

*Relationship
Rehab*

a workbook

*How to stop getting treated like sh*t and
start attracting the love you deserve*

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WHAT'S THIS WORKBOOK ALL ABOUT?



Introduction: Why I created this workbook

Part 1: The Truth Will Set You Free

Part 2: Sacred Rage

Part 3: Embracing Your Shadow Self

Part 4: The Breaking Point

Part 5: Alignment and Activation

Part 6: FAQs (Top 10 Relationship Questions + Answers)

Final Notes: What next?

Introduction: Why I created this workbook

Part 1: “The Truth Will Set You Free”

- Various forms of destructive relationship dynamics, especially the sneaky ones you might not be aware of yet that could be keeping you stuck
- How to bring awareness to your pain
- Adult Attachment styles and how they might be contributing
- Getting to the root of why you continue attracting the same kinds of partners or situations
- Healing family or tribal beliefs that may be keeping you limited

Part 2: “Sacred Rage”

- The most common reasons why you’ve been caught in cycles of drama, pain or confusion in your relationships
- Infidelity, unhappy partnerships or third party situations and why you continue to stay (even when you know you want to go)
- The connection between pain and how emotions manifest in your physical body
- Rituals to process your anger and other difficult emotions

Part 3: “Embracing Your Shadow Self”

- Maneuver feelings of overwhelm, hopelessness, fear and loneliness as well as how to practice presence and forgiveness
- How to realign your emotional set point at any time and in any place (even in the car, at work, etc.)

-The Divine Mirror Effect

-How to gracefully navigate the cycles of sadness without staying caught in despair

Part 4: “The Breaking Point”

-Obsession and when you can't stop thinking about an ex

-The desire to tell your story when you feel nobody wants to hear it anymore

-The struggle to find meaning in the pain

-How to move from fantasy to fulfillment in your relationships

Part 5: “Alignment and Activation”

-Get clear on your highest values and higher purpose

-Prepare yourself for new beginnings so the Universe responds to your requests, including your own Soulmate Script

-Energetically align yourself in order for your desires to become a reality

-Create specific love mantras and affirmations to support your new choices

-Use your intuition as your best resource and learn specific ways to tune in and trust its guidance

Part 6: FAQs Section (Frequently Asked Relationship Questions)

Final Notes - What next?

WHAT DO YOU NEED TO BEGIN?



-I suggest getting a separate journal that feels special for you or a notebook to write out your answers to the exercises (unless you prefer to type it out, in which case use your computer)

-A quiet time and space to go through the exercises; go at your own pace! This may take days/weeks or even months to move through and it's perfectly okay; don't worry about how long it takes. Use your intuition. You'll likely need to integrate a lot of this as you go through it and sometimes we need to take breaks to process or move through our own resistance. It's all good no matter what! The important thing is your willingness to look and explore

-An open mind, patience and compassion for yourself

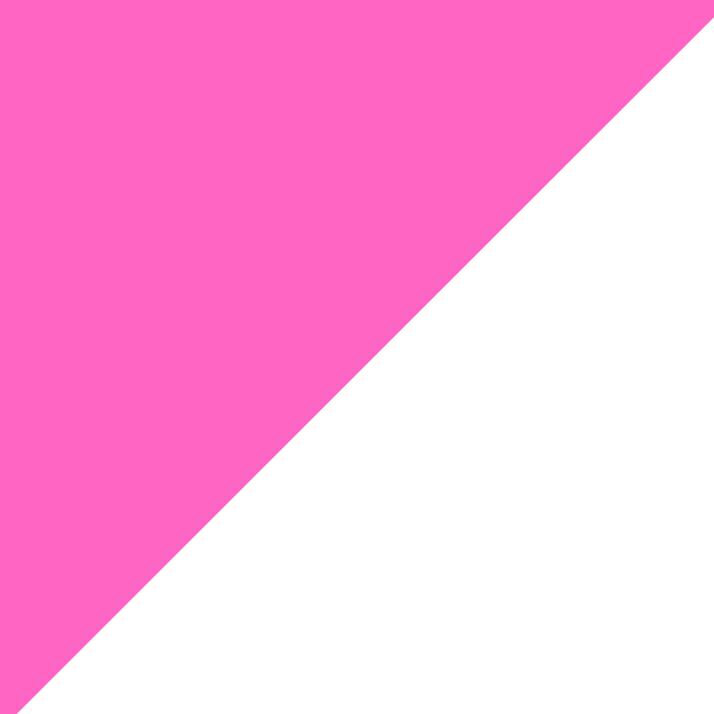
INTRODUCTION

Let's keep it real: repeating the same painful lessons in relationships - whether they be platonic or romantic - truly sucks. And yet we often stay in that cycle of pain for way longer than we want. Why? Because we don't understand why we continue manifesting the same situations over and over again. We don't know the root cause. And if we do, we haven't decided it's worth going through the discomfort and effort to change our behavior. You have to want the change more than anything to shift certain patterns, especially the ones deeply embedded in our subconscious. You have to go through the pain and fear, not around it, to make permanent changes.

With this comprehensive workbook, I created what I wish I'd found years back when I was completely at a loss in my own relationships: a clear, easy to understand guide to get unstuck. The truth is self-awareness, letting yourself grieve and having healthy coping strategies are essential to create the relationships you want and deserve. At the end of the day, the most important relationship you have is the one with yourself. When that connection suffers, so do all your others. When we have a deeper awareness of the root cause of why we do what we do in relationship, we can take new action and create a new, much more fulfilling reality.

If we're getting treated like crap, somewhere deeper within ourselves, that's what we think we should tolerate, often because of subconscious beliefs. Remember our parents had parents who had parents...etc. and they only passed on what THEY learned. Attracting difficult, painful relationships is a blessing in disguise to give us an opportunity to gain awareness of our learned behaviors. You can UN-learn, too! That's the purpose of this workbook. Most of us have to unlearn a lot of what we were taught in order to have more conscious, healthy relationships.

We all reach the boiling point or rock bottom when we know there's no option BUT to dig deeper and finally make the necessary changes. I hit mine and I'm sure if you're reading this, you've hit yours as well. My hope is that with the following exercises, you'll have a much clearer understanding of what led you into painful relationships in the first place and you'll have access to tools to keep you moving towards what's going to really serve your growth and assist you in embodying your highest potential. You'll be able to call in relationships that add value to your life. The following tools will also help you cope with challenging relationships that you may NOT be able to eliminate, like ones with family members, bosses and more. You have so much power to shift the relationships in your life through shifting your own beliefs, mindset and perspective. You just need to know how! So let's dive in.



PART I
THE TRUTH WILL SET
YOU FREE



The Foundation of Repeating Patterns **(descriptions adapted from “The Emotionally Abusive Relationship” by Beverly Engel)**

ABUSIVE STYLES OF PARENTING

The patterns we repeat in our relationships as adults are almost always based in how relationships were modeled for us in childhood, whether by parents or by our primary caregiver(s). It's important to have at least a basic understanding of your childhood familial relationships to reveal what patterns you may be unconsciously reenacting now. Awareness is key.

NOTE: If you find that this material around abusive parenting/abusive relationships is triggering a lot of emotions for you or uncovering more sadness or anger than you expected, you may find it helpful to look through the book recommendations list to do your own further self-inquiry and exploration as a supplemental resource to this program or you may want to speak with a licensed mental health professional.

The Abandoning, Rejecting Parent: The most devastating form of emotional abuse to a child. This can consist of physical abandonment – leaving the home because of divorce/separation, leaving you alone for hours or neglectful behavior - or emotional abandonment – depriving you of emotional support, affection or encouragement.

The Possessive Parent: This parent wants to control, dominate or emotionally consume their child. You may feel suffocated, that the parent is overprotective, that the parent may display jealousy or envy if anything threatens to take the child away, discouragement of playing with friends or having hobbies outside of the home or unreasonably strict or rigid rules. (Parents who suffered abuse or who inflicted abuse, like a mother who was abused or a father who was promiscuous growing up who doesn't want their daughter to date, may want to keep their children "safe" from experiencing similar treatment.)

The Controlling, Tyrant Parent: This type of parent wants to dominate and control every aspect of a child's life – how you speak, dress, act, with whom you associate. The parent may use "correcting" or "teaching" as a way to dominate the child completely. This parent may be inflexible and thinks that by holding you close, they're keeping you safe. They may also impose rigid rules and severe punishment if the rules are not obeyed. This parent may also erupt in violent behavior or anger if someone questions their authority. (These parents were often raised by controlling parents too, so they're projecting their anger at their own parents onto their children. These parents have "unfinished family business" with their own parents/primary caregiver(s))

The Hypercritical Parent: This parent finds fault in basically anything the child does. They'll be quick to point out mistakes or flaws. The child will never be "enough" of anything – never smart enough, kind enough, attractive enough – to please them (due to their own deeply ingrained insecurities and beliefs about themselves). There is a lot of negative attention placed on the child and the child may feel singled out or picked on.

Your Childhood History

1. Did your mother and/or father (or primary caregiver) tend to be emotionally unavailable or physically distant toward you when you were a child?
2. Did either of your parents pass away when you were young?
3. Were you adopted when you were young or sent to live somewhere other than the home of your family?
4. Did your parents separate or divorce when you were young?
5. Did you experience a lack of nurturing and/or physical affection when you were young?

6. Do you feel you were supported emotionally as a child, as in being heard, encouraged or acknowledged for your strengths and accomplishments?

7. Did it seem that your parents were always distracted and spent little to no quality time with you?

8. Were one or both of your parents alcoholics and/or did either of your parents use drugs?

9. Were one or both of your parents hypercritical or overbearing?

10. Were either of your parents hard to please, as if nothing you ever did was good enough to gain their acceptance?

11. Was either of your parents overly possessive of you, not wanting you to have a life of your own (friends, hobbies) outside the home?

12. Did either of your parents seek emotional support from you when you were young, confiding in you with personal issues or asking for you to “be there for them” emotionally? Did either parent consider you their “best friend”?

13. Were you physically or sexually abused by a parent? If the answer is yes (or even maybe), I highly recommend working with a certified licensed mental health professional to receive proper support with a qualified counselor able to guide you through the healing process. ANY form of abuse is a serious matter and physical and/or sexual abuse merit being explored with a professional therapist, particularly one who specializes in trauma.

If you answered yes to a majority of these questions, it is important to explore abusive relationship dynamics. Some forms of abuse that very often to lead to being abused or becoming an abuser in relationships are emotional abandonment, neglect/physical abandonment, emotional abuse and physical/sexual abuse.

Write out how you feel your past and childhood history has affected your current relationships (especially with romantic partners).



ADULT ATTACHMENT STYLES

How your attachment style may be influencing your relationships

Four main styles of attachment have been identified in adults:

Secure - "It is relatively easy for me to become emotionally close to others. I am comfortable depending on others and having others depend on me. I don't worry about being alone or others not accepting me."

Anxious-preoccupied - "I am uncomfortable being without close relationships, but I sometimes worry that others don't value me as much as I value them." "I get nervous when people withdraw. I want to be completely emotionally intimate with others, but I often find that others are reluctant to get as close as I would like."

Avoidant-dismissive - "I am comfortable without close emotional relationships", "It is important to me to feel independent and self-sufficient", and "I prefer not to depend on others or have others depend on me."

Fearful (anxious)-avoidant (least common) - People with losses or other trauma, such as sexual abuse in childhood and adolescence may often develop this type of attachment and tend to agree with the following statements: "I am somewhat uncomfortable getting close to others. I want emotionally close relationships, but I find it difficult to trust others completely, or to depend on them. I sometimes worry that I will be hurt if I allow myself to become too close to other people."

People are biologically driven to form attachments with others, but the process of forming attachments is influenced by what was learned. Individuals form different kinds of attachments depending on the expectations and beliefs they have about their relationships. These expectations and beliefs constitute internal "working models" used to guide relationship behaviors.

Individual differences in attachment can contribute positively or negatively to the quality of relationships with others. The GOOD news is your attachment style MAY shift over time (or may improve depending on your partner's attachment style, particularly if you connect with someone Securely Attached).

The book "Attached" by Dr. Amir Levine is a MUST-READ if you're struggling in a push/pull dynamic with a partner, having issues with intimacy or generally don't understand why you get unreasonably anxious or avoidant when it comes to closeness with others. Understanding your own attachment style (and how it may also shift in different kinds of partnerships depending on the other person's style) is super helpful. It may also bring you relief and comfort to know you're not alone, a lot of people struggle with these issues and it's okay to be *however* you are right now. The book, "Attached", provides understanding and coping skills to embrace wherever you are and to know how to best move forward.

SPEAKING YOUR TRUTH

Coming out of denial and into awareness

“The truth hurts – and then it sets you free.”

