

LOVE & Passion

LOVE AND PASSION- THE ULTIMATE RELATIONSHIP PROGRAM COMPANION WORKBOOK

No matter how much we love our children, no matter how close we are to our Creator, no matter how important our work is, ultimately, an intimate relationship is meant to be in our lives because it makes us grow. It helps us face our fears, our frustrations, our sense that we are not enough.

Most things in our lives we have figured out how to control: our bodies, our weight, our work. Relationships make us dance with the feeling of being out of control. We can't really control someone else's soul, and it is here that our ultimate spiritual growth evolves. The only thing we *can* control is ourselves: our actions, our reactions, the choices that we make in our relationships each and every day. Embrace the power *you* bring to creating the dynamics in your relationship, and you've unveiled the first secret to creating lasting love and passion.

After completing this course honestly, you can expect to:

- Learn to give without the promise of getting.
- Learn to receive your greatest joy from seeing your partner fulfilled.
- Learn to trust and to stay, even when everything in you wants to run.
- Learn to stay true to yourself and not lose your essence trying to keep the peace.
- And much more!

Where is your relationship today? Okay, but not steamy? Or maybe even painful and unfulfilling. Or maybe it's already great, but you know that there's another level of connection, intimacy, fulfillment that you can achieve together. If you are really committed to "not settling," to transforming your existing relationship from wherever it is to passionate and dynamic, the exercises in these worksheets will set you on your journey.

For those who are single...

This program is not only about improving present relationships- it is about finding a vision for your ideal relationship and avoiding *your* typical relationship obstacles. You don't want to make the same mistakes over and over again. Use the program and exercises to understand your past relationship patterns and to become the best person you can be, so that you can attract a partner who matches your own internal growth.

The First Step to a Lasting Relationship: Selecting the Right Partner

95% of a great, lasting relationship is picking the right partner. But *you* have to be the person who will bring out what you are looking for in a partner. So if you're already in a relationship, this is not about determining that you're married to the wrong person. The fact is that you can re-select who you are going to be in the relationship. And if you behave differently, it can bring out a different part of your partner. Your partner will reflect what you are looking for.

Your Three Lists: *Defining your desires*

Complete the following three-step exercise. Make sure you have extra paper so that you can continue your lists for as long as it takes to complete this exercise thoroughly.

Note: If you are single, this is an excellent tool for clarifying what you really want. If you're already in a relationship, this is a great way to determine who you would have to be in order to bring out these qualities in your partner.

1. Find a quiet time and sit down and write every single thing on earth you could ever want in the ultimate partner in life – your ultimate mate, your ultimate lover, your ultimate intellectual partner. Think about what you would be looking for mentally, emotionally, spiritually, your intellectual connection...

2. Write down everything that you must NOT have in a relationship. There are lots of things you may *prefer* not to have, but that's not what you are going for here. This is a list of things that you MUST NOT HAVE in a relationship or it would steal your soul, corrupt your integrity, violate your essence. (i.e., I MUST NOT have a partner who is a thief; cross dresses; does not want children, etc.)

3. Now, write down, very specifically, what kind of man or woman you would have to be in order to attract that person into your life. Maybe you're already married to that person, but *you* need to have a massive behavior change in order to beckon the qualities you want and need out of your partner. (i.e. maybe in order to have a more passionate lover, you need to take better care of your body, etc.) Note who has the kind of relationship you are looking for and how they behave in the relationship.

The 7 Master Skills of Relationships: The Ultimate Relationship Scorecard

Understanding, practicing, and mastering the following fundamental skills are critical to your success in finding, nurturing and creating an outstanding relationship. There is much to learn and appreciate about the needs, feelings, and behavior of yourself as well as your partner and, most important, how to use these understandings to best support your partner and your relationship.

Below are the 7 Master Skills of Relationships along with the disciplines needed to achieve these skills in a relationship. The third column offers an example for an action plan and then room for you to note down a very specific action that you believe can have the power to transform your relationship.

