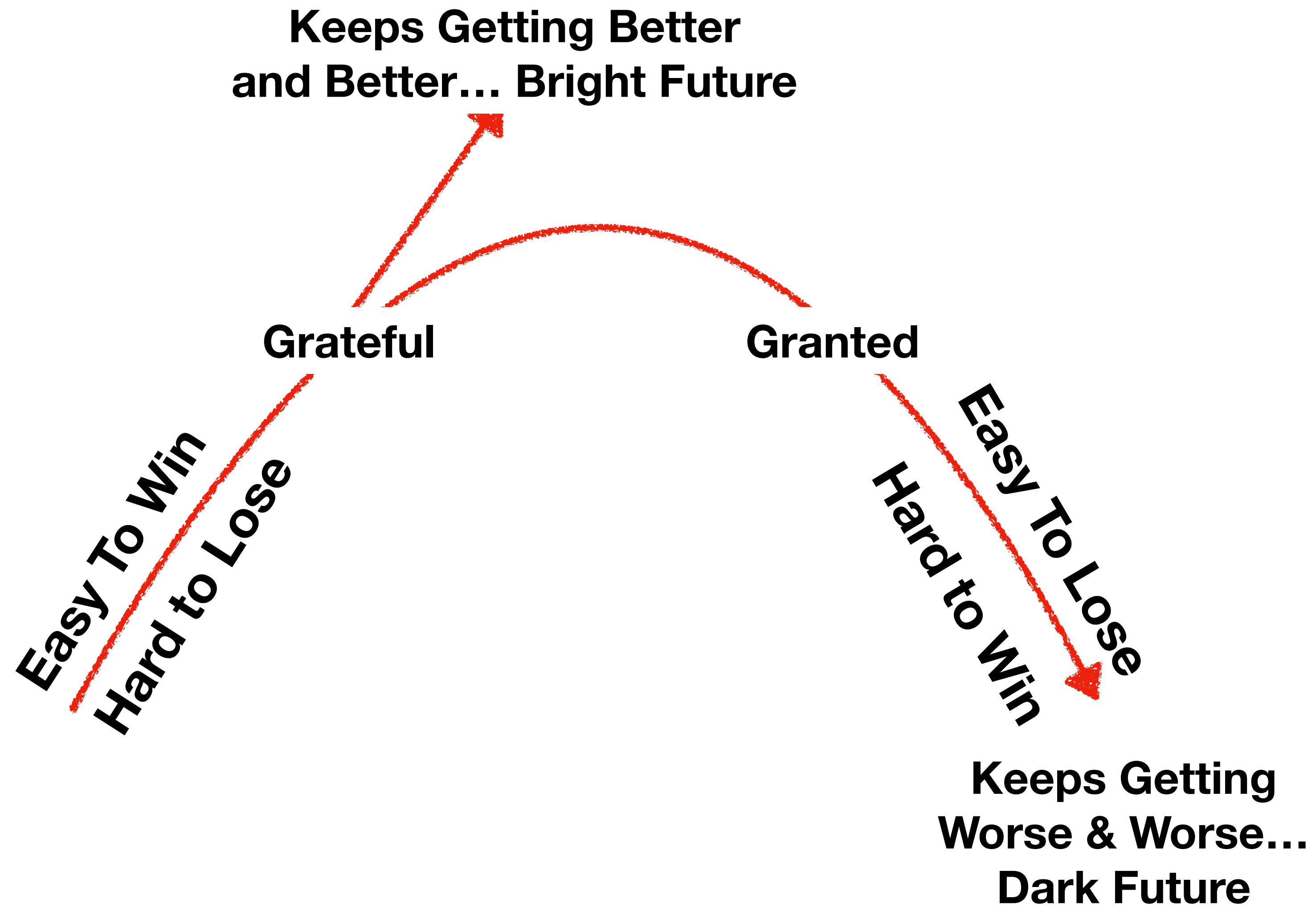


# ***You Matter To Me...***

<https://youtu.be/HH9gLM4I7tY>



# Keeping Love Alive





**Should feel like this...**



**Ends up feeling like this...**



**5,844,690  
Views -  
Youtube**

# *Benefits of Mastering Relationship Skills*

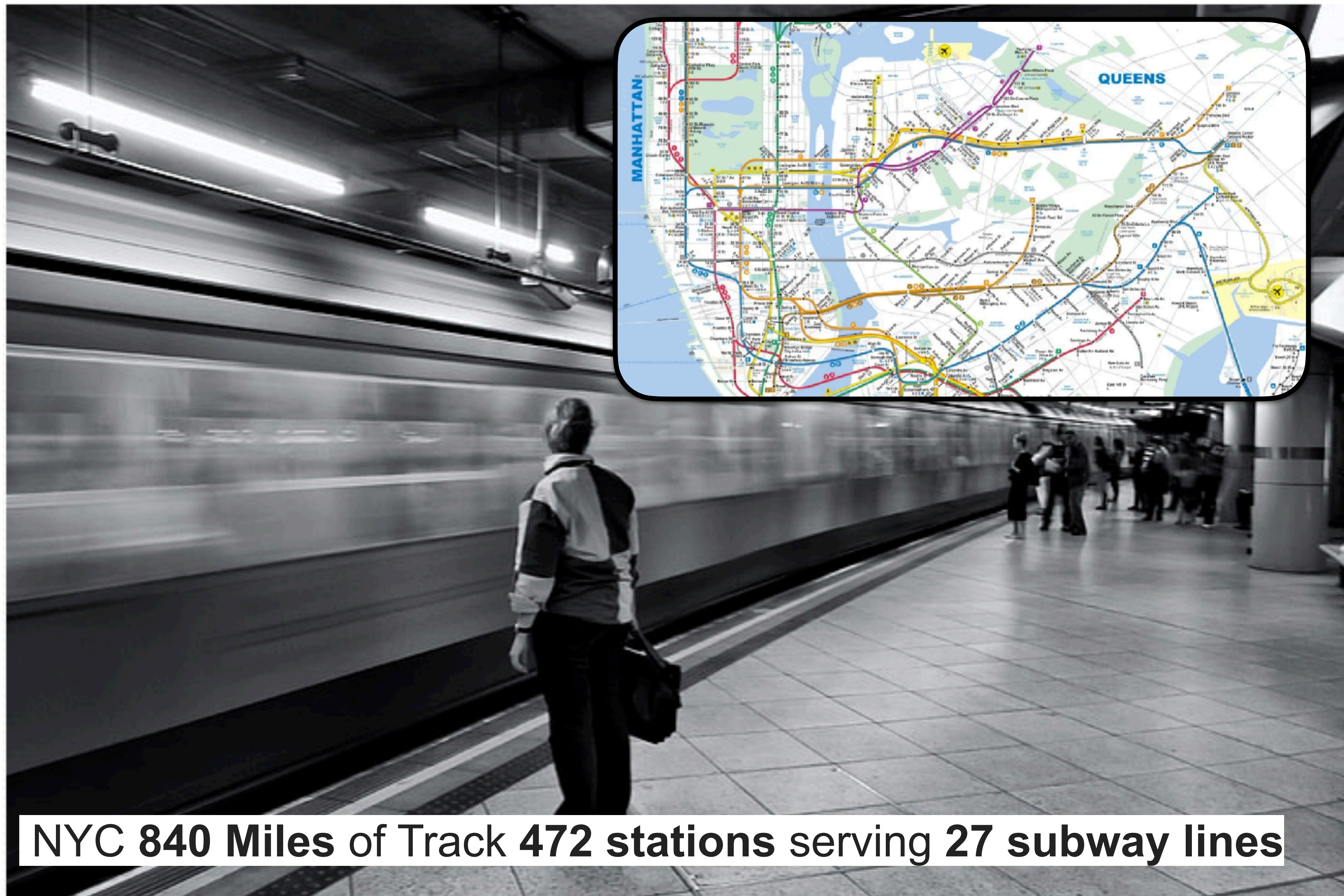
- He stopped taking himself so seriously and started having much more fun
- He loved that he was able to really enter her world so that she felt heard, understood and valued – and he felt like her hero
- He stopped worrying about what he said and became very interested in what she heard – this was a huge breakthrough
- He loved that they both became aware of the impact of using any language that implies BSW (Bad, stupid, wrong)
- The power of speaking in Chunks and not overwhelming his partner. Chunking Down information so it was more absorbable
- He became a lot more patient and supportive of his partner