1. What is something that scares you right now about your relationship (s) that you're afraid to admit aloud?

This is a safe space to express your true feelings. Fear is: False Evidence Appearing Real. Most fears are illusions and are created from false belief systems and repetitive thoughts. Write what it is that you've been avoiding expressing regarding your relationship(s), as admitting the pain to yourself is the first step to higher awareness.

2. What is keeping you up at night that you haven't yet resolved?
3. About what exactly are you confused or afraid in your relationship(s)? Sometimes your subconscious mind uses “confusion” and/or “fear” as a way to protect you from pain. Confusion or fear may be forms of denial.

4. What repeating patterns in your relationships are you noticing that are creating suffering or stress? Think about situations or people that are causing you to feel exhausted, sad or frustrated – these are probably where your Higher Self wants you to focus your attention for healing and integration.

For example:

-Do you keep attracting emotionally unavailable partners?

-Have you been with someone who has a history of lying or deceitful behavior?

-Have you experienced or witnessed infidelity: by you, by your partner or previous partners or by one (or both) of your parents?

-Do you attract people who drain your energy and you feel tired after interactions with them (this may include your partner or previous partners)?

-Do you tolerate disrespectful behavior because you're afraid to speak up or say no?

-Do you consider yourself an over-giver?

-Do you feel you must "do things" or act a certain way to receive love in return?

5. Do you have a tendency to blame others for your problems?
6. Do you take responsibility for your current state of being (whether you're unhappy, frustrated, feeling stuck, lonely, depressed, etc.) or do you think it is someone else's fault?

YOUR TRIBE AND FAMILY BELIEFS

Is your loyalty serving your Highest Good?

“By remaining stuck in the power of our wounds, we block our own transformation.” - Caroline Myss

Our identity is developed through the power of sharing ideas and beliefs with other people. As we evolve over time, it's natural for our beliefs to also shift and change. Our identity may be threatened if our new belief systems clash with that of the original “tribe” or family of origin. Oftentimes when people are experiencing blockages or feeling stuck in a particular situation or behavior, there are unconscious loyalties at play that are contributing to the inability to move forward beyond the old belief. A “tribe” mentality was part of surviving and those survival mechanisms are still some of the strongest within us to this day. Guilt and shame are common feelings that arise when we go against our tribe and our family beliefs.

Our desire to belong is such an innately human condition, that if we choose to go against those beliefs, we may experience intense feelings of guilt (feeling bad about a particular action) or shame (feeling defective or flawed as a person).

For example: A girl grows up in a family that experienced extreme poverty. The lack of financial security as a child creates a strong sense of ambition and desire to be “safe” and “secure” as an adult, yet she seems to always end up in jobs where her income plateaus and there’s hardly enough at the end of each month to cover all of her expenses. It’s very likely that she’s experiencing a “family loyalty” to staying “poor” that is stemming from her family’s beliefs around money; she may not want to shame or embarrass her parents by making more money than they did, so subconsciously she stays right around survival mode as to not challenge the tribal beliefs about prosperity. These outdated “loyalties” to our tribe may create serious challenges as we grow. Our mind wants to expand beyond the belief, yet the subconscious mind wants to keep the peace and not rock the boat.

Answer the questions below to explore your own tribe’s belief systems about relationships:

1. What are your parents’ and or families’ core beliefs about relationships? What is the purpose of a relationship in their opinion?

2. Did one or both of your parents marry for financial security?
3. Do your parents have similar upbringings?
4. Did your parents grow up poor or wealthy? With hard-working (and one or both potentially absent) parent(s)?
5. What are your parents' beliefs about family? Did they have many siblings? Are children important? Did they or are they currently pressuring you to follow in their footsteps?
6. Did your grandparents have an influence on the type of relationship your parents chose? For example: "It's a woman's job to be a good wife and provide children, so hurry up and get married as soon as possible" and your mother chose a partner based on that guidance (and may now be resentful and/or unhappily married as a result)?
7. Did one or both of your parents have to make personal sacrifices for their relationships or for their marriage?
8. Did you parents have a healthy emotional expression and open communication between them or did one or both bottle up their emotions (and perhaps use either aggressive OR passive aggressive tactics to communicate)?

9. Did one or both of your parents struggle with anger issues?

10. Was anger considered taboo at your house growing up?

11. Were there any behaviors that were off-limits growing up and/or that were cause for punishment that may be limiting your current self-expression? (For example: disagreeing with a parent, expressing anger, telling the truth, going against what the rest of the family has done, choosing a career outside of the family's scope of understanding, following a spiritual path instead of a strict religious code, etc.)

12. Did you grow up in a strict household?

13. Were one or both of your parents extremely religious?

I believe the family we are born into is a combination of soul contracts as well as the springboard for many of our deep soul lessons for growth in our lifetime. Our family is always the “perfect family” for our soul's evolution. You're there for them to grow, too

This exercise is intended to raise your awareness around where your loyalties to your family may in fact be subconsciously inhibiting your desire to grow “beyond the tribe”. You are here on a spiritual path and on a path of personal development, so it's likely that you will need to shed some old beliefs in order to embrace newer beliefs that will assist in your own forward progression.

You may be in the process of carving out a new identity that is challenging to your family's core values. From an energetic perspective, becoming aware requires tenacity and perseverance. It's challenging and confronting to examine our own personal values and what we believe to be true and then separate from those who may no longer support our growth. Impermanence is the one truth that will stand the test of time. As you outgrow old beliefs, know that you will be supported spiritually as you step into your new truth and greater authenticity.

Symbolically, a rebirth often includes what I like to call a "dark night of the ego" and fumbling a bit in the darkness before the light and new answers are revealed. And this process of metaphorical "death" and "rebirth" may happen many times in our life as we evolve. It often happens in cycles. Stepping into your fear every time you're on the precipice of growth and walking in the dark is part of your awakening and ascension process and will build strength, courage and most importantly, faith. When you have unshakable faith in yourself, you will feel capable of separating from your tribe, knowing you're able to trust yourself and the guidance you're receiving that is leading you into the unknown – a.k.a. CHANGE.



RECOGNIZING HOW THE PAST REPEATS ITSELF

“Your life unfolds in proportion to your courage.” Danielle Laporte

1. List the behaviors and personality traits of your current (or most recent) partner (using traits/characteristics such as friendly, affectionate, loud, angry, critical, etc.)
2. List the traits of partner previous to the one mentioned above (if there isn't one, then simply consider the partner listed in question #1)
3. List the behaviors and personality traits of the 3rd to last partner if applicable
4. List the behaviors and personality traits of your mother/primary caregiver
5. List the behaviors and personality traits of your father/primary caregiver if you had more than one primary caregiver growing up

6. Look above, comparing all 4-5 lists, and see what commonalities exist, what traits reappear or words that are repeated. Notice that even if some words differ, the essence may be the same (i.e. for one partner you write Smart and for another Intelligent, which is essentially the same personality type)

7. Do you find that the previous partners have similarities to one or both of your parents (one or both of whom may have been abusive when you were a child)?

8. Do you see that the previous partners have more in common with specifically one of your parents?

9. Was the parent with whom your partners share traits the parent that created greater suffering for you when you were a child?

Be flexible in your analysis here. It's natural to see differences and overlapping of traits. The point is, do you see a pattern of seeking partners who share the traits of your primary caregiver that sparks the most pain/discomfort/sadness/frustration?

Or, on the contrary, you may notice your previous partners are NOTHING like either of your parents, because perhaps you've chosen partners that are the complete opposite of your parents. This is an even stronger indicator that one or both of your parents were where the dysfunctional pattern originated, as you're doing your best to avoid the original source of pain.

SHOULD I STAY OR SHOULD I GO?

“You cannot change what you refuse to confront.”

If you're on the fence and contemplating whether or not to stay in your relationship (or re-engage with a previous partner), please answer the following:

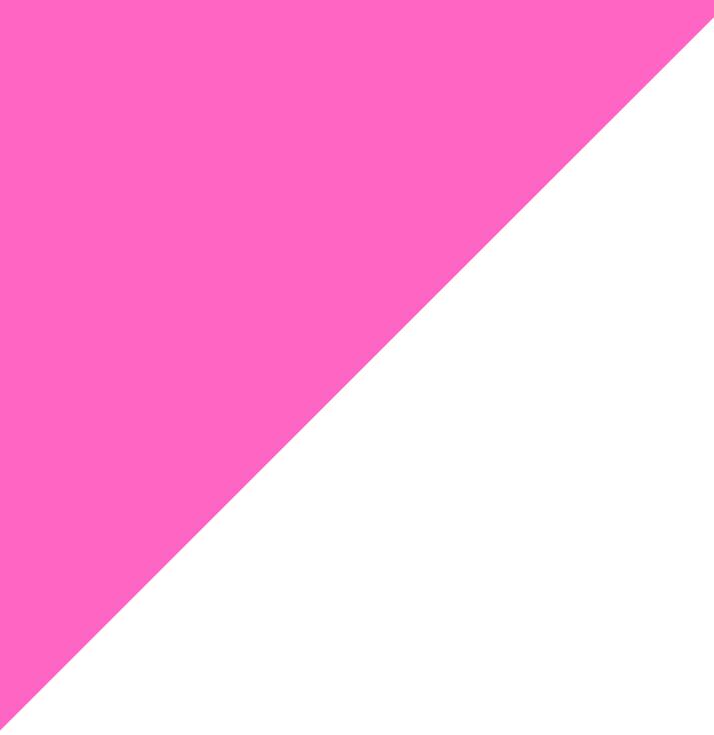
1. Do you and your partner express how you really feel with one another openly and honestly AND share sexual intimacy as well? Is it one without the other?
2. Do you feel there's a balanced sense of giving and receiving with your partner or do you feel drained in their presence?
3. Do you and your partner treat one another with kindness and mutual admiration?
4. Do you have a foundation of truth, trust and integrity?
5. Do you feel more joy when you're together versus pain?
6. Do you feel your relationship is enhancing each of your lives?
7. Are your intentions pure and authentic with it comes to how you treat one another?

8. Do you feel your relationship sparks the desire to grow and become a more mature, evolved version of yourself?
9. Do you and your partner enjoy similar activities or interests? (Look to how you spend your spare time.)
10. Do you and your partner share at least 3 common values (refer to the Highest Values exercise in Part 5)?
11. Do you feel compassion with your partner – that even when he/she is upset, you still want the best for them?
12. Do you feel a sense of ease thinking about being with this person long-term? (Or is it instead a nagging sense that something “just isn’t quite right” when you’re with your partner or previous partner?)

If you answered yes to a majority of these questions, it’s likely that any abusive tendencies in your relationship may be learned behavior that you’re able to adjust with greater awareness and practice. It’s also likely that you need to reinforce/re-evaluate your highest values and boundaries.

If you only answered yes to half or less of these questions, it's likely your individual past experiences and family histories are interfering with the ability to be intimate, kind and compassionate with one another and it's important to explore your past in order to move into healthier future relationships. Your current relationship (or most recent partner) may be the lesson you needed to see your past more clearly and to raise your awareness as to what is/is not working when it comes to your partnerships. It may be time to consider exiting this relationship to take the time to heal and know yourself better before you'll be ready to enter into a healthier, intimate dynamic with another person.





PART 2
SACRED RAGE



YOUR FAVORITE LOVE “STORIES”

“We all eat lies when our hearts are hungry.”

What stories have you been telling yourself about relationships that may be affecting your ability to be open to receive the type of relationship you actually desire?

Often these “stories” are on repeat like “mental cassette tapes” (as my college mentor used to say) in our subconscious mind because we heard them growing up or from those around us and we’ve repeated the thoughts so many times, we actually begin to believe these thoughts are true. Our thoughts become our reality, so it’s important to be aware of what “stories” you may have had on repeat about love up until this point, as with greater awareness you’re shifting your thoughts to the “story” that you desire.

1. Do you believe that “love is hard”?
- 2 Do you tell yourself “good men/women are difficult to come by”?
3. Do you believe that it’s possible to “have it all” when it comes to a relationship?
4. Do you think you must settle because the partner with the qualities you seek doesn’t exist?

5. Do you feel that you're a failure when it comes to relationships?

6. Do you believe that "men (or women) are bad/evil/trouble"?

7. What beliefs did your mother have about men? What did she say to you about men or dating or relationships growing up? (If either of your parents were in same-sex partnerships, please answer accordingly)

8. What beliefs did your father have about women? What did he say to you about women or dating or relationships growing up?

WHY DO YOU STAY?

The root of unhappy partnerships, marriages and/or infidelity

"It only hurts when you start pretending it doesn't."

Answer the following questions as honestly as possible. This is a safe place where nobody is watching or judging your responses. Be kind to yourself, even if the truth of your answers makes you squirm or feel awkward or scared. Fear is normal when you're shifting out of your comfort zone and into the realm of lasting change. Total vulnerability and radical shifts in your life require radical honesty with yourself.

