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When it just doesn't work

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THROUGH CONSCIOUS UNCOUPLING 2B

[RELATIONSHIPS]

'Conscious Uncoupling' comes to coast

STEPS LEAD
PARTICIPANTS
THROUGH
BREAKUP

BY SARAH GRIEGO GUZ

Most people who have loved and lost will readily agree that breaking up is hard to do.

Whether you've gone through the throes of a painful divorce or untangled from a relationship, splitting up sucks.

In 2014, actress Gwyneth Paltrow announced her separation from husband Chris Martin with an internet-breaking post titled "Conscious Uncoupling."

your own needs?"

Sparage is quick to add that there is an intake process at the beginning of the program. During this period, Sparage screens for those who may have experienced abuse. In certain cases, she will refer the party to a licensed therapist where she or he can be treated before attempting the steps.

"If someone's life was possibly in danger or there was severe pathology going on, I may refer the person out," said Sparage. "Addiction is another thing. Taking care of that is the first priority."

The next step of the program is called, Break the Pattern, Heal your Heart.

A firestorm of responses ensued. Every word of the post was dissected and discussed. When it was all over, "Conscious Uncoupling" had entered the popular lexicon.

"Conscious Uncoupling is a way of breaking up in a manner in which all parties can be cared for, respected, and healed rather than broken," said certified Conscious Uncoupling coach Dale Sparage of Montara. "Gwyneth Paltrow kind of put it on the map. She didn't go through the program but she used the phrase."

According to Sparage, Conscious Uncoupling is a five-step program created by Katherine Woodward Thomas. The five steps are: Find Emotional Freedom, Reclaim your Power and your Life, Break the Pattern, Heal your Heart, Become a Love Alchemist, and Create Your Happily Ever After. The idea is to cover each step in a 60-minute session.

"Breakups, by definition, are painful," said Sparage. "We absolutely validate and acknowledge all the pain. We work with the pain, using mindfulness. We look at patterns. We break the patterns."

"Step 1 of the process is to Find Emotional Freedom. This is really about dealing with the pain," she continued. "Dealing with the overwhelming feelings that come up and learning this power practice that you can do every day."

Step 2 is Reclaim your Power and your Life.

"This is really about taking responsibility," said Sparage. "Even if it's 3 percent."

According to Sparage, this step can be achieved by anyone, even if you were the innocent, wounded party in the breakup.

"Is there anything that you did, maybe overlooking some red flags, that you chose to ignore?" Sparage asked. "Or did you maybe give your power away to someone or overlook

"Here's where you figure out the source fracture wound, the wound that you're carrying with you that really isn't true any more," said Sparage. "It's amazing how many people are generating their lives from this 7-year-old wounded place."

"You get one 7-year-old dealing with a 5-year-old in their wounded place and you have big trouble," she said with a laugh. "We really teach the skills to be in your adult self."

Going into the fourth step, Become a Love Alchemist, participants start to figure out the future with their ex.

"As you move forward, you have to have a plan," said Sparage. "How are you going to co-parent? How are you going to relate?"

"Are you going to be more formal with each other or maybe in some cases, maybe not much contact?" she continued. "It really depends how much people are cooperating."

Sparage stresses that the program is designed for the individual, not the soon-to-be exes.

"If the partner is willing to do some of it or all of it or none of it, it doesn't matter because you can do it on your own," she said.

The final step of the program is to Create your Happily Ever After.

"Often, you feel like your life is over; you're getting a divorce," said Sparage. "With this program we want you to see the possibilities."

"We really use breaking down as a way to break through," she continued. "It means that you see opportunities when there's trouble. You see it as an opportunity of what can you learn from this? How can you grow? How can you even grow into a better version of yourself and a better life?"

For more information or to schedule your free introductory session, visit creativecore-coaching.com. ■