high-road and it's you who is in the bigger person.

You see, when you choose someone for whom they are, you are the one that is in control. It's powerful and it might even sound counterintuitive to play a hero in your mind, but it works. And once you see the full potential of this, you'll be glad you took this exercise on.

Now that you have the ability to remove the visual, let's move on to helping you with the auditory.

Let's take on that little voice in your head.

Step 2: Disappearing The Voice

Another really great exercise that helps with recreating someone is to *replace* the voices in your head that come up when you are around them or think about them.

That voice in your head is the voice that passes judgements and often has a reaction that is virtually instantaneous whenever it gets triggered. Like I mentioned before, it could be when you are around that other person, when you think about them or even when you see something that reminds you about them.

Landmark Education calls those voices “Automatic Recurring Dialogue” and Dr. Daniel Aman calls these “Automatic Negative Thoughts”. Both of those are great descriptions of what I’m talking about here.

Something I also learned in Landmark is “if your internal voice is *saying* ‘*what internal voice?*’ then that’s it talking to you...”

You're intimately familiar with this automatic process, even though you may not have ever named that voice before.

We all have it and it's something that we need to confront head-on.

Before I go any deeper, let's first look at what is so when this occurs:

You had a thought and that thought released chemicals into your brain.

Those chemicals cause a reaction in your self-talk and suddenly things take on a different meaning.

Here's some examples of what I mean:

"Can you pick up the dry cleaning" turns into "*You take me for granted.*"

"I'm going to be home late from work" turns into "*You don't care about me.*"

"I like my idea better" turns into "*You're arrogant & think only about yourself.*"

"I'm going to a movie with my friend" turns into "*You don't love me.*"

These thoughts are automatic and they happen because you are human.

While you can't control this automatic thinking and internal voice that happen to you, you can control your reaction to them.

This is a critical piece to understand because we can do exercises until the cows come home but until you apply it in your real-life (and in real-time) you won't know the benefits that this can have when it comes to recreating someone powerfully in your life.

The first distinction is to recognize the difference between an observation and a judgement.

And this is done, again, in language.

An observation is a remark, statement, or comment based on something one has seen, heard, or noticed.

A judgement is the ability to make considered decisions or come to conclusions about someone or something.

Be on the lookout for judgement talk in the form of these words:

Always - e.g. "She's always late"

Everyone - e.g. "Everyone hates my new hat"

Never - e.g. "She will never learn higher level math"

No One Ever Will - e.g. "No one ever will get what my book is about"

Be on the lookout for when these particular words come up for you because they are a sure sign that you might be making up a story about someone or some event.

And not just these four, but words that judge others, yourself and especially your Ex-Partner. Once you start thinking about this more, you'll be able to quickly hear those words in the language you speak to yourself and the words you hear from others.

The best way to master this, not just in recognition but in practice, is to disappear some automatic recurring self-talk.

Here is an exercise to help you do this in the privacy of your own brain:

First, reproduce the content - This is the language that was actually said.

You can include gestures and physical actions if that was part of it. For example, thinking about someone folding their arm or rolling their eyes.

Make sure you do this if that really did happen.

As a bonus, you might want to ask yourself “*what did I make this mean?*” -

Often it’s not obvious, but worth the time to consider.

Second, repeat the content - Each time you repeat what was said, it loses its power. Repeat it over and over again, let’s give it a good 10 times and eventually by the end of the 10th time it will sound silly and even perhaps ridiculous.

Third, replace the content - Now that you have power over what was said, replace the content with something closer to what is so. And what I mean by suggesting this is that you replace the original words and gestures with what was really happening at the time.

We're doing all this so that we can "come from nothing". Like I mentioned before, the way to really recreate your Previous Partner is to start on a level playing field with them. This is why disappearing a negative voice is so important to being able to have empathy.