The cause of most unhappy partnerships and infidelity is denial on behalf of both partners. The levels of denial may be varying, however the essential truth in almost all cases is that both parties involved are telling themselves the story they want to hear to keep them out of pain rather than face the uncomfortable truth about what's actually happening and, in turn, facing the consequences of openly admitting the uncomfortable truth to themselves and to one another.

Bottom line, change scares people and the ego likes to stay OUT of pain. In fact, the ego's main duty is in fact to act as a sort of checks and balance system to keep us grounded. It's also the ego's "job" to try and keep us in a painless existence, which goes against existing as a human here on Earth. Life is going to include pain, whether we like it or not. The sooner you're able to admit to yourself that pain is a part of the growth cycle, the sooner you'll be able to exit denial and move into the healthy, positive and long-term shifts that your heart and soul desire – a.k.a. healthy, happy and reciprocal relationships and partnerships.

1. Why are you in your current relationship/marriage (and if you're single at the moment, why did you enter your most recent relationship)? Does your partner add to your already full life? Do you depend on your partner for financial stability? Are you in a partnership because you wanted children and perhaps focus more on your kids than on your relationship? Are you afraid to be alone, so you stay in an unsatisfactory relationship because you fear leaving and starting again with someone new? Do you think you're "too old" or it's "too late"?

2. Do you know your most important/highest personal values (there's an exercise in Part 5 specifically designed to explore your values system, so you will explore this in greater depth later in the course)? At this time, think of the top 3 things you consider most important in your life or where you dedicate the most time, energy and money, which is also an indicator of your highest values.

3. Do you know your partner's highest values? Have you ever discussed what is most important to them?

4. When you have an issue creating discomfort regarding something that has happened between you and your partner, do you immediately deal with the issue and express how you're feeling? Or do you push it aside, waiting for the "right time" or hoping the issue will "resolve itself over time"?

5. Do you feel it's your partner's "job" to come to you with issues and that it's not up to you to confront problems if they're unwilling to approach you first?

6. Do you repress your true feelings and say nothing or instead do you say what your partner wants to hear to avoid conflict?

7. Do you feel you share both emotional and sexual intimacy with your partners? Is it one or the other? Do you have either or do you feel your sexual connection is transactional – a "duty" or "obligation" versus something you actually both mutually enjoy?

8. Do you fantasize about being with other people when you're in the company of your partner? For example, do you wish you were with your colleague at work who you feel really listens to you or do you fantasize about a more passionate relationship with the hot guy/girl next to you at the gym? The point is, do you catch yourself being "elsewhere" mentally when you're with your partner because being present with them makes you feel uncomfortable, sad or lonely?

9. Do you and your partner share your top common interests? For example, if one of your highest values is wellness and it's the same for your partner, you enjoy eating healthy meals together and working out regularly (even if you work out separately). Or do you feel your highest values are on different ends of the spectrum and you rarely enjoy common interests anymore (or maybe you never did to begin with)?

10. If you are married or in a partnership and have children that are grown and no longer live at home, have you noticed that your relationship with your partner has deepened or that you're feeling greater stress and anxiety now that your children are no longer the center of attention?

11. Do you take the time to regularly discuss with your partner ways to deepen intimacy and connection with one another? Or do you think your partner is psychic, will eventually read your mind and that it's not necessary or worthwhile to speak up and say how you feel?



MEETING YOUR PAIN: What Happens When You Detach from Your Emotions

“Angry is just sad’s bodyguard.” – Liza Palmer

Anger is often the stage of grief that most people skip over, because there has been a taboo about being angry, especially for women, that somehow it’s unsafe or uncouth to express anger in a healthy way. Underneath the anger often lie other emotions, such as sadness, fear, pain and frustration. It hurts to remember how we were treated or what happened to us, how deceived or betrayed you felt or how scared you were at the time.

Because anger is often shunned or frowned upon, there tends to be a strong undercurrent of shame attached to this emotion. We tend to intellectualize pain to try and understand “why” it happened and gloss over actually feeling genuine sympathy, or even empathy, for what we experienced. We feel that if we’re able to “explain it” rationally, then it will help to make sense of it all. What usually ends up happening is that in the rigid analyzation of a painful experience, we detach ourselves from our emotions and these emotions, instead of being released in a safe space, begin to fester inside of us. If the emotions stew within long enough, we may begin to see actual physical manifestations in our mind, body and spirit, such as physical illness, mental imbalances or a total disconnect from our soul, or our Spirit.

Anger is usually a symptom of deep anguish, yet people think if they FEEL the anguish or sadness, that they'll get trapped in depression or that it will cause a downward spiral in their life. The opposite is actually true. Allowing yourself to feel your pain will liberate your emotional body and open you up to receive more love and support. As one of my favorite healers used to tell me, "You'll cry until you can't cry anymore." Your body will take care of you and will know when it's time to stop and you'll likely exhaust yourself to the point of falling asleep or needing to breathe to relax. Either way, your body has an innate intelligence and is naturally designed to grieve the widest array of emotions. For example, if you're crying, your body is telling you that it is sad and is asking for a release; the best thing you can do is listen to your body when it communicates with you.

SOME REPERCUSSIONS OF DETACHING FROM YOUR EMOTIONS:

-You begin projecting your emotions onto the people around you, usually those closest to you: You may accuse others of being sad, angry or in pain when in actuality the feelings are your own that you're repressing

-You feel chronic fatigue or exhaustion: Chronically feeling drained is a good sign that your emotions aren't flowing freely, as when you're giving your emotions a healthy outlet, they don't build up and create additional tension

-You don't get to know your authentic self: By limiting your self-expression, you limit your ability to speak your truth. To become acquainted with your true nature and with your Higher Self (your most authentic self), you must freely express your authenticity and, with time and practice, it will become habitual. You'll slowly begin to be who you are meant to be, rather than who you think you "should" be

-You limit the higher-vibration emotions when you're busy blocking out what you feel is negative: To feel is to be human. All emotions are legitimate and there is no such thing as a "good" or "bad" emotion. Judgment is also a human condition. Part of spiritual development is learning non-judgment and that the emotions you feel are like notes on a piano and every note must be available to play a beautiful song. For example, if you detach from feeling anger, sadness, pain, jealousy or envy because you judge those emotions as "bad", you limit your ability to be receptive to higher vibrational emotions such as trust, belief, hope, joy and of course, the highest vibrational emotion of them all, LOVE

-It affects your relationships with others and may lead to isolation: When you detach from your emotions or feel ashamed of what you're actually feeling, you may have a tendency to isolate yourself and push others away, when what you really are craving is loving support and empathy

-You miss out on genuine heart-centered connection: Love requires openness and vulnerability. To experience genuine connections of unconditional love, you must have a willingness to also accept yourself in your deepest pain. If you aren't able to love and accept yourself in that space of raw truth, another person isn't able to meet you there, either. Others may only meet you where you've met yourself

-You begin to notice actual physical pain in your body: Some symptoms of an imbalance in your energetic and emotional body may manifest as headaches, body aches, muscle fatigue, autoimmune disorders, depression, arthritis, neck/shoulders/back out of alignment, digestive or intestinal distress, sexual dysfunction, liver dysfunction, adrenal fatigue, skin disorders, allergies, sore throat, thyroid problems, tumors, ulcers, seizures and even various forms of cancer (of course see a medical doctor if you're experiencing anything concerning and use your discernment about what's best for you. This is by no means medical advice or a substitution for it.)

P.S. I'M PISSED

A sacred ritual to express your anger

“A secret to happiness is letting every situation be what it is, instead of what you think it should be.”

It's time to release any anger you are feeling or didn't allow yourself to feel in the past. You may need to write more than one of these letters to more than one person. Start with one. You may decide that one is enough for a day and return to this exercise on a different day to write a new letter to someone else.

You may begin with your romantic partner and then realize you also have anger towards one or both of your parents, or previous partners or even friends/colleagues or those with whom you've had close interactions in the past.

Start with one letter and allow yourself to be guided to write as many as necessary. Your anger is sacred, deserves to be acknowledged and writing a letter to express your anger as openly and freely as you'd like is part of the sacred ceremony of emotional liberation.

You will need the following:

- A journal, several sheets of blank paper or your computer with a place to write a word document (your choice and if it's a journal, know that you'll be tearing out the pages that you've written upon when you finish)
- Sacred items of your choosing to create ambiance for your ritual: Candles, crystals, jewelry, pictures, etc.
- A quiet space where you'll be uninterrupted for anywhere from 45-60 mins (or more depending on how much you decide to write)
- A safe place to burn your paper and matches/a lighter (I prefer the long lighters that you use to light a charcoal grill, which are inexpensive and easy to find)

NOTE: If burning indoors, make sure you have proper ventilation and use a fireproof container like a terracotta plant vase or aluminum foil pan; I like to burn things outdoors in an aluminum foil baking pan OR on damp ground where the fire won't spread – be cautious and take care to ensure the fire will not spread! (Please practice fire safety)

NOW LET'S BEGIN YOUR SACRED ANGER RITUAL:

1. You may like to create a safe, beautiful space to do this exercise. Sit at your altar or gather a few items that make you feel at peace and create a mini-altar wherever you are – for example: candles, incense, crystals, a picture, prayer or mala beads, a special token or item or fresh flowers
2. When you feel ready, take as many sheets of paper as necessary OR, if you prefer to type it, open up a new document in your computer. You will have the option to burn the letter afterwards as a way to release the energy or send the email to yourself and THEN burn it, so really the form you choose to write it in is up to you
3. Begin free-form writing of EVERYTHING you are angry about. This is an UNLIMITED exercise, so let it all out without self-editing or judging what comes out onto the pages. This is your opportunity to say *everything* you never said and release any stored energy from your energetic body
4. Once you've completed your letter, either print it if you typed it on your computer or take your letter to your designated burning location

5. Before burning your letter, say the following (either out loud or silently to yourself):

“I call upon my Highest Level Guides of 100% Divine Love and Light and ask that the energy I expressed in this letter be returned to the Earth and to all people involved with unconditional love and compassion, in all directions of time and space. Thank you Spirit/Universe/God/Source for your loving support and guidance as I allow myself to express my anger and make it sacred for all. So it is and so it shall be.”

6. Proceed to burn the letter and wait until it is fully consumed by the flames and becomes ash. You may choose to bury the ashes underground or scatter them on the Earth/in the ocean or wherever you feel guided to release them.

7. Repeat this process whenever necessary and write as many letters as you feel guided to write. Trust your intuition and allow yourself to express your anger to whomever, however and whenever. Making your anger sacred is an act of self-love and self-compassion. It clears your energy body AND your mind!

"PROCESS IT" LETTER

This letter helps you move through the emotional stages of grief. Write this letter to whomever you'd like to express and process feelings towards. Throughout the letter, use as many "I" statements as possible ("I feel _____when _____happens"). Try to keep the focus of the letter on the person you would like to express these feelings to.

Begin with "Dear _____" and use the following feelings to guide your letter:

1. Anger – express anger in the letter using:

- I feel angry
- I hate it when
- It's so frustrating
- I resent

2. Sadness – express sadness in the letter using:

- I feel sad
- It hurts me when
- I cry when

3. Fear – express fear in the letter using:

- I feel afraid
- I feel terrified when/of
- I feel scared

4. Apology – use the following:

-I'm sorry that

-I feel regret that

-I apologize for

5. Forgiveness – use the following:

-I forgive you for

6. Gratitude, Affection, Love – use the following:

-I am grateful for

-I thank you/I'm thankful for

-I appreciate that

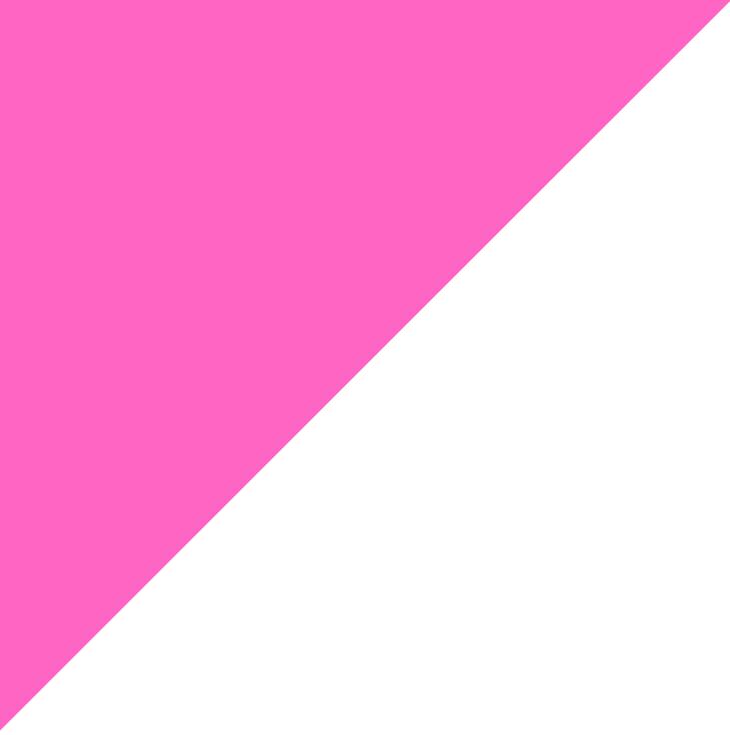
-I love

7. Hope – use the following:

-I am hopeful that

End the letter with, “With love, (your name)”

You can either keep this letter for however long feels appropriate, burn the letter to release the energy or, in certain circumstances, you may actually want to share this letter with the actual person. Use your intuition and your discernment about what feels best! This exercise is for YOU to process YOUR feelings about the person. Personally, I like fire rituals to release the energy out into the Universe!