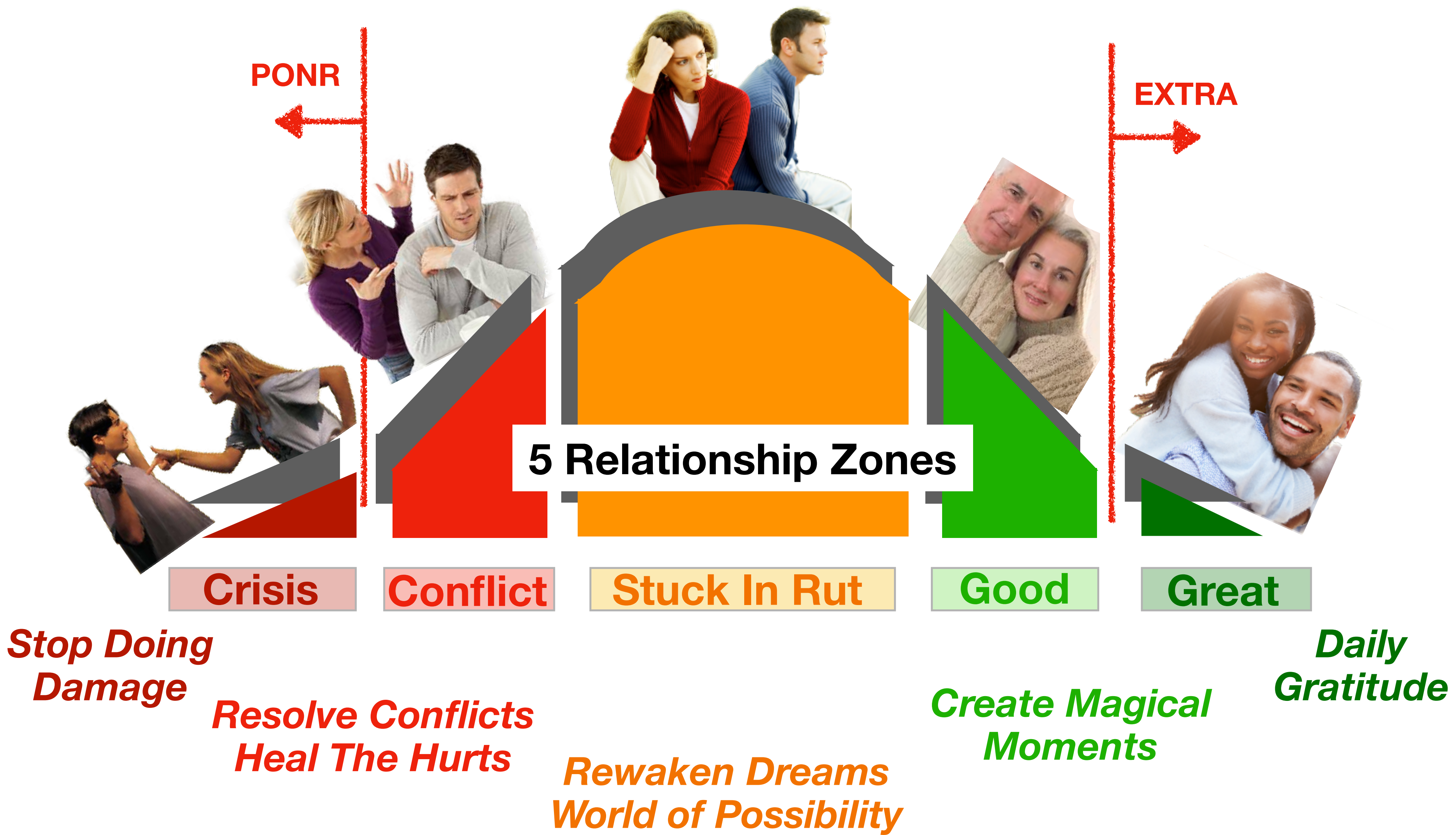
# *Benefits of Mastering Relationship Skills*

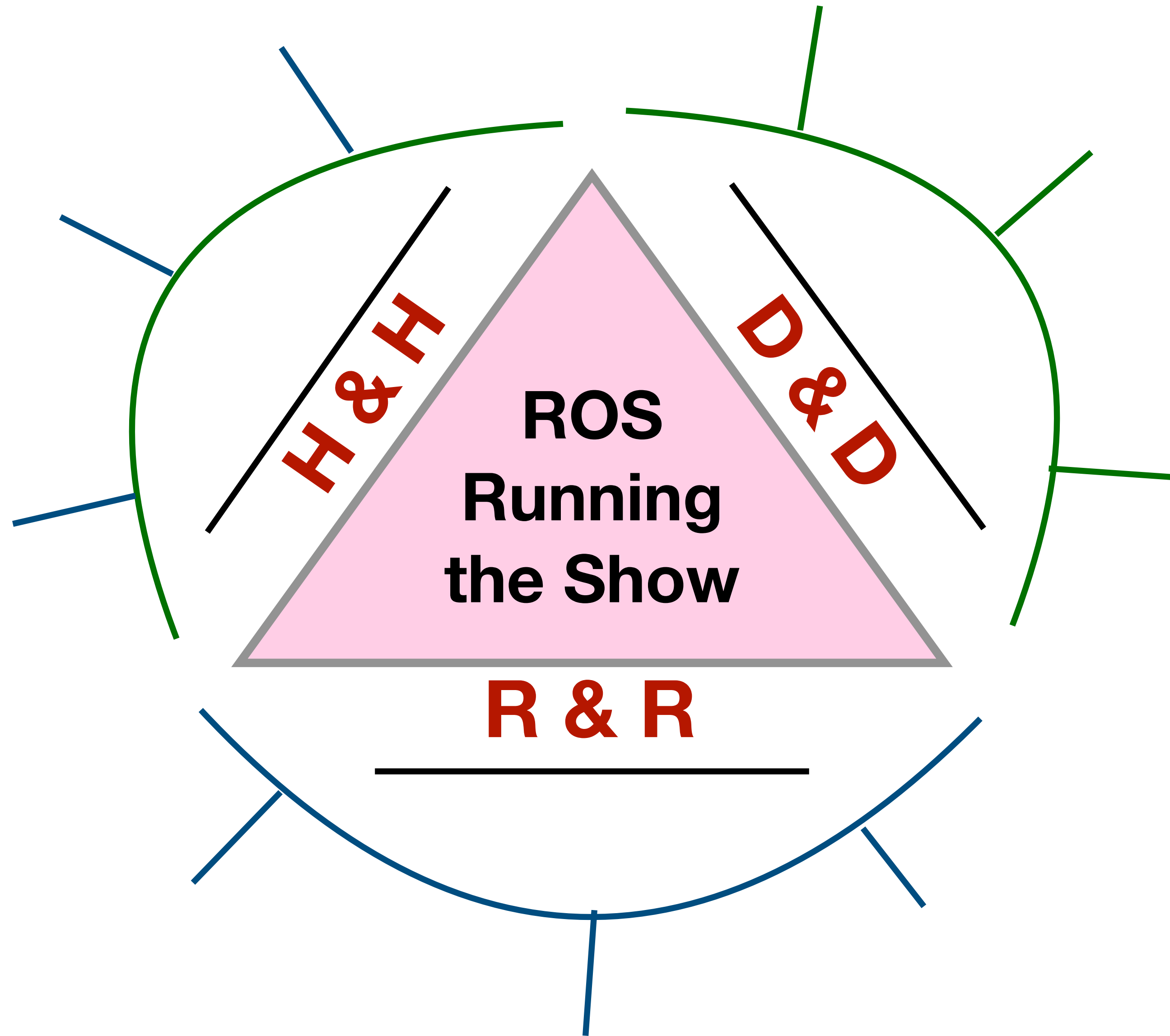
- She got back her feminine power – and went from feeling like he had all the power in the final say... to understanding that he wants to be her hero and to make her happy
- She used the “Can You Hear Me Now – Communication Process” to enter his world and really hear, understand and value him.
- She was also able to discover which of her ten core needs were beneath her upsets
- She stopped taking his masculinity personally and started to understand the difference of the sexes
- She also understood when he was single focused – and in the hunter mode to not try to get his attention when it wasn't available
- She got clear on the power of her words