Here's an example:

My previous partner was frustrated about a grade in Life Science that my daughter got on a report card. As I recall, she went from a "B" to a "D". This isn't typical of my daughter because she usually does well in School and this was the only subject where there was a decline in her grades.

She said to me: "*You never pay attention to her (your daughter's) work! This is why she got bad grades*".

In privacy, I repeat this back to myself and by the 7th or 8th time it starts to sound silly. In fact, it sounded like my Previous Partner was deflecting or almost victimizing to herself.

I recognized the deflection in “you” and the judgement talk of “never”.

I then stop myself and remind myself what is so: My daughter’s grade went down in one subject.

I then replace this (or “reframe it”) by stating the fact:

She got a D in Life Science

And then I replaced the language with:

I will help her try harder by looking at her homework before she hands in it.

As you can see, it’s pretty simple to disarm the power of the original conversation. Before I had this skill I would have made myself feel bad about her grade, rather than change the language to make it not mean something else.

Let's try another example:

This time it's not about me and it's something I heard in my daughter's language.

My daughter comes home from school one day and complains that some kids were mean to her on the playground. They made fun of her because her pants were too big and draped over her shoes, which also gave her a hard time in P.E. class.

She said: *"Everyone laughed at me for wearing these pants today. I am never going to wear these pants again and no one will ever forget how I looked."*

I repeat this to my daughter eight or nine times and by the time I get to the 9th iteration she is laughing and grinning.

I see the victim language of "everyone", "I am never" and "no one will ever".

I then defined it further for her:

“Who is everyone?” I ask. To which she replies “Izzy and Naomi”.

I then gave her some perspective: “Okay, so really only 2 girls. 2 girls that are your friends, right?”.

She nodded yes.

I then assure her that if she doesn't want to wear the pants again she doesn't have to, but if that's the case we need to donate them to a kid that will wear them.

I ask her “Okay, so if it's just Izzy and Naomi, do you really think they are going to forget about those pants when you show up at school tomorrow? Especially if you *aren't* wearing them?”

She shook her head “yes”.

Finally, I reframed it for her with what is so:

Some friends laughed at you because you wore pants that were too big for you. Let's make sure that you only wear pants to school that fit you properly from now on.

She agreed.

So there is your second exercise to Recreate your Previous Partner:

Reproduce, Repeat and Replace the language that triggers your automatic listening.

Obviously my second example was with another person but it was just as good of an example of a re-frame. And since we both have children, I wanted to share with you the real influence that our brain has over our listening.

So, as you can see, what you think about actually shapes your life. And it does it in a very literal way.

Now that you've got an auditory and a visual exercise to get you on the path to emotional recovery you are one step closer to creating the most powerful Co-Parenting life you can!

Step 3: Changing The Color

One of the exercises that I mention in Section 2 of the [Custody Without Courts](#) book is a Neuro-Linguistic Programming exercise in which you remember a negative event and crumple it up, like a piece of paper. By throwing that away from your memory it can instantly remove part of the sting of that experience.

It's a powerful one that has really helped me get over the past.

In fact, it helped me many times.

I was reading a book by Richard Bandler (one of the inventors of NLP) a couple days ago and he mentioned some different things to try that I'm finding to be as equally as powerful as the exercise in the book.

He calls these "sub-modalities", which, as it turns out, are just a fancy way of saying a different technique.

I want to share some of these with you because I feel that you'll get some real value from these. I also like to suggest things that you can instantly try and that deliver immediate results. Both of these exercises offer that, so follow along closely.

So, first, think of time that was painful. Something that happened between you and your Co-Parent that, to this day, is causing you some sort of negative thinking. It could be a time where some really hurtful words were said and you are trying to get over them, or it could be a time when they said they were going to come home and they ended up spending the night at someone else's house.

Either way, think of something that's kinda negative.

Now, freeze that picture. Like make the "movie in your mind" stop, like you were hitting the pause button on a YouTube video.

Okay. Got the stopped picture? Good.