PART 3
EMBRACING YOUR
SHADOW SELF



LOVING YOUR SHADOW

(adapted from *The Dark Side of the Light Chasers* by Debbie Ford)

“Your task is not to seek love, but merely to find all the barriers within yourself that you have built against it.” - Rumi

1. Part of the path to healthy relationships is knowing that others act as mirrors to reflect back to us the aspects about ourselves that are both inspiring (we usually enjoying seeing those parts of ourselves) and those that trigger us emotionally that we don't want to admit are a part of us because they cause pain or discomfort. We tend to judge some emotions as “good” and others as “bad” or “wrong”. As you shed illusions in relationships, integrate a greater spectrum of emotions as your own and accept a wider range of the words below as simply aspects of your humanness, you'll find that you are triggered less in relationships and able to form deeper connections with others. The more we accept in ourselves, the more we accept in others and the closer we get to unconditional love.

2. Take a few minutes and identify any words that have an emotional charge for you. Say out loud, “I am ____” If you can say it without any emotional charge, then move on to the next word. Write down the words you dislike or have a strong reaction hearing.

If you aren't sure that the word has any charge for you, close your eyes for a minute and meditate on the word and see if it creates an expansive feeling or if it feels like a contraction/getting tighter or smaller or heavier. Repeat it to yourself a few times out loud and ask yourself how you'd really feel if someone you loved or admired called you this. If you'd be angry or sad about it, write it down. Also spend some time thinking about words or labels that aren't on this list that trigger discomfort or pain within you.

Narcissist, impulsive, ugly, deceptive, selfish, liar, needy, phony, cheap, hateful, jealous, vindictive, controlling, nasty, possessive, bitchy, wimp, weak, evil, geek, prudish, womanizer, angry, secretive, codependent, alcoholic, predator, addict, fat, disgusting, doormat, pathetic, stupid, idiot, fearful, unconscious, masochistic, anorexic, energy vampire, unimportant, unworthy, compulsive, frigid, stiff, abuser, sick, manipulator, bulimic, victim, victimizer, self-centered, foolish, emotional, pompous, flaky, big mouth, know it all, passive aggressive, lame, coward, jerk, player, inauthentic, disrespectful, offensive, mean, inappropriate, dramatic, wild, late, irresponsible, incompetent, clingy, opportunist, lush, stingy, immature, gossip, snippy, desperate, childish, slut, shrew, gold-digger, hormonal, cruel, insensitive, scary, dangerous, explosive, perverted, sociopathic, defensive, man-hater, sad, frail, impotent, insipid, nervous,

arrogant, miser, judgmental, imposter, superficial, trashy, violent, thoughtless, martyr, hypocrite, love buyer, sneak, grudge carrier, condescending, competitive, power hungry, wasteful, insane, bigot, white trash, anxious, stuck, goofy, woman-hater, sadistic, loser, failure, envious, critical, flabby, neglectful, whore, shameful, dirty, bitter, shameless, bossy, inflexible, old, cold, withdrawn, soulless, heartless, resentful, uninteresting, racist, unenlightened, snob, elitist, dominating, sleazy, overbearing, inflexible, bad, ignorant, thief, cheater, scammer, pushy, classless, devious, prostitute, conniving, insecure, depressed, hopeful, not good enough, beggar, whiney, asshole, ballbuster, frugal, unlovable, delinquent, scared, intrusive, ridiculous, perfectionist, ass-kisser, malicious, resentful, righteous, freak, useless, resistant, withholding, betrayer, inferior, destructive, thick-headed, confrontational, impatient, self-destructive, ruthless, oversensitive, lifeless, empty

3. Imagine that a feature article was published about you in your favorite magazine.

-What are the 3 things you wouldn't want to be said about you that really bother or trigger you intensely? Write them down.

- Now try to imagine 3 things they could say about you that wouldn't bother you at all.

-The question to ask yourself is, are the first 3 things true and second 3 untrue?

We must uncover what's really behind these words so we can reintegrate these disowned parts of ourselves, which in essence helps us see that we are already whole and complete; we just don't realize it to be true. We seek completion outside of ourselves, when we are already whole and unified right now. Relationships are intended for us to see ourselves more clearly. We often disconnect from the aspects about ourselves that trigger [ego] pain to try and stay safe and then unconsciously attract people into our lives to show us these hidden aspects that we've disowned so we're able to reintroduce them into our being without judgment.

Write down the judgments you have about each of these 6 words you've chosen above. See if you can identify when you first began to judge each word or from whom you learned to judge that particular aspect. Was it from one of your parents, a member of your family or from a previous partner?

MIRROR, MIRROR ON THE WALL EXERCISE

“If you love yourself, you love others. If you hate yourself, you hate others. Because in relationship with others, the other is nothing but a mirror.” Osho

*NOTE: If someone is in your life, you’ve attracted them for a reason. Some people come for very specific energy balancing purposes, some we have short or long-term soul contracts with to fulfill and our family members are some of the souls we’ve chosen to be connected to for a lifetime, whether we actively engage with them or not, for our personal growth and soul evolution.

List the top 3 people currently in your life that you either spend the most time with or talk to the most.

What are they up to? What are the themes of your conversations? What are their main issues or topics of concern? What are their consistent emotions or feelings? How are they a mirror of your own thoughts or feelings? How have you attracted these people into your experience?

Explore all 3, write down your thoughts. Notice what's being reflected back to you to integrate or learn about yourself.

SHIFTING YOUR EMOTIONAL COMPASS SETTING FOR LOVE + RELATIONSHIPS

Your relationships unfold based on how you FEEL. Shift the way you feel and your relationships will shift along with you.

The actual exercise begins on page 55. Instructions are below to begin.

-Select an aspect of love or relationships that is bothering you or weighing on your mind.

-Number on your paper from 1 to 10. Leave space next to each number to write out a thought and a corresponding emotion.

It will look something like this for each line, 1-10:

For example:

What's bothering you? *I keep attracting partners who cheat on me.*

Thought #1: *I don't know why this keeps happening!*

Corresponding Emotion: *Disappointment*

-Note where you end up for your emotion by line #5? This is your *current emotional setting*. Know that your thoughts provide either relief or resistance to what you want.

If you're at a current emotional setting of FEAR, all corresponding thoughts are being influenced by FEAR. It's important to catch yourself when you're in a lower vibrational setting, and know when it's time to pivot to a higher vibrational emotion. ANGER/BLAME are the midpoint between lowest to highest emotions, hence why they're in bold lettering below with the rest of the list.

-For points #5 through #10, *write down five better feeling thoughts* moving UP the Emotional Scale (up from Fear, if that was your emotional set point at #5).

An example of moving UP the scale of emotions: Thought: “I’m stuck and can’t find a way out of this” (Emotion: Powerlessness) to Thought: “I’m mad as hell and I’m not standing for it anymore!” (Emotion: Anger)

-Thoughts have magnetic power, attracting similar thoughts. On any given topic (in this case, love and/or relationships), you only have access to thoughts close to your Current Emotional Setting. When attempting to shift your Emotional Setting, try a small shift, such as one emotion up on the scale, and then another. Try Depression to Anger or Anger to Frustration. With a smaller shift, relief is easier to find. Go in small steps.

-In this exercise, we think a thought and FEEL whether it feels like relief or resistance. Are you moving UP the emotional scale towards joy? Relief will feel expansive or hope/joy-inducing. Resistance will feel like you're contracting, tightening or that it's creating anxiety. If from #5 to #6 it feels the same or worse, you are going in the wrong direction. You want to move UP the scale of emotions here.

-By #10, you will have reached a NEW Emotional Compass Setting: When the relief comes, you have attained a New Emotional Setting on this subject of love or relationships. The emotion you listed for #10 describes how you feel NOW. If you feel much better, you don't need to use Anger as a bridge. Remember, Anger or Blame feels better than Guilt or Shame. If you must use Anger, it's better than Powerlessness. It's okay if by #10 you've only reached, for example, Disappointment instead of Hope or Joy. Anything is better than Powerlessness. Move slowly up the scale and be authentic in your responses. You're always able to come back to this exercise later in the day or tomorrow.

-Pat yourself on the back! With this exercise, you'll have demonstrated your ability to quickly shift the way you're feeling.

-Remember, you are NOT trying to solve your challenge, fear or problem with this exercise. Feeling better and reframing your thoughts and emotions on a subject will inevitably change your energy around the subject, which will most likely either make it dissipate or shift so the solution becomes attainable.

-PRACTICE. PRACTICE. PRACTICE. Retraining our thoughts and emotions takes patience and practice, but we are the creators of our reality, so the practice is definitely worthwhile if you want to manifest the love and relationships of your dreams! Replacing old thoughts with new, improved thoughts will lead to improved relationships.



EXERCISE TIME

Let's start to shift your emotional setting

The Emotional Scale is listed below

(from left to right, lowest to highest – Joy being the highest emotion)
(LOWEST) Powerlessness, Shame, Depression, Fear, Grief, Guilt,
Sadness, Disappointment, Disempowerment, Discouragement,
Anger/Blame, Frustration, Aggravation, Irritation, Overwhelmed,
Encouragement, Hope, Belief, Knowing, Joy (HIGHEST)

-What's currently your greatest fear or frustration regarding love or relationships?

-What are 5 specific thoughts about this fear/frustration/challenge?
Write out 5 thoughts and then write a corresponding emotion you're feeling about the thought.

For example:

What's bothering you? *I keep attracting partners who cheat on me.*

Thought #1: *I don't know why this keeps happening!*

Corresponding Emotion: *Disappointment*

What's your CURRENT Emotional Setting from your Emotion #5? Write that down.

Now look at your TOP 5 thoughts and rewrite them in a way that they become BETTER feeling thoughts. Remember to think and then feel.

For Example:

Thought #6: *“It may seem like I’m dating the “wrong” people, but for each date that isn’t working, I’m getting more clear about what it is I actually DO want in a relationship.”*

Corresponding Emotion: *Encouragement or Hope*

What's your NEW Emotional Setting from your Emotion #10? Write that down.

Repeat this exercise anytime you're feeling upset to reframe your thoughts and shift from the lower points of the emotional scale to higher, better feeling emotions and thoughts.



LONELINESS IS THE NEW BLACK

“Usually we regard loneliness as an enemy. Heartache is not something we choose to invite in. It’s restless and pregnant and hot with the desire to escape and find something or someone to keep us company. When we can rest in the middle, we begin to have a nonthreatening relationship with loneliness, a relaxing and cooling loneliness that completely turns our usual fearful patterns upside down.” - Pema Chödrön

1. What is the first thing you do when feelings of loneliness set in?
2. Do you think that you “deserve” or are “entitled to” resolution from your loneliness?
3. When you begin to feel sad or lonely, do you automatically start to seek ways to “fix it”? In what ways?
4. What are your preferred distractions to loneliness? Do you seek people to fill the void? Use substances? Turn on gossip television? Spend money?
5. Who do you blame when you’re feeling rejected or abandoned? Do you know where your original feelings of abandonment originate from – one of your parents, a previous partner, a family member?

PRACTICING PRESENCE with EFT

“Loneliness is a sign you are in desperate need of yourself.” - Rupi Kaur

Knowing your distractions and ways you avoid being with yourself in the uncomfortable feelings of sadness, hopelessness, melancholy, nostalgia and loneliness will help you catch yourself when you're about to go into protection-mode (a.k.a. Distracting Yourself to Avoid Feeling) so you have the opportunity to practice presence.

Here's a simple tapping exercise, or what's known as EFT (Emotional Freedom Technique), that you can do quickly and easily to reframe a painful thought or situation that's distracting you from the present moment. Tapping can help you get out of reptilian brain (the fight or flight part of your brain that feeds on fear) and into the prefrontal cortex (the conscious decision maker part of the brain).

I like to tap on each thigh to make it easy, so I tap my left fingers on the top of my left thigh and I tap my right fingers on the top of my right thigh. Then you alternate tapping left to right, left to right and continue like that for the entire exercise. Check out Nick Ortner's free app on your phone, The Tapping Solution, or Brad Yates on YouTube, who has tons of great free content and the sequences are all about 10 minutes or less for almost any topic you can imagine.