Singles: If you are not currently in a relationship, it's useful to complete this exercise with a past partner in mind. Many of these skills don't just apply to romantic relationships (although some of them do more than others.) Be conscious of these skills in relationships with your family, friends and coworkers.

| <u>The 7 Master Skills of Relationships</u> | <u>Discipline Necessary:</u> | <u>Action Plan:</u> |
|--|--|---|
| Skill 1: Heartfelt Understanding | Step back and feel what your partner is feeling. Be present. | <p><i>Example: I will listen to my partner as if for the first time. I will breathe deeply and clear my mind of work and other distractions.</i></p> <p>Your action plan:</p> |

| | | |
|--|--|---|
| <p>Skill 2: Give Your Partner What They Really Need</p> | <p>What drives your partner? What are they hungry for? What do they need? What do they want? What are their goals? What are their pains?</p> | <p><i>Example: Today I will look my partner in the eyes and ask them to explain what makes them feel loved. I will accept their answer as the truth and not try to change their needs to match my truth.</i></p> <p>Your action plan:</p> |
| <p>Skill 3: Create and Build Trust and Respect</p> | <p>No matter what, know that your partner has only positive intent. Remember the power of language to hurt and to heal.</p> | <p><i>Example: When I feel myself reacting to my partner as if they are doing something "to me," I will observe my reaction and trust their intention. Rather than reacting, I will open up and see what they need at that moment to feel loved.</i></p> <p>Your action plan:</p> |
| <p>Skill 4: Reclaim Your Playfulness, Presence and Passion</p> | <p>Reclaim the polarity in your relationship. Dance with the energy.</p> | <p><i>Example: What makes me feel most in my essence: masculine or feminine? I will allow myself to play full out in my essence.</i></p> <p>Your action plan:</p> |
| <p>Skill 5: Harness Courage and Embrace Energy</p> | <p>Love the truth because it will set you and your partner free.</p> | <p><i>Example: I will consciously express what is true for me and ask my partner to do the same even if it makes me feel vulnerable.</i></p> |

| | | |
|---------------------------------------|--|---|
| | | Your action plan: |
| Skill 6: Uncover and Create Alignment | Tap into the power of Higher Meaning & Constant Growth | <i>Example: I will work with my partner to uncover his or her deepest longings and commit to supporting this highest human need.</i> Your action plan: |
| Skill 7: Live Consciously | Be the Example of What You Want in the World | <i>Example: Instead of demanding from my partner, I will go first in giving what he or she needs.</i> Your action plan: |

DVD

Back From the Edge: *Creating an Everlasting Love*

Dramatic changes can take place when two partners in a relationship learn how to meet each other’s needs.

Paul and Jenn are both good people, but because neither felt as though their partner met their needs, many years of resentment and coping behaviors developed. This caused both of them deep, soul-wrenching pain and forced them into their own isolated corners where they continued to grow apart. By risking everything and understanding the power of the 6 Human Needs, they were able to turn their relationship around in just one day.

Initial Impressions:

We are all unique, but also similar in our needs. By watching the video, you most likely recognized parts of yourself and your partner that are troubling in your relationship. Pay particular attention to the moments that you “tune out” – where you can’t pay attention because perhaps the information is too close to home. Also pay attention to where you are touched and moved because you either see your own needs or that of your partner in Jenn and Paul’s story. Note these impressions below:

1. **What did you learn about yourself while watching the video?**

Was there a big “aha” moment where you broke through your excuses to the real truth of what’s holding you back from feeling love, passion and connection in your relationship?

2. **How do you protect yourself from feeling the pain?**

How do you hold back love? What would you need to get from your partner in order to release your withholding and connect mind, body and soul?

The 6 Human Needs in Relationships

You can transform your relationship by understanding and harnessing the power of the 6 Human Needs. Everyone shares these needs; we just all have different ways of meeting them.

Review the 6 Human Needs on the next page. Then sit down with your partner and interview him or her about which needs are of highest priority. Explore what has to happen for your partner to feel as though these needs are met.

If you and your partner prioritize at least one of the same human needs (i.e. if both of you are passionate about “Growth”), you have something powerful to work with. If you are aligned on your top two human needs, it could be the recipe for a truly harmonious connection.

Singles: Instead of focusing on a current relationship, take a moment to understand a past relationship or another important relationship in your life. By understanding and appreciating the past, you will rebuild your future.

