



# MINI-COURSE SNEAK PEEK

## Respond, Don't React

### A 3-Step Reset to Show Up with Strength in Any Relationship Conflict

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#### What This Is:

You don't need another lecture on "communication skills."

You need a reset button.

**This mini-course is your reset.**

It's short. It's sharp. And it's designed to help you stop spiraling during conflict—and start showing up with grounded strength, even when things get tense.

If you've ever found yourself shutting down, blowing up, or overexplaining in the middle of a fight, this course will show you *why that happens—and how to change it*.





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#### What You'll Learn (Without Needing Her to Change First):

- What's *really* hijacking your reactions in conflict (hint: it's not just anger)
  - A 90-second technique to break the cycle before it explodes
  - A simple, powerful way to speak with calm authority—even when you're upset
  - How to lead emotionally *without* needing validation or control
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## **What's Inside:**

-  3 short, no-fluff video lessons
  -  Downloadable tools (trigger decoder, scripts, reflection prompts)
  -  Guided reset audio you can use in the heat of the moment
  -  Bonus lesson: *What if she doesn't change?*
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## **What Happens After:**

You won't just feel a little more "aware."

You'll know how to lead *yourself* in the hardest moments—and that changes everything.

This isn't therapy.

It's transformation—built for men who are ready to take the lead in their lives and relationships.

 [\[Start the Mini-Course Now\]](#)