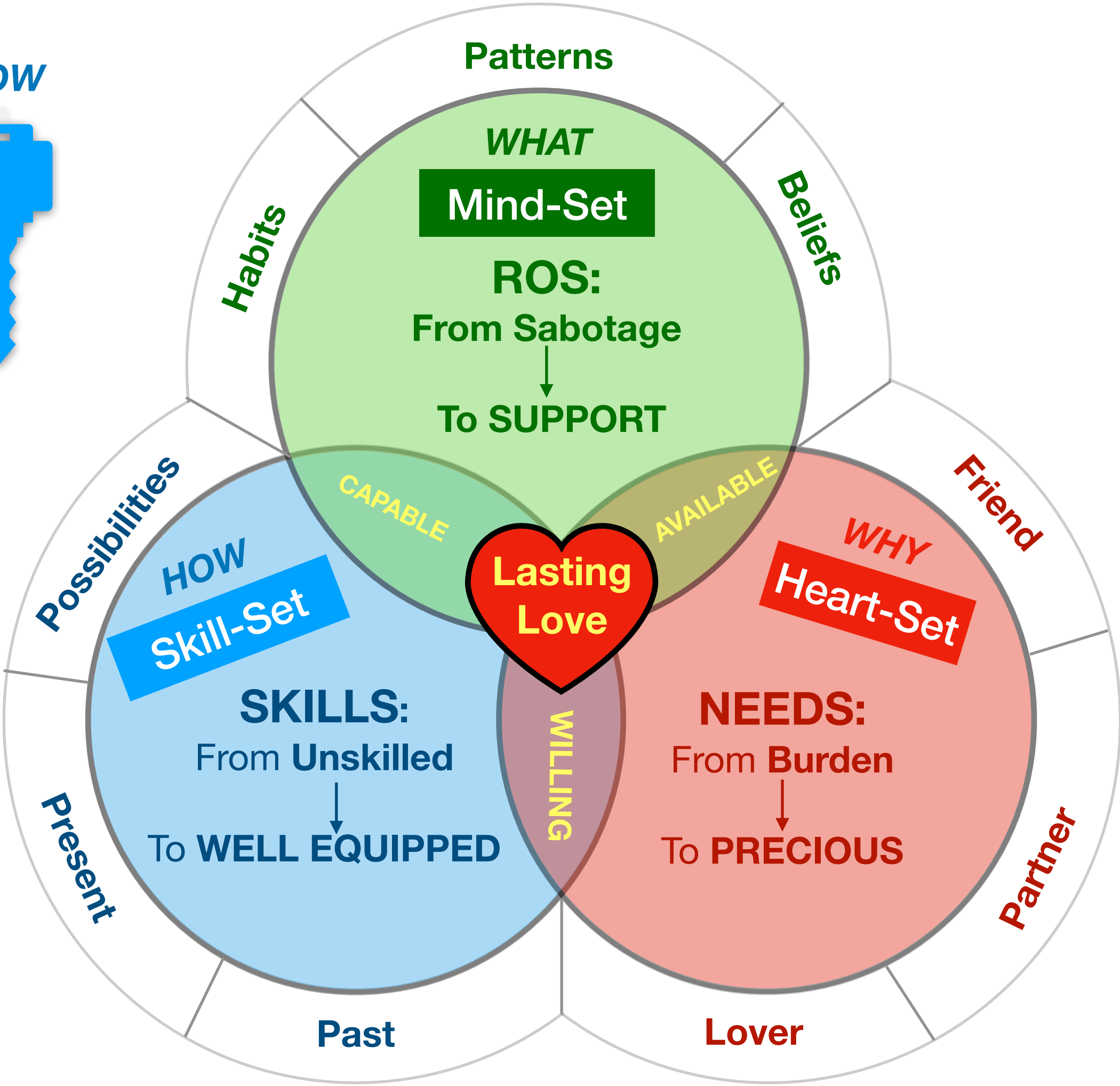
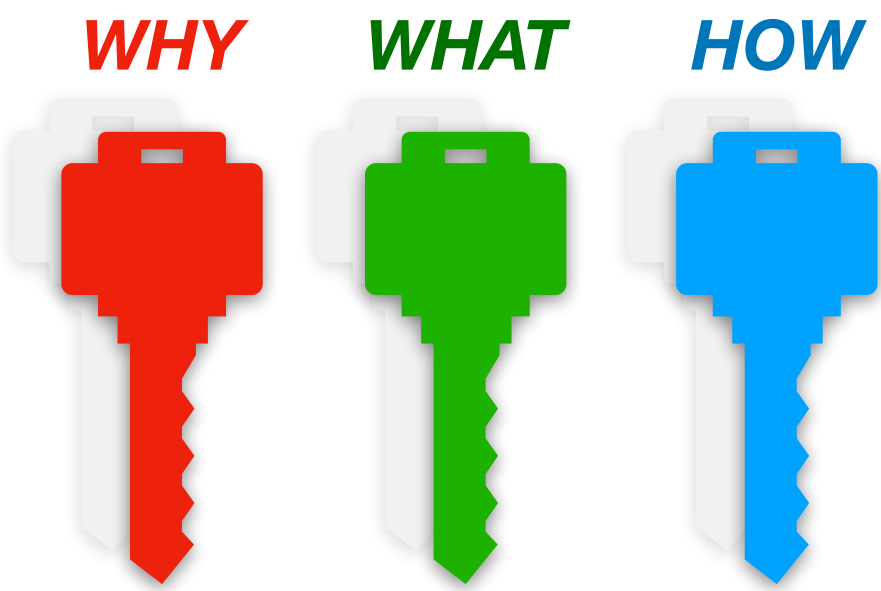
**NYC 840 Miles of Track 472 stations serving 27 subway lines**