-Begin by tapping your left hand on your left thigh and then your right hand on your right thigh

-Lightly tap left to right, left to right

-See the situation, person or whatever it is causing you discomfort

-Acknowledge what you see, smell, hear, taste and feel/touch...as you relive that moment; try to really feel it FULLY and let all the painful feelings rise up

-Continue tapping left to right, left to right

-Now replace the discomfort with your "happy place" (wherever you feel TOTALLY at peace - could be the beach, your bed, the mountains, at your altar, whatever) or imagine yourself surrounded by healing white light, like you're in an egg of light that totally surrounds you above, below and all around you

-Use your five senses again as you immerse yourself into your happy place

-Continue tapping left to right until you feel free from the painful memory and grounded in the present moment

I honestly used to think tapping was strange until I tried it consistently. It's actually amazing and it WORKS! You're not only using hypnotic language to rewire those subconscious beliefs, but you're also tapping on acupuncture meridians and/or specific acupuncture points. There's an entire science to it! Try it for yourself.

RADICAL FORGIVENESS

“Forgive everyone for everything.” - Iyanla Vanzant

Forgiveness opens our minds and our hearts so we have the ability to recognize the lessons (often dressed in pain) as they come and see things as they are, not as they “should be” (which keeps us trapped).

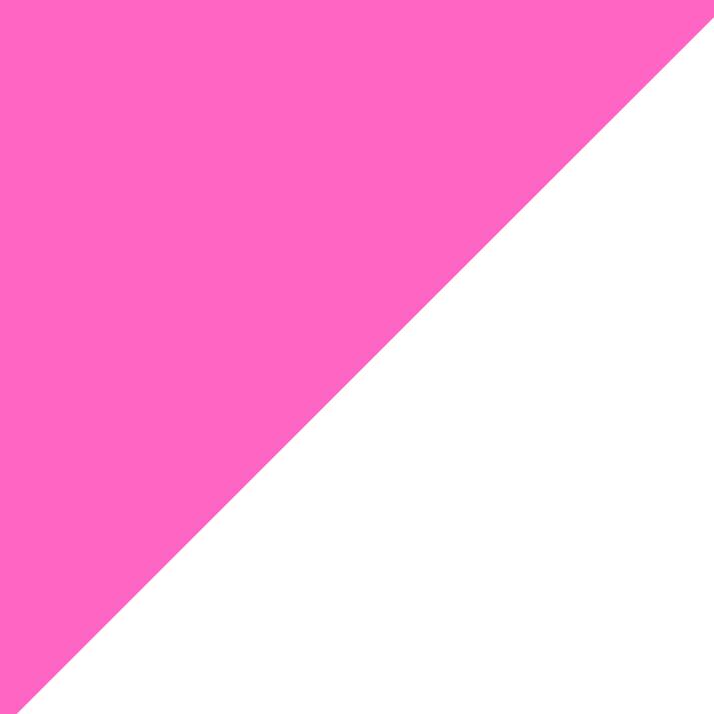
Forgiveness doesn't make you unsee or unfeel what happened, nor does it excuse the event/behavior that caused pain, but it does allow you to acknowledge WHAT IS.

It's the judgment of the pain that keeps you feeling weighed down, stuck and burdened.

Forgiveness helps you release judgments and move forward.

Forgiveness keeps your energy clean and clear. Forgiveness helps set you free.

- What is your forgiveness practice (do you have one)?
- Who do you still need to forgive (aka: who are you still judging that is causing you pain/distress)?
- Why is forgiveness important to you?



PART 4
THE BREAKING POINT



THE REAL PURPOSE OF OBSESSION

“What consumes your mind, controls your life.”

Obsession isn't a conscious choice; it's more of an involuntary reaction to feeling powerless to something. We aren't able to stop it until we realize we've run into something that is, in fact, out of our control. Obsession doesn't create the atmosphere for miracles to occur – it creates fatigue and exhaustion. Is your obsession masking the truth and keeping you distracted as to not feel or grieve the loss of something you desire?

Obsession is an important part of grieving. When you tell the same story over and over again, what you're really doing is diligently trying to integrate something that happened to you to move towards acceptance of what is still unacceptable in your mind. The “should of” or “would have” or “what if” scenarios are natural to explore as part of obsessing, thinking that had you done something differently, you wouldn't be struggling.

Obsession is a part of the path towards acceptance and surrendering to what is out of your control. Obsessing about something may also be a way to express your feelings or an outlet for passion, however passion and obsession are both intense emotional expressions and too much of them will wear you out.

Getting to root of WHY you are obsessing (NOTE: the root is usually that something/someone is out of your control) and bringing awareness to what you DO have control over will help the feelings of obsession relax and gradually lessen in intensity. You'll never be able to control what others are doing, you aren't able to resolve another person's karma and you aren't able to control what other think or say about you. You ARE able to control your reaction, your action and your perception of what is happening to you or around you.

1. Identify your obsession: What EXACTLY are you obsessing about? In order to move beyond obsession, it's crucial to understand it and know when you're doing it.

2. Determine what you DO have control over in this moment: Your perception of the situation, your breath, etc. (For example: You ARE able to sit in private for 5 minutes or close your eyes wherever you are and practice the presence exercise: I, AM, HERE, NOW, touching your thumb to each finger as noted in the Part 3 exercise on loneliness)

Write what it is you ARE able to control right now and what you'll do now instead as a healthier coping mechanism to your obsessive thinking/stalking/talking about it, etc.

3. Journal it out of your system

Instead of only talking about your obsession (and wearing out both yourself and those that have been listening to your story and will likely not want to continue to listen in the future), take some time to write about it in a journal or notebook where you have plenty of space.

Write until you cannot write anymore. The act of writing will allow you a space to grieve and eventually you'll run out of words to say or energy to continue writing.

4. Force yourself to obsess about the selected issue for at least 15-30 minutes a day; you may even want to do a voicenote on your phone so you can re-listen! If the writing isn't working, listen to the voicenote daily until you tire of hearing it. Yes, you heard that right! Sit somewhere and make yourself focus on the obsession at hand. Bring the obsession to mind and sit with it, forcing yourself to feel the intensity, the emotions and anything else that comes up. The magic in this exercise is that, if it's an unhealthy obsession, it's not likely this practice will last long, because it's actually very difficult to CONSCIOUSLY force the obsessive thoughts to continue. As I mentioned before, obsession is typically an involuntary reaction to something outside your scope of control. If it's a healthy obsession, more connected to something you feel very passionate about (such as expanding your life purpose into a career or building a business), you may spend as much time as necessary "obsessing" and then channeling the obsession into creative energy to move towards making your passion a reality.

EGO ERADICATOR

Ego Eradicator opens the lungs, consolidates the magnetic field, and brings the brain hemispheres to a state of alertness. This is AMAZING when you want to break negative thought patterns and build patience and mental strength. Do it daily and watch how you feel in a week!



Posture: This exercise is best done in Easy Pose (comfortable seated position like this picture). Raise the arms up to a 60 degree angle. Keep the elbows straight and the shoulders down. Bring chin towards chest. Curl the fingertips on to the pads of the palms at the base of the fingers. Thumbs are stretched back, pointing towards each other.

Eyes: Eyes are closed.

Mental Focus: Focus above the head.

Breath: Breath of Fire (pumping in and out of the nose, mouth stays closed)

Time: Continue for 1 - 3 minutes.

To end: Inhale deeply and bring the arms overhead with the thumb tips touching. Open the fingers, exhale and relax the arms down.

©The Teachings of Yogi Bhanan / Image Credit: Yoga Journal (from Pinterest); NOTE: This is one of my favorite Kundalini teachers and author of Invincible Living, Guru Jagat

LEAVING INFATUATION STATION

Moving Away from the Fantasy and Coming Back to Reality

**“They say love is blind. I disagree. Infatuation is blind.
Love is all-seeing and accepting.”**

Many people who are experiencing frustration or mourning the loss of a relationship focus on what they perceive to have been positive about the relationship and refuse to acknowledge the totality of the situation. Often, the ex-lover becomes an object of adoration, of false perceptions and of a distorted view of reality. Rather than viewing the perceived “loss” as growth and transformation, they see it as an ending or a metaphorical “death sentence”.

For example: “So-and-so dumped me/left me/rejected me/we didn’t work out, so I’m DOOMED to be alone or I’ll never find love again.”

Sound familiar?

The fastest way from fantasy to fulfillment in your relationships is understanding the nature of infatuation. *Infatuation is really an addiction to your perception, whatever that may be.* Addictions are imbalances. To move towards balance, we learn to accept all aspects of a person or situation and see it from a more whole perspective.

We tell ourselves the truth, not what we want to hear to feel better about what happened. Denial is a way to self-soothe, yet it's only temporary. Long-lasting fulfillment and peace stem from radical acceptance of what IS.

1. Recall and write all of what you consider to be the “positive” aspects of your relationship:

2. Recall and write here all of what you consider to be the “undesirable” aspects of your relationship:

3. If you aren't immediately recalling anything “undesirable”, think again. Putting someone on a pedestal is a form of infatuation and nobody will be able to stay on that pedestal forever. Every one of us has aspects that will irritate or upset another. “Perfection” is a myth. Infatuation is powerful and may be as addictive as a drug or alcohol, especially when the relationship may be meeting one of your highest values (such as Passion or Security).

We will seek out our highest values first and foremost and may compromise our health or integrity to get those highest values and needs met. To create balance, you need 365 degree vision to see the entirety of a person or situation.

4. What traits did you admire most in your partner? Upon deeper inquiry, what people realize is that it's not the actual person they miss the most, but the most admirable traits they appreciated about the person. This exercise will give you clarity about what it is you actually miss and to help separate what you're "missing" from the person themselves. It doesn't mean you won't miss having this person in your life; it simply means you are coming to a more balanced and whole perception of why you've put the relationship on a pedestal and how to bring it back to reality, where acceptance is easier and more accessible.

Write your favorite traits or qualities about your partner, current or previous.

5. Write a new story.

Heartache is a sign that a fantasy is dissolving. It's not your heart that's aching or breaking – it's the illusions and fantasies breaking down that are creating what you're perceiving as "pain". Heartbreak is Transformation in process. When you're free from your fantasies, you allow yourself to feel true love; love which is balanced, whole and complete in and of itself. Love doesn't expect or need.

Love accepts all that is and love is the entry point to total surrender.

Write your new story here. How is your "loss" actually a transformation, an opportunity for growth or a way to transmute pain into purpose?

THE IN-BETWEEN TIME

Your “Hermit” Phase

“To live a rich life, we have to be in contact with our inner world.”

- Carl Jung

In astrology and tarot, we often talk about “hermit” cycles, as the “Hermit” card is the 9th card in the 22 cards of the Major Arcana. The Major Arcana cards each represent a specific soul lesson in a cycle, from “The Fool” to the completion card, “The World” (when we’ve fully integrated an experience and receive the reward of understanding coming full circle). We repeat these cycles of the Major Arcana many times in our life.

The zodiac sign associated with the Hermit card is Virgo, which carries the energies of logic, analyzation, health, order, auditing and organization. The Hermit card in tarot represents soul lessons of seeking, finding clarity, inner wisdom, inquiry and self-reflection. Your “Hermit” phase is not a passive time necessarily. It’s an internal time versus an external time. It’s a period to go within, while still moving forward in your life.

When you’re in the space in between relationships, it’s a time that is divinely designed and ordained by your soul for healing and clarity.

What often happens INSTEAD is rather than take the opportunity to go within, fear and anxiety creep in and thoughts such as, “I better take this person because nothing better is going to come along”, “If I don’t go out or online and aggressively date now, I’m going to be alone forever”, or “This person is CLOSE to what I’m looking for and I’m getting older, so I better settle just in case” begin to take precedence to your healing process. Your hermit phase is the perfect time to acknowledge your deepest fears and take note of what hasn’t supported your Highest Good in the past. Bringing these aspects into the light of awareness will assist you in getting crystal clear about what you’d like to experience next in your relationships, which we’ll address in Part 5.

As I mentioned above, the mind is powerful and when we have uninterrupted time without the commitment or distraction of a relationship, the mind often gets busy creating scenarios and beliefs that aren’t true. In the hermit phase, you’re searching for answers to the problem you’ve discovered. Fears and false beliefs may lead you to believe an answer lies in a less-than-optimal situation. Fears are the breeding ground for unhealthy decision making.

Expectations in love destroy the opportunity for people to show up as they are. A healthy need and expectations are not the same thing. You may need/desire a partner who is honest with you, which is a completely valid point.

A healthy need honors your integrity. Expecting someone to do or be something to receive your love will always lead to disappointment. You may love someone without expectations and leave them. The love may remain. If your healthy needs aren't being met, you have the power to choose to stay in that relationship or leave it behind.