First, extract the color and make the picture literally black and white. I mean, make it look like an old '50's TV show with zero color and a bunch of gradations of grey.

Then, do a couple things with it. First turn the hue to a dark blue and slowly start fading away from the picture, so that the image gets smaller and smaller. You'll get some instant bonus points if you can make the color deeper while still fading away from what you see.

How do you feel about it?

This does something really magical in that it instantly gives you a different perspective. Whatever was going on at the time you froze that picture might not seem too intimidating now and it probably doesn't feel as painful, does it?

That's what it did for me. I've been experimenting with several different colors (red, green and yellow), but for some reason, the darker blue hue really works for my brain. It must be the calming effect that blue has, I don't know.

I would suggest that you play around with it. See if adding different colors and different shades of colors makes you feel a certain way.

Also, really take this on by doing it a couple times. The more you do this exercise for whatever event that happened, the less it will feel negative or bad. I guarantee it from experience.

Here's another one that I found to be influential.

Start with the image of the time you want to change. After you make the picture black and white, try messing with the clarity. If what you are left with in your freeze frame is you and your Co-Parent, try making your Co-Parent fuzzy and you crystal clear.

Then, slowly reverse it. Make yourself out-of-focus and give your Co-Parent clarity.

Did this change anything? Do you notice a difference between the person whom you add clarity to? Or did it stay the same.

More important than that, how did it change the way you felt about the experience? I know that you are robbing that demon of the past its power the more you do this technique.

This is a great exercise and it's one that I've used quite a bit to get over anxiety (from an accident I was in in 2015). I also use these exercises when I feel myself starting to get frustrated about a negative comment online or when something at work doesn't happen as expected. The great part about these is that they are "modular" and you can use these anytime and anywhere to feel better about a bad situation from the past.

In the book I mentioned earlier there are 11 of these "sub-modalities". I've also been playing with different combinations of these.

Wrap Up and Thank You

Thanks for reading this report "Three Steps To Get Over Your Ex". Like I mentioned earlier, I'd love to hear how this goes for you. You can write me at Thom@CustodyWithoutCourts.com and that goes directly to me.

Even if you already have a Child Custody Agreement you could still greatly benefit from my book with the supplemental tools that are included.

I have learned how to leverage cloud-technology in a free way to be able to reserve "extra" time with your children and know exactly what your kids are up to.

I also made it so that it's literally a single click and it's setup, but that's just a bonus.

The critical piece is getting along with your CoParent and setting a good example for your children to follow.

You can't get back these years with your children and it's time to take responsibility for their future well-being.

If you don't get this handled for them, they are bound to repeat the exact same things... only it may be worse for them.

Every moment that you get with your child is your moment and I learned early-on to make the best of that time.

Really ask yourself if you want to spend your time arguing with a CoParent about a bad grade, lunch money or forgotten homework. Does being late to Soccer practice really constitute having a fight in front of your child?

Probably not.

Which is why you need to get a copy of my book "Custody Without Courts".

Like I said before it's an easy-to-follow blueprint to create a Custody Agreement with your CoParent.

But it's also much more.

I suggest the best times to talk to your CoParent, when to make choices about future plans (like vacations or relocating) and when to include your children in making family decisions.

If not for your own sanity, do it for your kids.

To learn more click here:

<https://CustodyWithoutCourts.com/book.html>

And listen, if the time isn't right for you to get my book at least sign-up for my Newsletter.

It's a safe and secure way for us to communicate together.

Plus it's totally free.

I want to know how I can help turn your life around with your CoParent.

I really look forward to helping you on this journey and I can't wait to hear how these three steps helped you get over your Ex.

- Thom

All content found in this bonus report and the Custody Without Courts Website, including: text, images, audio, or other formats were created for informational purposes only.

The Content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read on my Website.

If you think you may have a medical emergency, call your doctor, go to the emergency department, or call 911 immediately.