

# thank you



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# FETCHING & CATCHING

**For those of us that are utter romantics at heart, I know we certainly wish that finding your person solved all of life's problems, but sadly, it doesn't.**

Life still has this tendency of getting in the way of your perfect and idyllic life – and sometimes that life happens to your partner too!

When that does happen, well you'd better apply some relationship ER before your partner wanders off into the distance without you.

If you've listened to old couples talk about relationships before, then you've probably heard one of them make a statement like the key to their success is that only one of them fell out of love at a time. This process mirrors that idea.

In a nutshell, fetching and catching is about exactly that: if you are the stronger of the two partners in that moment, then you need to catch the other partner when they fall out of love and believe for them, until they fall in love again.

It also means you need to go off, find them and fetch them back to the relationship, pointing them back in the direction of your love.

Sometimes this takes real strength, because it says the strongest person, not necessarily always the one that has the strength :)

Sometimes you're pretty close to rock bottom too, but if you want your relationship to survive then you need to put it first and do something to fix it.

When someone is in a sensitive state, the way you talk to them and the kinds of words you use will make a very big impact on how they perceive the situation, you and over the long term, how much they trust you and open up to you.

It's very foreign in the beginning to validate someone's feelings or to have yours validated if you're not used to it, but it is rewarding and enriches the communication, trust, connection and bonding in your relationships in ways you can't even begin to imagine it will.

## STATEMENTS TO USE

I care about what's going on in your life.  
What's happening to you matters to me.  
What happens to you, happens to me.  
We're in this together.  
I don't know how to help you but I'd really like to try.  
Can you tell me what I can do to help you?  
I love you even when you feel like this.  
I love you even when you don't think you're loveable.  
You know how you always look after me when I need it?  
Well it's my turn now.  
It's okay to feel like this sometimes.  
I'm always here to catch you when you need support.  
I'm here to help you in whatever way you need.  
I'm not giving up on you.  
Things will turn around – nothing lasts forever.  
You matter so much to me.  
You're such a very special person.  
We have so much to look forward to.  
We have so much to celebrate.  
I will love and support you until you are feeling better and lighter, and then I'll love you some more.

## ARRANGE AN OUTING

We're creatures of habit but we're also creatures that require variety and change – and sometimes we get cabin fever in our daily life routines without even realizing that it's happened.

A different setting or environment, something to look forward or a total surprise can be just the thing that your love needs to pull them out of their funk.



## ARRANGE SOME PAMPERING

Pampering varies from person to person and, especially when someone is feeling low, you do want to do something that they are already predisposed towards enjoying, so dig a little to find out what your love considers being pampered. Ideas include:

- A really nice meal at home
- Going out to dinner
- A special treat
- A professional massage
- A quiet bath at home and a massage from you
- Going to the hairdresser
- A social night with friends
- A cleaner to do a deep clean of the house

## ON A DAILY BASIS

- Be in regular contact telephonically, by text or messages, email, however you can
- Check in as often as you have time
- Reiterate the statements repeatedly for a few days or weeks
- Keep reassuring your love that they matter and they'll pull through this
- Give physical touch and affection if that matters to your lover
- Give sexual affection if that relieves stress

## GRATITUDE RAMPAGES

- Arrange gratitude rampages that you do together.
- Set the intention that you will give thanks for your relationship as often as possible during the day, or for whatever you feel like giving gratitude for.
- Everytime you speak, mention items that you are thankful for and gently urge your lover to do the same thing. Keep going for a few days – every hour if you can.



# categories



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Life Coaches Toolbox has a number of free diagnostic tools and resources that coaches, trainers, mentors and managers can use with clients, or that you can use on your own.

- Affirmations
- Anchoring
- Belief Systems
- BodyTalk Tapping
- Boundary Setting
- Building Trust
- Chakras
- Chinese Medicine
- EFT Tapping
- Eliminating Ego
- Energy Work
- Energetic Protection
- Fear & Anxiety
- Feeling Stuck
- Fighting & Arguments
- Focus & Motivation
- Forgiveness
- Gratitude & Appreciation
- Generating Joy
- Human Strategies
- Inner Voice
- Intuition
- Keeping Your Cool
- Manifestation
- Mental Exercises
- Physical Spaces
- Relationship Rehab
- Shifting Crises
- Shock & Trauma
- Meditations
- Mudras
- Writing Processes