Unconditional love is the absence of expectation. It's allowing someone to show up as their true self and loving all of them. This is not saying that you're obligated to accept or tolerate any abusive behavior. This is simply learning to accept that people are who they are and will show up as they are. Expecting them to be/do/change to receive your love will inevitably lead to resentment and contempt. Love accepts all that is and knows when a particular behavior or situation is no longer serving Highest Good.

One of the best things to do when you're in between relationships is to use the time to:

1. Know Your Greatest Fears
2. Determine Your False Beliefs
3. Distinguish Your Greatest Expectations

Not everything that you encounter on your journey is intended for you long-term. Some people come to teach you a specific lesson. Some lessons are intended to be brief and succinct.

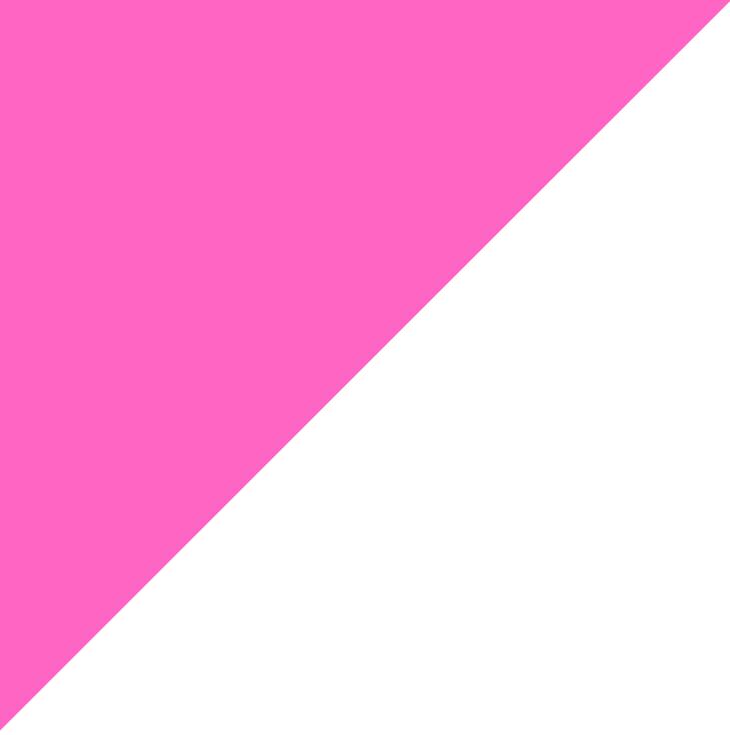
Some people come to show you what you absolutely DO NOT want so you're able to get more clear. Just because you meet someone along the way in between relationships doesn't mean they are intended to be your life partner or that you must settle in fear that what's truly in your Highest Good isn't on its way to you.

Knowing your fears and false beliefs and setting new intentions is a great way to be prepared for your next relationship while taking full advantage of this type of hermit period. Without bringing awareness to your fears, they will rule your life unconsciously. With awareness, you're able to remind yourself, "This is a fear, this is not real, what is real is..." and you may shift your emotional set point instantly (see Emotional Compass exercise in Part 3).

1. What are your greatest relationship fears?
2. What specific false beliefs have been running unconsciously in your mind that actually are not true?

For example: "Good love is hard to come by", "All the good ones are taken", "I'll never find what I'm looking for", "I'm too old to find love again", "I'm too damaged or have too much baggage to find love", etc.

3. What do you expect from love or from your relationships? What do you expect you must be/do/have in order to be loved? What do you expect from others so you consider them worthy of receiving your love?



PART 5
ALIGNMENT AND
ACTIVATION



KNOW THYSELF

Your Relationships Are Defined by Your Highest Values

“At the center of your being you have the answer; you know who you are and you know what you want.” Lao Tzu

If you're dealing with frustration in your relationships and there is constant conflict, chaos or disorder, it's likely that you and the person in question do not have values that are in true alignment with one another. When our highest values (some will undoubtedly be higher than others on the scale of importance) are in alignment with the people in our lives, specifically with an intimate partner, we tend to flow rather harmoniously together. A good way to know your highest values is to note where you spend the MOST time, energy, consideration, attention, money and to what/where most of your thoughts are wandering throughout the day. If you dream of being wealthy and abundant, Finances are probably a top value. If you fantasize about the love of your life and you'll do just about anything to meet this person – Love is likely at the top of your list of values.

If values between two people are NOT in alignment, conflict and turmoil arise. We act upon our highest values without question (often unconsciously), so it's important to KNOW YOUR VALUES to KNOW YOURSELF and what is most important to you within those values before you're able to assert boundaries with others and develop the type of relationships you desire.

The following two exercises combined are intended to raise your awareness about what you value most in your daily life and what you're prioritizing – both great indicators of your Highest Values.

Part One

Think about the following areas of your life below, 1-10. What is valuable to you in each category? Does the category spark excitement or passion or trigger a strong emotion? Be specific. There are no right or wrong answers here. The purpose of this is to explore what each category means to you. If not much comes to mind for a certain category, skip it and go to the next category.

For example: What do you value most about your Home Environment? That it's neat and tidy? That it contains nostalgic items? That it represents your personality or style? Do you spend time cleaning or decorating or could you care less about what your home looks like?

1. Home Environment: Do you feel comfortable here or is there disorder? Does your home space create anxiety or stress? Does it reflect your unique style or personality? Does it contain items from your travels?

2. Love/Intimate Relationships: Are you in a relationship? Would you like to be? How much time do you dedicate to your love life and to intimate relationships – both with yourself and others? Is love important to you? Does love come before other things in your life?

3. Social Life: Do you have one? Do you feel you spend a lot of time alone or isolated? Do you feel that you are always in company and resist spending time alone? Do you make extra time to socialize?

4. Career: Are you satisfied with the work you do? Does it bring you joy and excitement? Do you feel fulfilled? Does your work create stress or anxiety or sadness? Do you spend a lot of time thinking about building your career or changing your career? Is career ambition important to you?

5. Finances: How satisfied are you with your current financial situation? Do you spend a lot of time thinking about how to make more money or increase your wealth? Are your finances balanced or are you afraid to look at your bank account? Do you avoid talking about or thinking about money? Do you obsess about how much money you have (or don't have)? Are you happy with less?

6. Family: Do you feel connected to your family? Do you make time to be with family? Do you have a family of your own? Do you desire to create a family? Do you feel you have a satisfactory relationship with your family of origin (parents, immediate relatives) and/or your own family (partner, children)?

7. Emotional: Do you feel that you're able to freely express your emotions – to yourself and to others? Do you feel that you're repressing emotions? Do you feel comfortable expressing when you get sad, angry or frustrated? Do you have a support system to express yourself in an authentic way? Are you able to self-soothe emotionally or do you feel the need to pull others in every time you're having an emotional struggle?

8. Physical Health: Are you satisfied with the physical state of your body? Do you feel fit? Are you exercising regularly? Do you respect your body and treat it with love and care? Do you have a regular movement practice? Would you rather socialize or meditate than work out?

9. Spirituality: Do you have a “spiritual” practice? Do you meditate? Do you practice mind-body movement such as yoga, tai chi or qi gong? Do you have a way to “center” yourself? Do you regularly connect with Spirit/the Universe/God/a Higher Power? What does intuition mean to you?

10. Creativity/Mental Health: Do you have hobbies? Do you do anything outside of work/daily obligations that brings you joy? Do you enjoy reading, artistic activities, sports, etc.? Do you feel mentally stimulated on a regular basis or that you're simply "going through the motions" each day? Do you make time to do nothing and relax your mind or do you keep yourself occupied mentally at all hours of the day?

Part Two

Now I'd like you to rate: HOW IMPORTANT TO YOU ARE THE FOLLOWING categories below?

List your ratings 1-10 for each:

(1 = Isn't really a priority and I spend very little time/attention/money here OR 10 = This is VERY important to me and I spend a majority of my time/attention/money regarding this category)

1. Home Environment =
2. Love/Intimate Relationships =
3. Social Life =
4. Career =
5. Finances =
6. Family =
7. Emotional =
8. Physical Health =
9. Spirituality =
10. Creativity/Mental Stimulation =

In Part One, wherever you felt more passionate answering the detailed questions above are likely to be your highest values. Pay attention to what sparked the most interest and where you had the most detailed, excited or joyful responses.

In Part Two, wherever you've rated 5 or below, you will have a clear understanding of your lower priorities and where you've rated 7 or above, you'll be aware of your Highest Values. Your highest priorities ARE your highest values and where you dedicate the majority of your time, energy and attention.

If you're experiencing frustration in your relationships, it's likely that the other person's priorities differ rather dramatically from yours and/or that you're not meeting your own needs regularly. It's very important to know your highest values and not deny that they are true for you. Often we try to "mold" ourselves to please others and, in effect, move out of integrity and authenticity, which will create resentment and eventually contempt (the most toxic emotion in a relationship which typically arises prior to separation/divorce).

For healthy, authentic relationships to succeed, know your values and seek partners who share similar values as you. Share this exercise with your partner. Even if you pretend that this doesn't matter, I promise you that if you try to maintain a relationship where you and the other person's Highest Values are conflicting, the relationship will not be pleasant, harmonious and will likely be short-lived or lived in unpleasant emotions and denial.

You do not need to change who you are to be happy in relationships. As the Ancient Greek aphorism states, “Know Thyself” first and foremost.

If you don't know who you are, what's most important to you and, in that, cultivate a sense of internal self-esteem, you remain in an identity struggle in your relationships, seeking external validation from those around you and never feeling fully satisfied. No external source will ever be able to fill the void, so it's best to start with you.



FINDING A HIGHER PURPOSE

**Cultivating joy outside of relationships and knowing what you
desire**

“I'm not searching for my other half, because I'm not a half.”

In order to attract a healthy, interdependent relationship, it's extremely important to have things that bring you joy and fulfillment that have nothing to do with your relationship itself. If you're spending the majority of your time and energy on your relationship and ignoring the relationship with yourself, the moment your partner is absent or not your focal point, you feel lost, nervous, anxious, depressed, bored, jealous, lonely or hopeless.

The intent of this exercise is to raise your awareness to discover a higher purpose outside of relationships and embrace your independence so you're coming from desire vs. need. Desiring a relationship to add value to your life is healthy and much different than needing a relationship to give you purpose (and feeling you have no purpose if the relationship is no longer present). It's also important to understand how and why you've created your current relationship reality, whatever that may be. Often we think we are a victim of circumstance, when in actuality you've co-created your current reality – AND you have the power to change it.

Part One: Discover Your Joy

1. What did you love as a child?
2. Where do you get lost for hours without looking at the clock?
3. What would you do for free just because you enjoy it?
4. Do you have a hobby? Yoga? Painting? Reading? Going outside in nature? How often do you devote time to a hobby? Even if it is only once a week or once a month, making space for recreational time and something you enjoy outside of your “duties” is essential for your soul to thrive.

It's up to you to carve out this time and prioritize it for yourself. You do not need someone's permission to have "play time". We all need a break from life's obligations. If you don't have a hobby, write out what you'll do for yourself and how often.

5. Do you have a sacred space, a place to sit and be with yourself to center and focus? If not, what will you do to create this?

For example: Your sacred space may simply be sitting at your desk and lighting a candle or sitting on your bedroom floor with your favorite crystal. It may be sitting on your front porch, watching the sunrise each morning. Finding higher purpose takes practice and discipline. Creating a sacred space allows you the chance to develop your intuition and will help you trust yourself on a much deeper level.

Designate your new sacred space now (it doesn't need to be complicated and don't overcomplicate this as an excuse to skip this part of the exercise!) – Where will your designated sacred space be? When will you be there each day? It may only be for one minute; one minute is better than nothing. Start somewhere.

Part Two: What Do You Desire

5. What do you enjoy most about yourself?
6. What do you think you “need” the most in your intimate relationships?
7. Look to your answers to question 6 above, and below list all the ways YOU are able to provide those “needs” for yourself.

(For example, you need nurturing touch in your relationships – so if you’re single, look into booking a healing massage once every 2 weeks or once a month. Ask your friends for more hugs. Book an energy healing session. Etc.)

Write how you’re able to satisfy your “needs”, regardless of whether you’re in a relationship or not.

8. What are your hooks? What pulls you back into a relationship, even when you know it’s consuming you in an unhealthy way or taking too much of your time and energy? Is it that you need someone to talk to? Great sex? You love to be entertained and taken out on the town? Do you feel excited when someone needs you/needs you to take care of them/their problems?

Write out your TOP hooks.

Part Three: The Relationship Reality You've Created

9. What do you want in a romantic relationship?
10. What are you currently experiencing in regards to a relationship at the present time?

Notice what you wrote for #10. This is **ACTUALLY** what you want!

Do you believe that? 95% of brain activity is beyond our conscious awareness. The unconscious mind is quietly running our lives.