Your Relationship Roadmap

3 Key  
Components



# The Right Tools



# 7 Essential Relationship Skills

From

To

*Combative - collapsing  
BSW -Blame - Shame - Guilt  
No One is H, U, V*



*Courageous - Compassionate  
Curious - connecting  
Both Feel H, U, V*

*Ignored - Avoided  
Shameful*



*Adored  
Embraced*

*Spirals downward  
Drives you apart*



*Compassion & Curiosity  
Bring you closer*

*Avoid Feeling  
Build Walls*



*Feel to Heal  
Meet with Compassion*

*Unkept Words  
Boundaries NOT Respected*



*Kept Agreements & Word  
Boundaries Respected*

*Embarrassing  
Vulnerability is Bad*



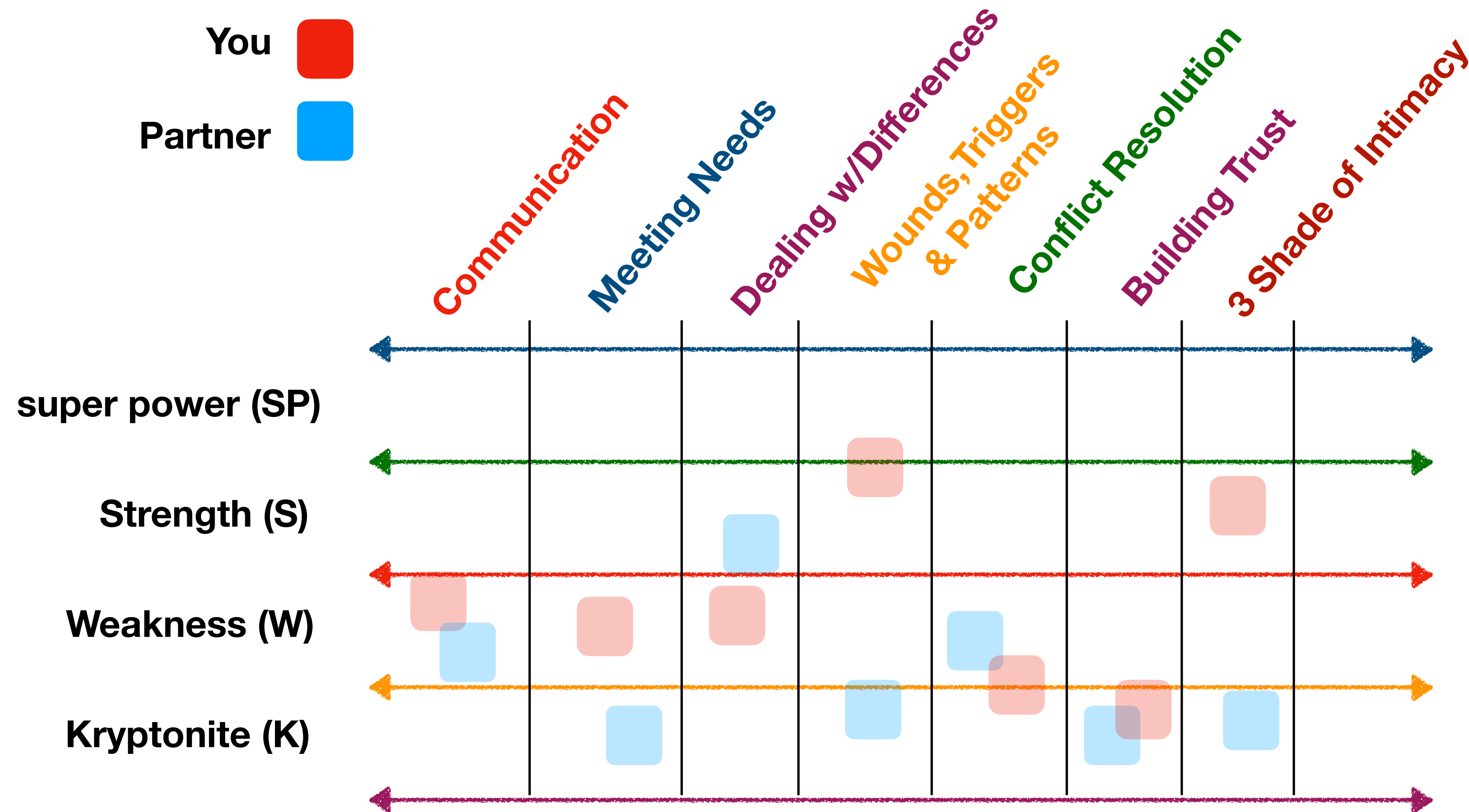
*Brings you closer  
Vulnerability is Essential*

*Makes us Weaker  
Something is Wrong*



*Make us Stronger  
Something is Great*

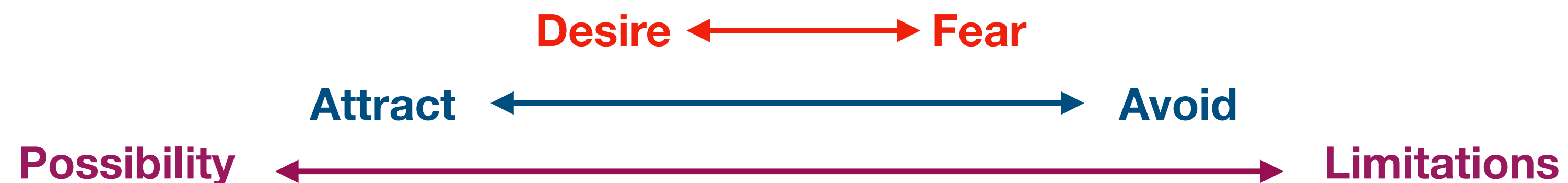
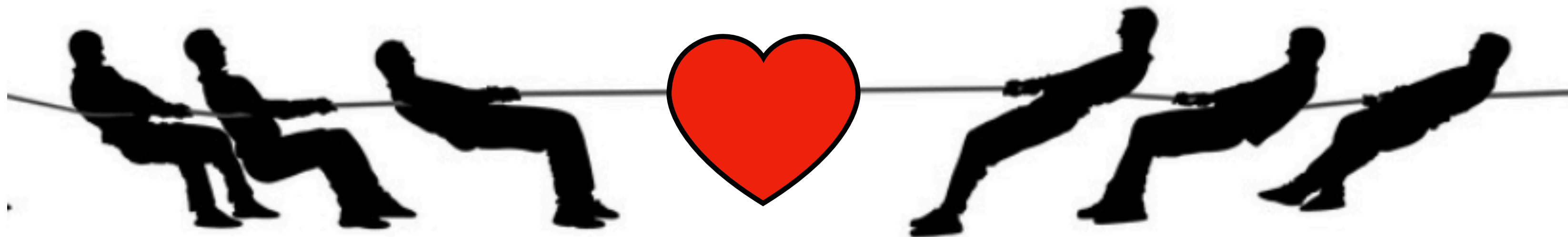
# The 7 Essential Relationship Tools & Skills



***“Relationships are a dance between  
what you desire most and what you fear most”***



***“The problem is when they stop  
being a dance and start being a tug of war***



## ATTRACT

## Feeling/Emotions

## AVOID

### *3 Feelings We Want*

- Connection
- Choice
- Freedom
- Intimacy
- Safe
- Comfort
- Trust
- Adored
- Love
- Ease
- Harmony
- Community
- Companionship
- Sex
- To Matter