The 6 Human Needs

| | |
|--|--|
| <p>1. Certainty Certainty that we can be comfortable – to have pleasure and avoid pain.</p> | <p>2. Uncertainty/Variety Variety and challenges exercise our emotional and physical range.</p> |
| <p>3. Significance Every single person needs to feel special, important, needed and wanted.</p> | <p>4. Love/Connection Everyone needs connection with other human beings and everyone strives and hopes for love.</p> |
| <p>5. Growth Everything is either growing or dying. We need to constantly develop emotionally, intellectually, and spiritually.</p> | <p>6. Contribution We all desire to go beyond our own needs and to give to others. Everything in the universe contributes beyond itself, or it is eliminated.</p> |

Action Plan

Sometimes we're not even certain how we need our partner to meet our needs and yet we're frustrated when they don't "do it right." How can they read our minds when there's nothing in there to read!

This exercise will help you clarify and discover how to meet your needs and how to help your partner meet theirs!

1. Rank your partner's 6 Human Needs, in order of importance to him or her and then let your partner score you on how you've been meeting them.

Note: Sometimes we give our partner what we need, instead of what they need. If your partner ranks "Certainty" at the bottom of her list and she rates you at a 10 for meeting that need, you know you're spending your time in the wrong place!

| Need | Order of Importance (rank from 1 through 6). | From Your Partner's Perspective, how have you been meeting their needs? (score from 1 to 10) |
|------------------------|---|---|
| 1. Certainty | | |
| 2. Uncertainty/Variety | | |
| 3. Significance | | |
| 4. Love/Connection | | |
| 5. Growth | | |
| 6. Contribution | | |

2. Choose two of your partner's most important needs and discover with your partner three ways that you could meet these needs. Ask your partner how he or she would like to have their needs met. Get specific. The more specific you get, the easier it will be to find the buttons that open your partner up to deeper intimacy, love and understanding:

Need:

1.

2.

3.

Need:

1.

2.

3.

Now it's your turn...Complete the exercises below so that your partner is aware of your highest needs and how to meet them so that you can experience a higher level of love, understanding, and passion.

Important note: Check in with your partner and make sure that it's okay to do these exercises all in the same day. Your partner may feel as though there's some "horse-trading" going on. If your partner feels like you're saying, "You've got yours, now I want mine," let your partner revel in the attention he or she just received and let the new information you've learned sink in for a day. Wait until another day or time. Your partner may need this in order to feel truly understood and to build trust.

1. In what order of importance do you rank the 6 Human Needs? Once you've completed this, score your partner on how he or she has been meeting your needs. Sometimes we give our partner what we need, instead of what they need. If your partner ranks "Certainty" at the bottom of her list and she rates you at a 10 for meeting that need, you know you're spending your time in the wrong place!

| Need | Order of Importance (rank from 1 through 6). | From Your Perspective, how has your partner been meeting your needs? (score from 1 to 10) |
|------------------------|---|---|
| 1. Certainty | | |
| 2. Uncertainty/Variety | | |
| 3. Significance | | |
| 4. Love/Connection | | |
| 5. Growth | | |
| 6. Contribution | | |

2. Choose two of your partner's most important needs and discover with your partner three ways that you could meet these needs. Ask your partner how he or she would like to have their needs met. Get specific. The more specific you get, the easier it will be to find the buttons that open your partner up to deeper intimacy, love and understanding:

Need:

1.

2.

3.

Need:

1.

2.

3.

The secret of a happy relationship is knowing how to satisfy each other's human needs.

When you satisfy any two needs of a person, you have made a connection.

When you satisfy four of the human needs, you have created a bond.

If you have satisfied all six human needs, your partner will never want to leave you.

Are you meeting your partner's human needs?

Congratulations on taking the first steps to creating the ultimate relationship in your life. If you've listened to the DVD, watched the CD and committed to completing the exercises in this handbook, you have undoubtedly gained powerful skills that can transform your love relationship.

We all want love and passion, but many of us fill ourselves up with work, friends, sports, food, or causes outside the realm of passion, ecstasy and intimate love. The good news is that regardless of your past experience or current relationship, you have just experienced the promise of something deeper, richer, and lasting. It is now within your grasp.

The gap between who you were at the beginning of this program and who you are now is something you can be proud of and excited about. You most likely won't be perfect, but every move that you make forward in your relationship creates the opportunity for even greater growth, a deepening of your connection, and the chance to experience the love and passion you deserve. Allow yourself to experience the richness of life.

Enjoy the journey!