What we don't realize is what we are experiencing IS what we've (un)consciously created in the present and what our unconscious mind says we "want". For example: Consciously, we may say we want companionship - someone to live with for example - but subconsciously we want space/time alone for ourselves which living together may make more difficult, so we create a situation where we are single for long periods of time because the subconscious desires **OVERRIDE** the conscious mind. So knowing your deeper desires or beliefs is important.

What you have now is what your subconscious mind dictates, even if your conscious mind says otherwise. If you don't like it, now it's time to shift those subconscious beliefs and create what you really want.

AFFIRMING THE LOVE THAT YOU DESIRE

Mantras and affirmations for relationship abundance

I deserve epic love.

I feel at peace now that I am in a healthy, stable romantic relationship. I live by my values and attract those who live in the same alignment.

I am skillful in the art of loving relationships.

I am willing see my loved ones as my blessings, mirrors and teachers. I am a being of pure love.

I love and accept myself exactly as I am.

Every day in every way, more love enters my life. I love myself and others unconditionally.

I naturally attract loving relationships with a balanced amount of giving and receiving. I am in a healthy, conscious, lasting and loving relationship.

I feel great about having what I desire in a relationship. My relationships are filled with ease, love and grace.

I allow love in anytime.

I am worthy of limitless love.

I am aware that my perfect lover is in alignment with my soul. In love, what I seek is seeking me.

My heart is open to love in all forms. I am a magnet for divine love.
Divine love flows to me in endless abundance.

My relationships are balanced, healthy and whole. Love flows to me
in unlimited ways.

I am infinitely supported in love.

My love life is supported, protected and aligned by the Divine. My
ultimate lover is on His/Her way to me right now.

I am a magnet for divine union. I am my highest love.

All that is in my highest good in love is happening now. Love is all
around me.

I am attuned to the vibration of love.

I am now ready to accept a healthy, loving relationship. I am a
magnet for my loving, nurturing soul mate.

I am open to receiving love and radiating love. I allow love to flow to
me now.

I am a magnet for a loving partner. I am loved, loving and lovable.

I am in charge of how I feel and today I am love. I am an open
channel for a loving partnership.

I am grateful for my divine partnership.

I am in alignment with my sacred union.

I am the ultimate partner for my ultimate partner.

The Healthy, Happy, Holy Breath Meditation

This meditation uses the power of the breath to enhance this simple self-loving mantra, which instantly boosts your energy and amplifies self-acceptance.

Posture: Sit in any easy seated posture that keeps the spine straight and bring the mental focus to the 3rd eye point between the eyebrows.

Breath and Mantra: Inhale deeply and completely through the nose. Hold the breath. Silently repeat the mantra 3 times: Healthy Am I, Happy Am I, Holy Am I. As you exhale, repeat the mantra out loud three times. Each repetition of the phrase takes about five seconds.

Time: Continue anywhere from 3-11 minutes.

To End: Inhale deeply, relax the breath, and sit silently for a minute or two. Then inhale deep, stretch the arms up over your head with the fingers interlocked, and pull the spine up. Exhale and relax.

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Creating Your Soul Mate Script

Becoming the magnet for the love you wish to receive

“In high-frequency relationships, the masks come off, the music blends and the dance proceeds with great purpose.”

We all long for a soul mate, someone to reflect back to us our love and our divine perfection. It's necessary first to have a conscious relationship with your own soul. Even then, it's not all rainbows and roses! Attracting a conscious relationship means you'll have to handle having YOU mirrored back to YOU every day. So having these tools will help a lot! Spiritual partnership or not, it's still two humans with two personalities. If you're yearning for a soul mate, it's because you're yearning for connection to something that transcends the material realm. You're not simply wanting company; you desire a spiritual connection. That is your soul speaking. Our soul is that which transcends physical limitations. What your heart desires and longs for is your soul speaking directly to you. The soul is very powerful.

The love that you wish to reflect back your perfection is also the love you fear the most, as it sees all that is. This is the type of love that bypasses control and logic. Hidden in the desire for a spiritual union with a partner is the desire to live out your heart's desires more fully.

The catch here is that you won't be able to sustain a love of this magnitude until you get intimately acquainted with your own soul. The relationship with your own soul comes first.

The best way to know if you're in touch with your soul is to explore what brings you the most joy and what fills your heart with excitement. For me, it's being in the mountains or an intimate conversation with a close friend. What you are magnetized to is the longing of your soul. Ignoring what you're drawn to naturally will create a sense of starvation. You'll know your soul is starving if you feel depressed, lonely, depleted or anxious on a regular basis. When you're feeding your soul, those lower level emotions begin to dissipate and you're able to maintain a more consistent higher vibrational alignment with joy, happiness, belief and optimism.

Feeding your soul makes you feel vibrant and alive. As you become aware of your soul's presence, you'll also become more aware of the presence of soul mates around you. You cannot manifest what you don't know yet. To receive love and be loved you must give love. Give love freely to those you care about and know that the energy of giving and receiving is the same.

Set Clear Intentions to Align Yourself with Love

Part of attracting a divine partnership is being aligned with your intuition so the Divine has a channel to reach you! Think of it like this: If you want the Universe to send you a loving relationship, you better give out your contact info! If the doors are closed, the Divine isn't going to have an easy time sending you the details, signs and synchronicity to align you with your highest love.

It's important to do this exercise from a state of feeling uplifted and optimistic. If you're not genuinely in that space, wait and do the exercise when you are or do what will uplift you now – dance around the room, put on happy music, listen to a guided meditation, chant, sing, jump up and down, call an inspiring friend, read some positive affirmations – whatever it takes!

You attract what you desire when you're feeling powerful positive emotions high on the emotional set point scale (see the Shifting Your Emotional Compass Setting exercise from Part 3). If your vibration is low, your attracting power of what you desire is diminished.

1. When you're ready, close your eyes and take a few long, deep breaths. Relax and exhale any tension you may be holding. When you are done, open your eyes and proceed to the next question.

2. Bring to mind your ultimate lover, your optimal partnership. Focus on what you desire rather than what you DON'T want. Think about relationships you admire or couples that bring up a strong sense of love or devotion for you.

(NOTE: When you affirm "I don't want someone selfish", the Universe doesn't hear the negation "don't" – it hears the thing you're focused on, which is someone selfish. Better to phrase it as, "I'm with my soul mate who reciprocates love in a healthy way" or "I'm with my soul mate, who loves spending quality time together and prioritizes our relationship")

3. Now you're ready to create your Soul Mate Script:

Write about a segment of what you'd consider to be your "perfect day" with your soul mate. As you're writing, notice your surroundings in the vision of your "perfect day". How do you feel? Where are you? What are you doing? What are you wearing? What do you look like? What does your partner look like? The clearer the description, the easier it is for you to align with your desires.

Know that the real task at hand is to search for the things that you want in your daily life with the intent of bringing them into your soul mate script in order to create the vision for yourself from which you will attract – then you'll see that there's nothing that you cannot magnetize to you. For example, I had a favorite couple that I watched on television and when I saw how they lovingly and playfully interacted with one another on the show, I stored it away in my "soul mate data bank"! Take notice of what uplifts you in regards to relationships and feel free to add it to your script.

Reread this script as often as you'd like, as reading it will put you into a state of strong magnetizing potential. If your script makes you feel sad, go back to it at a later time when you're feeling uplifted and modify it so that when you finish, you're in a state of optimistic anticipation for what's to come. You attract that which you desire into your life with a combination of crystal clear intentions and aligning yourself with feelings of joy and positive expectation that everything you're describing is on its way to you right now.

You may wish to write your script on a separate paper and keep it handy to reread it as often as you'd like.



PART 6:

FREQUENTLY ASKED RELATIONSHIP QUESTIONS



These are the top 10 most frequently asked questions I've received recently about relationships and my thoughts on each. As always, take what resonates and leave the rest.

Q: How do I end fears of not feeling good enough to keep someone's interest?

A: The first example that comes to mind here is, for example, why we use sex or affection as a way to get someone's attention, or we diminish ourselves to fit into a box for validation or we feel we have to twist into a pretzel to keep someone, accept crappy behavior, have no healthy boundaries so we don't challenge the relationship at all to avoid abandonment. Learn to validate your own esteem, to find your esteem internally and not from external sources. LEARN THE POWER OF NOW, the power of presence, to BE HERE NOW. This is the key to EVERYTHING. It's the true spiritual path! Accepting and finding peace right here and now, no matter what's going on, IS the "healing" in my opinion. Read , "The Power of Now" by Eckhart Tolle. It's one of the best books I've read to understand "enlightenment".

If this is a pattern, abandoning yourself for acceptance or approval, you may never be single for long because you avoid being alone and place your esteem in others' hands. Read the book "Attached" by Dr. Amir Levine to learn your attachment style. Sit down and breathe every day. Start a practice of being present, even if it's a walk outdoors no phone or sitting for ONE MINUTE in the morning and staring at the wall. Learn to be with yourself and know that you're worthy of love simply by being exactly who you are, as you are, period. Build your "identity" around being in the present moment, connecting with Source.

If you fear not being good enough to keep someone's interest, it's important to cultivate a healthy relationship with yourself and to create a life that you enjoy that doesn't need to include a partner so you're not depending on that person to affirm how you feel. Change your focus, bring it back to YOU. This way you also overcome the over-identification with work or material things.

Become aware of the root (which this workbook should have helped greatly with doing!) – how it correlates to your parents or whomever raised you and THEIR beliefs – and reprogram your beliefs. It's like having a faulty, outdated computer program running in your brain. If your mother or father didn't feel good enough, you likely picked up their beliefs. Use tools like tapping/EFT (I love Brad Yates on YouTube, he has tons of free short tapping sequences) or hypnosis to reprogram the subconscious mind to feel better about yourself. You likely just learned this from whomever raised you and so you have to unlearn some things, too.

Self-care like exercise, meditation, eating healthy food, being outside in nature and having a spiritual practice of some kind – prayer, meditation, yoga, reading spiritual books or something that connects you to SOURCE energy as opposed to other people's energy is essential. Affirm your own worth through self-loving thoughts and actions is a way to rebuild your self-esteem.

If you don't know who you are on your own, you'll be seeking that temporary "hit", like a drug, of validation – but it's fleeting and dependent on others and that's always a bottomless pit. When the person is no longer validating you, you fall into pieces. Becoming more stable emotionally without a partner and finding ways to feel good that have nothing to do with a partner is vital. I feel a belief in a higher power helped me rise above the superficial. We may even not feel good if we have no money, not a nice enough house/car/etc. – we have to remember our birthright is love and joy and it doesn't matter what we look like, our background, our bank account, our career, who raised us, etc. If you can program your brain to shift your mindset to believe that you deserve love no matter what, it will become your reality.

Q: Why do we end up in toxic situations when we're seeking something deeper and meaningful?

A: We end up in toxic situations because we haven't yet become aware of our relationship foundation, what we're building upon, and the beliefs we hold around love and the lessons we need to learn to bring in healthy love. What we resist persists. Lessons unlearned stay on repeat. Toxic things continue to manifest when we haven't gotten to the root of the issue. You have to go to the plant and pull it out at the root to examine those roots instead of just spraying pesticides on the leaves and hoping the pest infestation goes away.

Putting a band-aid on a deeper issue won't create a new result. Look at the roots of your relationships. Go back to your family of origin, your childhood, who raised you, who modeled love to you, what did their relationships look like? (Obviously, do the exercises in this workbook, that's why I made this!) Who raised THEM? What are the patterns you see you've repeated in relationships until now? You repeat what you learn. If it's toxic, you learned it somewhere and you've repeated it because we subconsciously attract what we know/what feels familiar and then try to "fix" it, but we don't always realize that's what we're doing. Hence why you often hear "men marry their mothers" and "women marry their fathers". We tend to seek out the most dysfunctional relationship that feels most familiar in romantic partners (often unconsciously) and then attempt to fix it, but what usually happens is we just repeat the family pathology or toxic cycle until we become self-aware enough to do things different and break the patterns.

It's important to go to your foundation, take out the "rotten" bricks, and create a stronger foundation. If your foundation is made up of fear, abandonment, pain, neglect, abuse and whatever else, that's what you'll recreate in your relationships. The task is to weed out those "bricks" so to speak that are no longer serving you that you've carried with you into adulthood and replace them with new beliefs – like love, strength, faith, honesty, trust, etc. From there you're able to build a much healthier relationship with your current or next partner.

Q: Game playing – do people know they're doing this and how do we address it with a love interest?

A: I think the topic of game-playing comes down to awareness of the emotional manipulation tactics that may be used in relationship to control a situation or to hold the power in the relationship dynamic. Do your research on emotional abuse and common red flags like lying, trying to isolate a partner, shaming, name-calling, deception, gas-lighting, trying to control your behavior, financial control to keep the power, etc. If anyone is employing any of these tactics, it's important to be aware and have a conversation about it or, in more extreme cases, end the relationship. Most of us manipulate one way or another in relationship with emotions and it's not always with malintent. It's important to know the difference and what you're able to participate in/compromise on versus what it really abusive and not worth your time or energy.