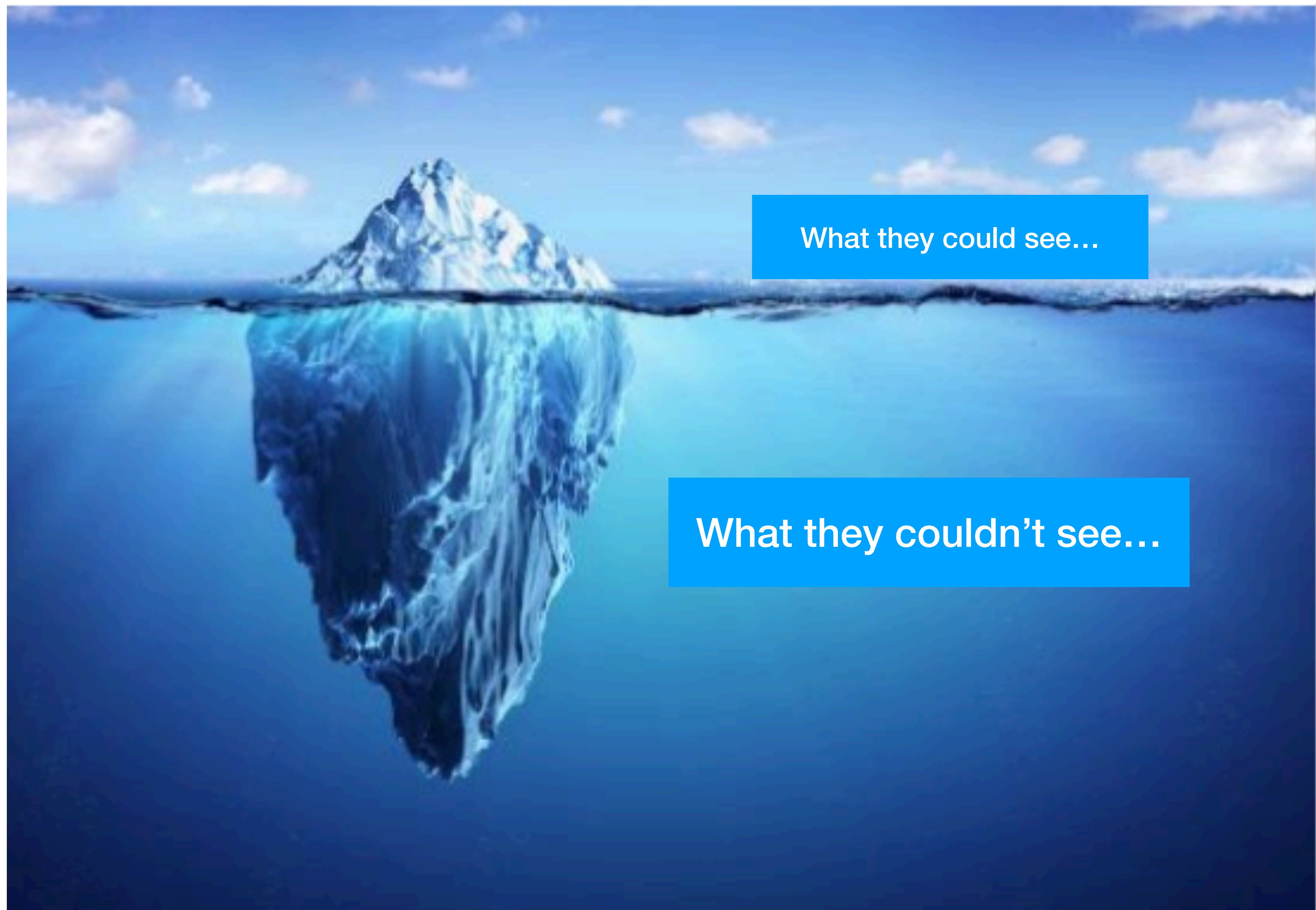
### *3 Feelings We DON'T Want*

- Anger
- Shame
- Vulnerability
- Frustration
- Embarrassment
- Fear
- Helplessness
- Abandonment
- Bitter
- Confused
- Rejected
- Depressed
- Bored
- Not Safe
- Terrified

# Relationships

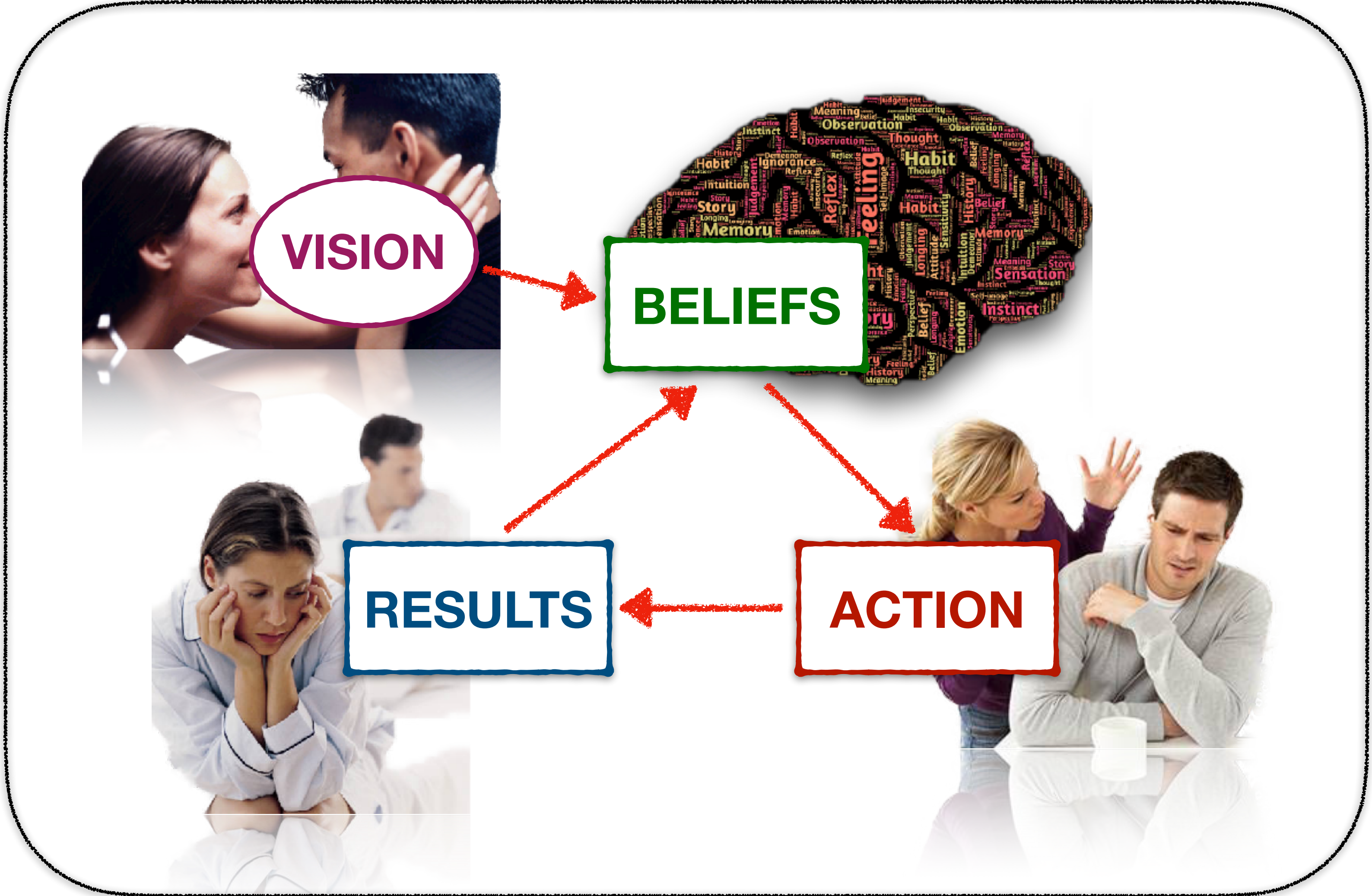
*The Best Parts*

*The Worst Parts*



**Meet The Iceberg**

## YOUR ROS (Relationship Operating System)



# Your ROS - Beliefs

## (Relationship Operating System)

The purpose of this exercise is to uncover your hidden beliefs that may be getting in the way of you having what you want in your relationship. In this exercise, write at least three completions to each of these sentences. Do not think about your answers but let whatever comes up come up and write it out. It doesn't even need to be a complete sentence.

**1) The best part of being in a relationship is...**

.  
.  
.

**2) The worst part of being in a relationship is...**

.  
.  
.

**3) If I communicate openly and honestly with my partner they will...**

.  
.  
.

**4) If I am vulnerable with my lover...**

.  
.  
.

**5) If I communicate my needs, my partner will...**

.  
.  
.

**6) If I get triggered it means...**

.  
.  
.

**7) My relationship would be really great if only...**

.  
.  
.

**8) To have a great relationship I MUST...**

.  
.  
.

# Your ROS - Beliefs (page #2)

## (Relationship Operating System)

The purpose of this exercise is to uncover your hidden beliefs that may be getting in the way of you having what you want in your relationship. In this exercise, write at least three completions to each of these sentences. Do not think about your answers but let whatever comes up come up and write it out. It doesn't even need to be a complete sentence.

**9) To have a great relationship my partner *MUST*...**

- .
- .
- .

**10) If I surrender in the relationship, it means...**

- .
- .
- .

**11) If I meet my partner's needs, they will...**

- .
- .
- .

**12) The 3 things that excite me about my partner most are...**

- .
- .
- .

**13) If I had a magic wand, what I fantasize will happen in this relationship is...**



***“Have You Ever Wondered Why The People You Love The Most...***

***Can Also Be The Most Difficult to Talk To?”***



**Get it WRONG and...**

**Don't feel Heard,  
Understood and  
Valued**



**The harder you try -  
the worse it gets**



**Tripping each  
others triggers**



**Constant conflicts -  
eroding trust & intimacy**



**Taking days to  
weeks to recover**



***You both feel Heard,  
Understood & Valued***



**Get it RIGHT and...**



***Meet triggers with courage,  
compassion and curiosity***

***You feel confident &  
know how to repair***



***You can rebound in minutes***



***Your communication  
builds trust & intimacy***



***The Key To Success...***

# How Effective Is Your Communication

## ***Lean In...***

- \* Connection
- \* Compassion
- \* Cooperation



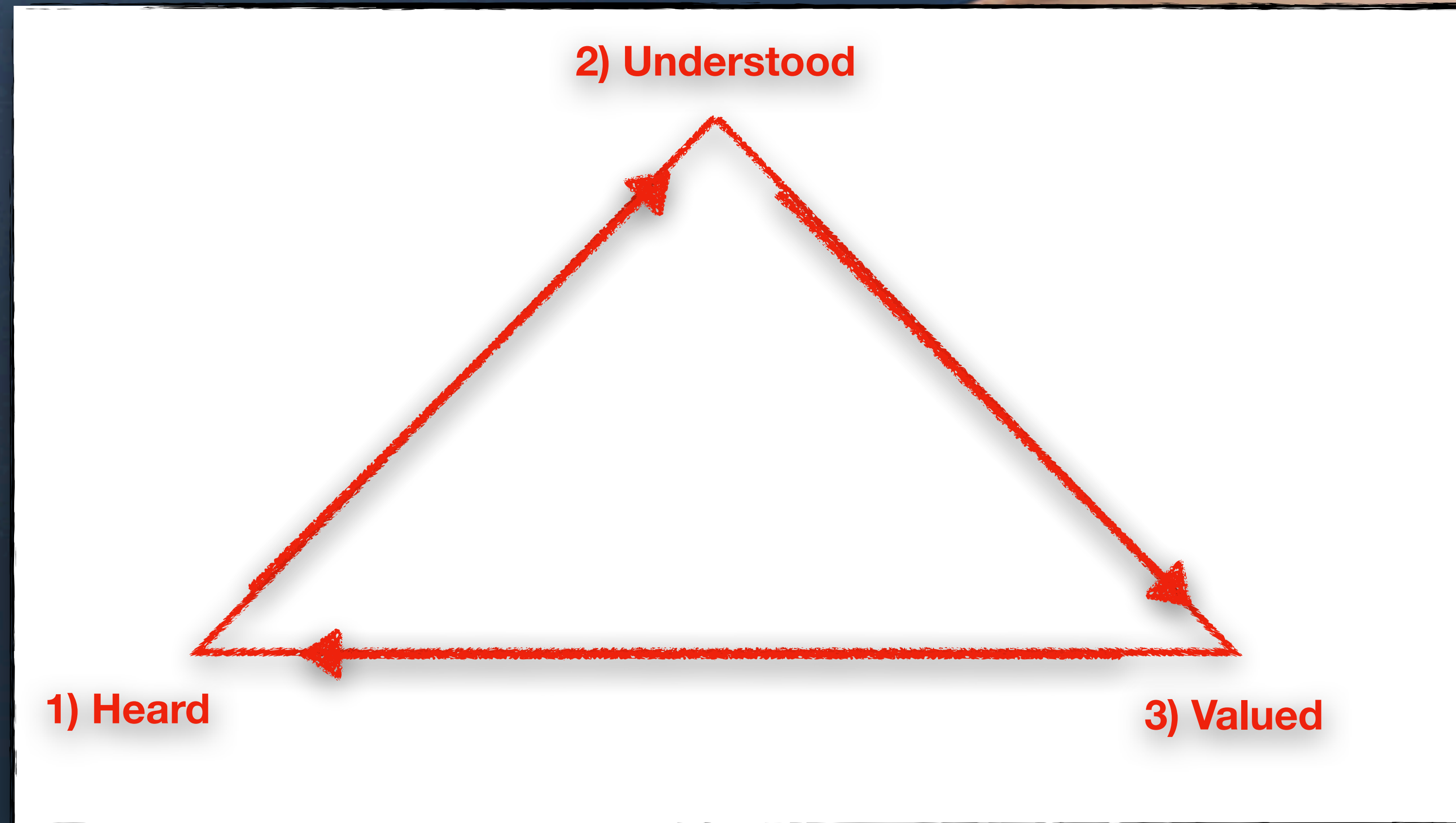
## ***Lean Out...***

- \* Resistance
- \* Resentment
- \* Regret

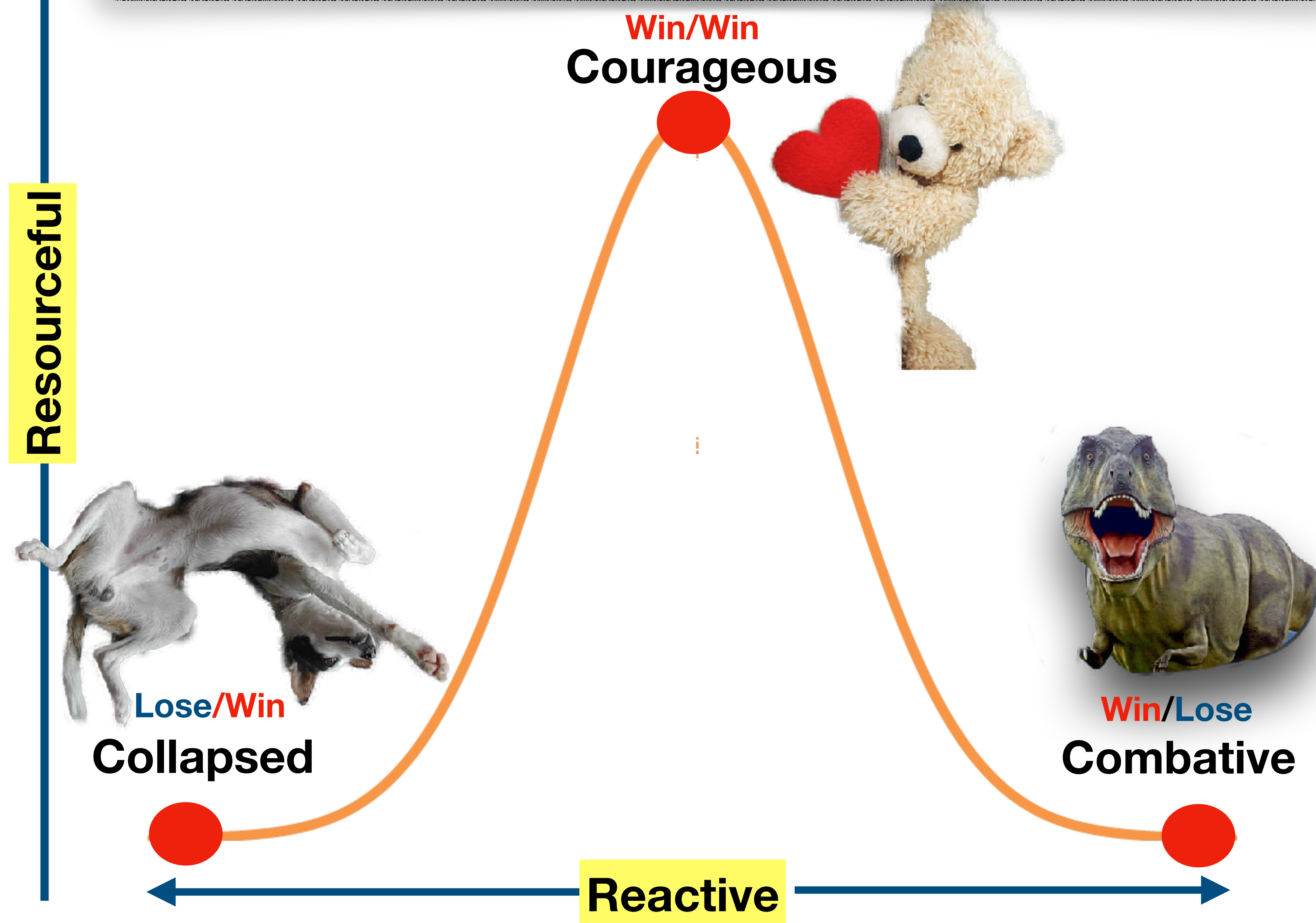


# Effective Communication

Be Heard, Understood & Valued...