Sometimes we play games unconsciously because it's what we learned from our parents/primary caregivers and we don't know how else to get our needs met in a relationship because we were never taught how to ask for what we need or give and receive in a healthy, functional way. It's crucial to know healthy strategies to meet your own needs and ask for them to be met in partnership. If we had to play games to get love and attention from our parents, that's exactly what we'll do as adults in relationship.

We have to unlearn this behavior and do things differently to get a different result. The way to bring this to the light is to be knowledgeable about the most common dysfunctional relationship patterns so you get to discern whether a dynamic is resolvable between you both (and that takes two aware people holding themselves personally accountable for their individual “dysfunction”) or if it’s time to say goodbye. Read some classic relationship books (check out my book recommendation list) and do your homework. Bring this question to the light with your love interest with a direct, honest conversation. If you can’t openly communicate about this and ask questions and the person is evasive/avoidant/dismissive, ask yourself if this is the kind of relationship you want to be in in the first place.

If someone denies they have any issues at all and YOU are aware that there are some unhealthy patterns happening, it’s up to you to decide how to proceed. That’s a red flag right there! If the person outwardly denies any issues, yet the red flags are flying in your face, that’s a pretty clear indication that it isn’t a healthy relationship for you. Knowledge is power. Self-awareness and reading up on relationship patterns so you can spot them and decide from an empowered place is your key to creating a healthy relationship.

Q: If I feel a strong connection with someone, is the feeling always mutual?

A: The answer is NO. I see a lot of people projecting romantic feelings onto someone that may NOT feel the same way based on their own wounding or unmet needs or fears. The way you know the feeling is mutual is....*DUN DUN DUUUUUUN* (*cue the dramatic music*): If the person tells you they like you! Honestly, it really is that simple.

And if they're not telling you they're clearly interested in you for an extended amount of time (someone who really likes you IS going to show you fairly quickly and if they don't, do you REALLY want to play a cat and mouse game?), it's either not the case or it's not the right time. Either way, it's a clear message to look within yourself and give yourself what you're seeking from this person who is somehow "rejecting" or avoiding you. Where and how do you need to show up and validate yourself? Seeking love from people who don't show us love is a clear sign we need to give ourselves more love and attention. A person who likes you and is ready for relationship is going to let you know. If they're not, I'd be very leery. If a person is outwardly rejecting you and you still think they have feelings for you, where are you still unavailable to yourself? That's what this dynamic is teaching you. How are you abandoning yourself?

Give yourself the approval you're seeking from them. If they do have feelings for you, the more you love and respect yourself regardless of what they're doing, the more likely you are going to attract a partner doing the same as you – loving and respecting themselves and open to sharing love. If they come back into your life at a later date, you can decide at that point. Chasing someone who is running away is a vicious cycle. Focus on you, let that person BE and learn daily ways to implement self-loving actions and behavior that affirms a healthy sense of self-esteem.

Q: What do you do when you're torn between rekindling the past and creating something new (moving on)?

A: I think if you're torn between the past and moving on, what you can ask yourself is what are you really seeking? What's your intention? Maybe even make a list as to why you're drawn to rekindle the past and why you're drawn to move on and then make a list of your fears with both and see where you stand when you've got all that out in the open.

Your motivations here are huge. Are you choosing from fear (of the unknown) or are you choosing from a more empowered state of clarity? If you're unsure, you might not be clear about your intention yet.

It's also important to look at the here and now versus potential. We often want to rekindle the past because it's familiar, yet we don't want to look at the reality, aka: how it is RIGHT NOW, not later on when it's "better" or "improved". What are you working with RIGHT NOW when it comes to this relationship? We may want to rekindle something from the past based on the potential we see. Why didn't it work out with this person in the past? Do you see tangible results of growth and change since the past in yourself and this other person? Are you both holding yourselves personally accountable for your own personal development?

Seeing someone's potential doesn't mean they will rise to the occasion nor should we want to change someone to love them. If you're trying to avoid pain by staying indecisive, I'd say make a choice, take it in one direction and see how it goes. If you're on the fence, you're probably trying to avoid pain in either scenario, except there's always a risk of getting hurt when we enter into relationship, whether we've known the person already or it's someone new. The element of hurt is the risk we take to fully open our hearts and allow ourselves to be seen and be vulnerable with another human. There's no guarantee of a pain-free relationship. Real love takes courage and self-acceptance.

Knowing your intention and making the choice that most aligns with that and your vision is probably your best bet whilst also taking into account where you both are today (not where you MAY be down the line). Of course it takes two people meeting each other where they are! And if you want to grow together, that's also possible. But you want to see if you're even moving in the same direction, if you share values, if you have a similar vision for your future - all of that will be a good indication if it's worth rekindling or not. Or are you just trying to change the past outcome by giving it a second go (like is it being fueled by ego because you didn't like the person rejecting you in the past, so now you're wanting to give it another try to feel validated or better about yourself or to try and get the upper hand?). Be brutally honest with yourself about your WHY in relationship and it will save you a lot of pain, heartache, disillusionment and disappointment down the road.

Q: How do I know whether to stay in a relationship and try to meet more of my own needs versus leaving to find a partner who I feel meets more of them?

A: I think the question of when to stay in a relationship and meet your own needs or whether to go is subjective. I think if you're asking yourself this question, it's probably really important before making any decisions that you check in to see where you may or may not be meeting your own needs.

For example, if your need is to feel nurtured, are you making sure you're taking time out for yourself, practicing self care, carving out time to take care of your body or to process your emotions or if you need touch, are you also booking a massage or giving yourself a little TLC? Are you spending some time alone? Or are you drained? Do you need to ask your partner for support?

Let's say you're a parent. Are you asking for the support that you need to take some time for yourself, whether it means your partner takes the kids, you get a babysitter, you wake up earlier or make time in the evening. Or does guilt or fear stop you from stating your needs? I think it's really important to see where you can meet these needs for yourself first and foremost rather than putting additional pressure on your partner. The paradox is usually the more we meet our own needs and don't pressure someone else to provide our peace and happiness, the more they want to show up for us, too! Your energy matters.

Then, ask yourself – WHY AM I IN THIS RELATIONSHIP? Are you in it for financial stability? Are you in it because you don't want to be alone? Are you in it because of duty and obligation? Or are you genuinely in a relationship where your partner adds value to an ALREADY great life and if you were alone, you'd still more or less be happy? Most people don't take the time to be this honest with themselves and their partner. I think a lot of people are in relationships for unconscious reasons.

They think, “Okay, this is what you do...you get married, you get a house, you start a family...” and then down the line you realize you’re not happy and all of a sudden you’re thinking “but wait a minute...I have these other needs that I didn’t realize I had and they’re not really getting met” and then you start to question your relationship with your partner when the real place to start is to look deeply at the relationship you have with yourself.

A lot of times we end up in relationships for subconscious reasons, due to beliefs we carry around love and partnerships and how it’s “supposed to be” without questioning those beliefs and then we may be several years into a marriage, for example, with kids wondering why we’re unhappy. So I think it’s crucial to sit with yourself, make a list of your highest values (another exercise here in this workbook) because I feel it’s the foundation of a healthy relationship. Are your values even in alignment with your partner’s values? And if not, is this a make or break issue for you? Some values may be non-negotiable and on others you’re able to compromise. Figure out your non-negotiables. Some things you can meet on your own, but if your relationship isn’t adding value to your life, the real question is: why are you still in it? We go towards our highest values – ALWAYS. Which means reward over risk, we’ll be seeking for those values to be met somehow and sometimes that means we end up outside of the relationship.

This is often where infidelity begins. Are you afraid to speak your truth because you feel you NEED the relationship more than you WANT the relationship? I feel it is subjective, because each person's needs are unique. You're allowed to desire whatever you do. If you're clear on your top values, you can address your needs in a relationship from a grounded place of clarity as opposed to wanting your partner to define your needs for you.

Q: How do you know they love you if they're absent or running?

A: I think the real question here is whether or not this is a pattern in your life. Have you have been attracting people who run from love, commitment or emotional consistency and intimacy? If so, how are you running from receiving love? Do you resist receiving in general? Do you tend to overgive or ignore your needs in favor of taking care of others (to your own detriment)? Do you seek this personal's approval to feel good and without it you feel unworthy or insecure? Examine why you may be seeking love from someone who is resisting by looking back to see if one of your primary caregivers taught you this behavior. You don't need to know if someone running from you is loving you. The task here is to show that love you're seeking from them to yourself. Stop running from yourself. Start showing up for yourself emotionally and watch this shift then begin to happen in your external world!

Q: How do I overcome anxiety of abandonment every time my person disappears for a bit?

A: Absolutely purchase the book, "Attached: The New Science of Adult Attachment" by Dr. Amir Levine. This book will help you understand the different attachment styles based on the bonding you received (or lack thereof) as a child and how this may lead to attachment issues as an adult. Your concern may be an example of Anxious Attachment style or having this anxiety activated, typically by an unavailable or avoidant love interest. They often call it the Anxious-Avoidant Trap.

The best way to overcome this is to focus your energy and efforts on understanding your attachment style, your triggers and how to become more secure within yourself so you're not depending on another for that sense of security. The exercises in this workbook should give you a lot of clarity and understanding and some tools to implement to assist!

Q: How do I trust good love exists after failed relationships?

A: Look to other people as role models who've been through "failure" and have moved on to find love again. What is "failure" but lessons and opportunities to grow? Reframe the belief you failed at all!

The relationships that didn't last were to provide you insight on what you do and don't desire and likely helped you learn more about yourself.

What did those "failed" relationships teach you? Things can feel very grim and absolute when we're in doubt or grief, however the truth is that we can't ever know exactly what the future holds. That's part of the mystery of life and choosing to love and be loved.

Painful and difficult situations provide us contrast. They teach us true surrender and acceptance. They teach us forgiveness and compassion and trust in the unknown. When we experience what we don't want, we know more about what we DO desire. Relationships mirror back to us what we may not see on our own. Through the other, we see our issues more clearly. That's a huge gift. See their departure as a blessing in disguise to learn to show up for yourself and love yourself in ways that perhaps you haven't yet.

Q: How do I deal with jealousy or envy ?

A: First things first, it's important to note that we're human, so jealousy happens sometimes and there's nothing to be ashamed of for feeling that way. We do live in a society of comparisons, especially in the digital age. We're being flooded with imagery that isn't even real! In fact, admitting you're jealous already diminishes the power you feel it has over you. Also, what actually underlies jealousy is *insecurity*. You may feel threatened or not good enough and that someone else's strengths mean something bad about yourself or that you'll be left behind for someone who you perceive has what you don't.

Jealousy can highlight ways that you'd like to grow or evolve. The biggest lesson here is to learn to trust yourself. That no matter what happens, whatever "rejection" you face, it doesn't make you undeserving of love or damaged goods. You're growing regardless! With trust in yourself, you'll be able to handle what comes your way. If you're in a relationship and feel jealous, assess the relationship. Is it built on trust, honesty and transparency? Or are there red flags like lying or being afraid to speak your truth that would trigger this jealousy and insecurity within you? Are you single and coveting the love you see other people experiencing? Then start turning that focus back to you and shower yourself with more love, notice love around you and make an effort to bless the love you see. If you see a happy couple, silently bless them. Turning your focus to love and gratitude will also help you make a mindset shift and shift your energy to a more loving vibration that will attract MORE LOVE.

Jealousy shows us a shadow side of our self related to self-esteem or fear. Remind yourself that there's a reason why your partner (or previous partners) got together with you in the first place. Ultimately it isn't your partner's responsibility to cure your jealousy, but to love is to be vulnerable. It's okay to speak about it. Also, look back to your past! Understanding the roots and triggers for your jealousy is an important part of your own personal growth and maintaining a healthy relationship. Whenever you start feeling jealous, make a conscious effort to examine your old wounds and implement some reframing or empowering strategies (use tools from this workbook) so that your past or any lingering insecurity isn't the defining factor of you feeling like you're enough. You are already enough, exactly as you are.

FINAL NOTES



So I finished the workbook...now what?

First off, give yourself an expression of gratitude for taking the time to go through this material. I hope you're feeling more clear and empowered!

I'd encourage you to note which parts of this workbook you found most challenging and triggering and perhaps take a look at my book recommendation list to gather some additional resources. Maybe you'd like to read up on certain topics and get more informed, depending on what came up for you during the exercises.

You may even want to go through these exercises again at a later date, so I say keep this workbook handy! It's amazing how much can shift and change and how after 6 months or a year, you may find your answers have radically changed.

If I can help you with a personal one-on-one intuitive session, you're welcome to schedule that with me at my website ([link in the footer](#)) and we can discuss whatever questions or concerns you have!

I honor your commitment to yourself. The self-awareness you cultivate is both the gift you share with others and the legacy you leave behind.

With love and gratitude,
Alison