# Communication Source



# Where Do You Communicate From?

*Are You  
SPEAKING From...*

Your FOCUS...  
What's Important

*Are You  
LISTENING From...*

**HEAD**  
Reasoning



**LOGIC** -Thinking - Understanding  
“What are the facts, fault, right, wrong ...?”  
*Knowledge is Key*

**HEART**  
Relating



**LOVE** - Connecting - Feelings  
“Forget the facts, how do you feel...??”  
*Vulnerability is Key*

**HURT**  
Reacting



**LOSS** - Protection - Safety  
“Who is the enemy, where is the danger, how can I protect myself...?”  
*Vulnerability is the Enemy*



# Taming Your Triggers

**triggers**

sweat racing dread anxiety cold  
numbness hiding nervous  
trembling unpredictable sudden heartbeat tingling distress panic  
agitated fear running  
anger pounding trauma uncontrolled

As Emotions Go Up

Intelligence Goes Down

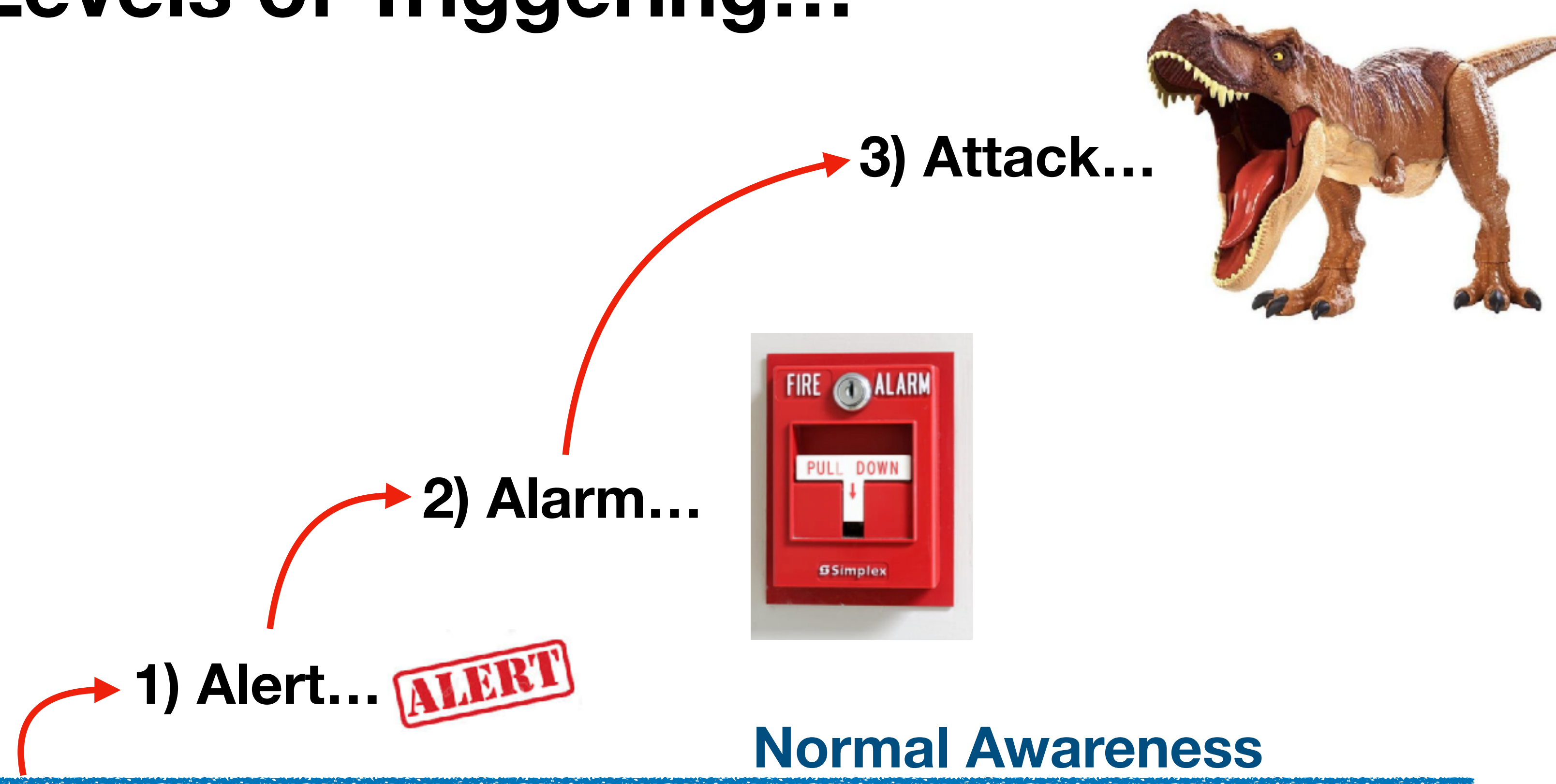
# Upset Jeopardy

*What Trips Your Triggers*

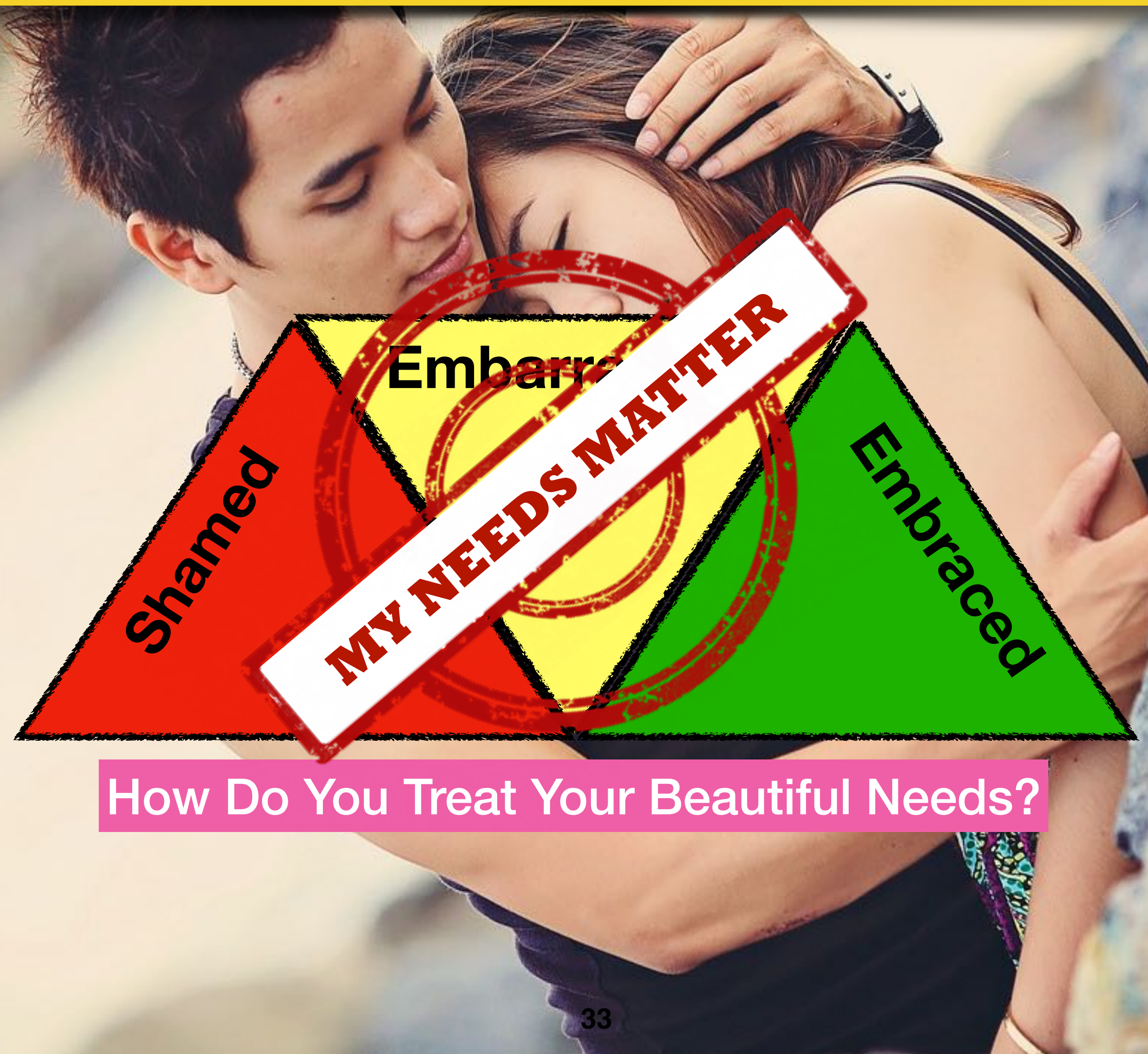
Tone of Voice	Things They Say	Hot Topics	Body Language	Wild Cards
Angry	B S W	Money	The look	Drugs
Condescending	Guilt, Shame Blame Game	Politics	The eye roll	Alcohol
Dismissive	Language	Career	The shrug	Abuse
Patronizing	Should have done	Sex	Walk out	Lying
Attacking	Fix You	Religion	Aggressive move	Betrayal
Defensive	“What ever...”	Family - Exes kids	Physical Contact	Jealousy

# Taming Your Triggers

## Levels of Triggering...



# How Do You Treat Your Needs?



How Do You Treat Your Beautiful Needs?

# What Do You Want to Feel?



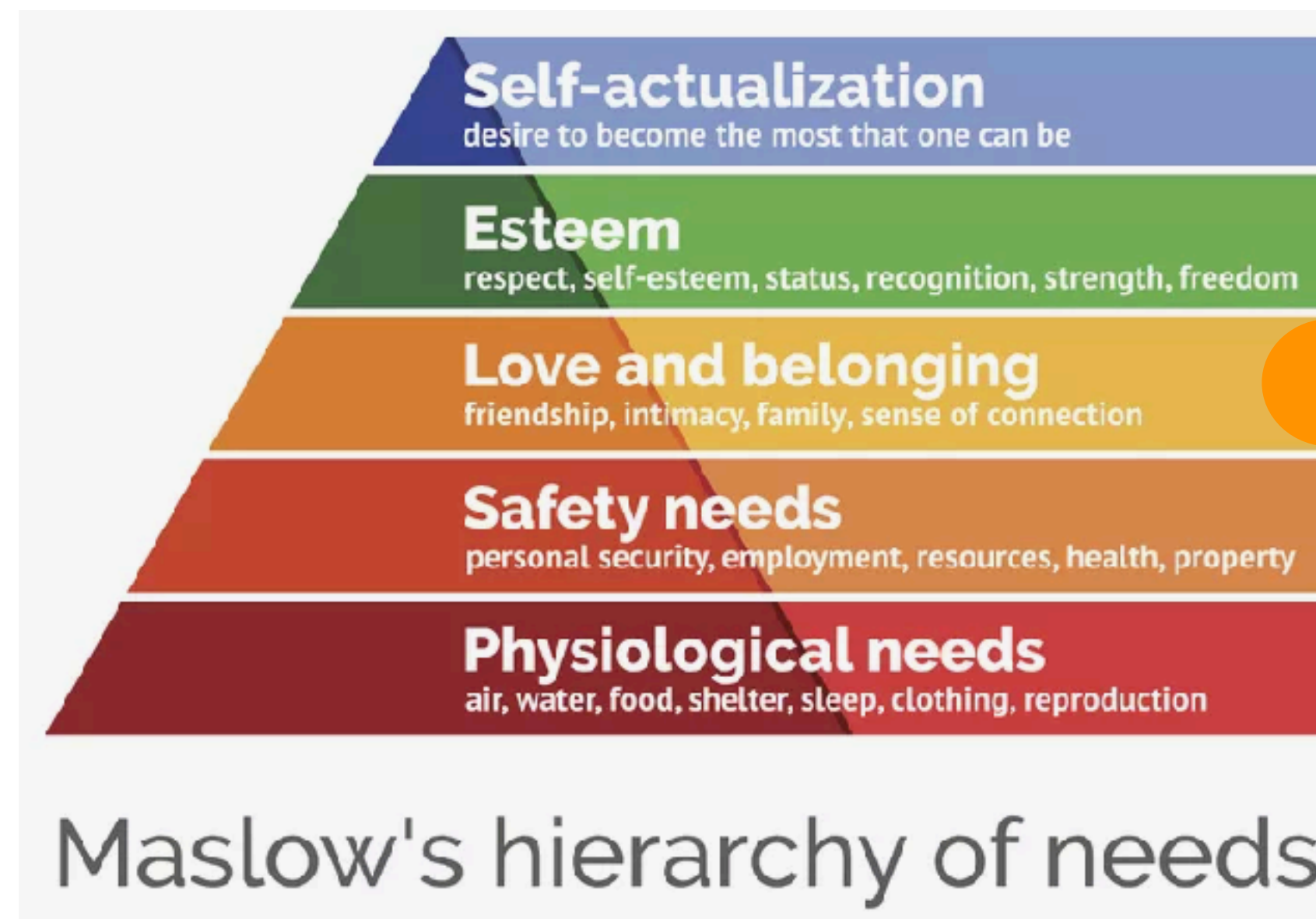
## Feeling Words List



STRONG	SAD	CONFUSION	HAPPY	ANGER	ENERGIZED
Sure	Depressed	Uncertain	Amused	Annoyed	Determined
Certain	Desperate	Upset	Delighted	Agitated	Inspired
Unique	Dejected	Doubtful	Glad	Fed up	Creative
Dynamic	Heavy	Uncertain	Pleased	Irritated	Healthy
Tenacious	Crushed	Indecisive	Charmed	Mad	Renewed
Hardy	Disgusted	Perplexed	Grateful	Critical	Vibrant
Secure	Upset	Embarrassed	Optimistic	Resentful	Strengthened
Empowered	Hateful	Hesitant	Content	Disgusted	Motivated
Ambitious	Sorrowful	Shy	Joyful	Outraged	Focused
Powerful	Mournful	Lost	Enthusiastic	Raging	Invigorated
Confident	Weepy	Unsure	Loving	Furious	Refreshed
Bold	Frustrated	Pessimistic	Marvelous	Livid	
Determined		Tense		Bitter	

# What Do You Want to Avoid Feeling?

# Your Relationship Needs



***Certainty/Trust***

***Uncertainty/Variety***

***Significance/Priority***

***Love/Connection***

***Intimacy - EMOTIONAL***

***Intimacy - PHYSICAL***

***Intimacy - SEXUAL***

***Attraction***

***Contribution***

***Growth***

# Your Top 3 Relationship Needs

1) Notice

1	<b>Certainty/Trust</b>	10
2		9
3		8
4		7
5		6
6		5
7		4
8		3
9		2
10		1

1	<b>Uncertainty/Variety</b>	10
2		9
3		8
4		7
5		6
6		5
7		4
8		3
9		2
10		1

1	<b>Significance/Priority</b>	10
2		9
3		8
4		7
5		6
6		5
7		4
8		3
9		2
10		1

1	<b>Love/Connection</b>	10
2		9
3		8
4		7
5		6
6		5
7		4
8		3
9		2
10		1

1	<b>Growth</b>	10
2		9
3		8
4		7
5		6
6		5
7		4
8		3
9		2
10		1

2) Name

1	<b>Contribution</b>	10
2		9
3		8
4		7
5		6
6		5
7		4
8		3
9		2
10		1

1	<b>Intimacy - EMOTIONAL</b>	10
2		9
3		8
4		7
5		6
6		5
7		4
8		3
9		2
10		1

1	<b>Intimacy - PHYSICAL</b>	10
2		9
3		8
4		7
5		6
6		5
7		4
8		3
9		2
10		1

1	<b>Intimacy - SEXUAL</b>	10
2		9
3		8
4		7
5		6
6		5
7		4
8		3
9		2
10		1

1	<b>Attraction</b>	10
2		9
3		8
4		7
5		6
6		5
7		4
8		3
9		2
10		1

3) Negotiate

***3 Top Needs***

**NEEDS**

***3 Strategies***

