

# RELATIONSHIPS ARE WONDERFUL

You've been delving into some tough information. By the nature of this course, we've looked at challenges and difficulties. When you focus on them, the tendency is to see only the challenges.

**There is nothing more wonderful than to experience the love of another and be able to return that love.**

When you come home from a tough day and have someone listen to you, touch you, and encourage you, the difficulties of the day can drain away.

**The focus of this lesson is to examine whether you desire and are ready for a committed long-term relationship.**

# HOW DO YOU KNOW YOU'RE READY?

As much as you want to know the future, you can't. There is no way to be 100% sure. But some processes can help you to make a decision.

## YOU CAN HAVE A CHECKLIST:

1. Meets my top 5 qualities
2. Has none of my non-negotiables
3. Has some of my "extras," as in not necessary but would be wonderful
4. I'm in love and that love is returned... or, if love is not primary, has what I'm looking for
5. Prospective partner is ready.

## WHAT SCARES YOU?

If everything is checked off on the list above, then there is something within you holding you back. Do you know what it is? Even if you do, you might find it helpful to do some of the exercises below.

These will take some time, but it's worth it to take the time rather than miss a lifetime of happiness.

## LIST OF 100

The List of 100 is an excellent brainstorming technique. It's similar to a brain dump of what you know. It also moves you deeper into your subconscious mind where the "secret" knowledge is.

## FIRST, SOME INITIAL GUIDELINES:

1. **Make your list in one sitting.** Because the process assists you in tapping into your subconscious mind, you must make your list in one sitting. **Your mind is going through a process as you write.** Don't disturb the process.
  - The first 30 or so are things you already know.
  - The next 40 or so challenge you to move deeper by letting go of what you already know.
  - The last 20 or so have you opening your subconscious mind and discovering the

secrets. **This is where the gold is.**

2. **Avoid distractions.** Turn off everything that can distract you.
3. **Number the page ahead of time.** This may seem silly, but people have a tendency to wonder how far along they are in their list. If you number the page, you'll always know.
4. **Just write.** Don't judge, don't question, don't check to see if you've already written "that one."

## IDEAS FOR YOUR LIST OF 100:

- 100 Reasons why I'm afraid to say "yes."
- 100 reasons I'm excited about saying "yes."
- 100 things I like about \_\_\_\_\_
- 100 things I don't like about \_\_\_\_\_
- 100 things I'd miss if I didn't
- 100 things I'd miss if I did

# AN IMAGING EXERCISE

You've already been imagining what life would be like in future years with your possible life partner. This is your chance to do it in another way which accesses the subconscious mind.

## **First, a little about your subconscious mind:**

You need to give it directions. It's very literal. It wants to support you in what you want to happen in your life. The challenge is you give it mixed messages. When you say, "I want to commit my life to one special person" but date 3 at once or have a series of one-night stands, it gets confused about what you mean.

**In this exercise, you'll give your subconscious mind clear directions.** The directions are: "I want to know what life with \_\_\_\_\_ would be like in \_\_\_\_\_ years."

No, you won't know the future. You will, however, discover on a subconscious level what you think might happen with this person.

# THE IMAGING PROCESS:

1. Shut off all electronics except some calming music if you wish.

2. Eliminate distractions.
3. Close your eyes.
4. Take some deep breaths to assist in relaxing your body.
5. Give your subconscious mind directions:
  - What would being with \_\_\_\_\_ in 5 years be like.
  - What would being with \_\_\_\_\_ in 10 years be like.
  - What would being with \_\_\_\_\_ in 20 years be like.
6. Allow thoughts, images, and feelings to appear.
7. If you begin thinking about something other than the topic, just state your directions again. Don't be concerned. Mental distractions are common.
8. When finished, jot down your experiences.

## **WHAT YOU MIGHT DISCOVER**

1. **You might discover you don't like to take risks,**

which you probably already knew.

- Do a List of 100 on why don't like taking risks.
- Find an objective person to speak with.

**2. You're afraid your relationship will turn out like the one you grew up in.**

- Do one of the forgiveness exercises in the last lesson.

**3. You discover the hint of a non-negotiable you've been avoiding.**

- Talk to your potential partner about your concerns.
- Go into couples counseling.

**4. Things look and feel great.**

- Set a date.

# SUMMARY AND REFLECTION

Relationships are wonderful when they're with someone who shares your values and interests. There will be hurdles. When you find that special someone, addressing the bumps in the road will increase the depth of your emotional intimacy.

In the final lesson, you'll learn of tricks to keep that spark going. Yes, the hormones will lesson, but there are some tricks to have them come back to the surface sometimes.

## HERE'S WHAT YOU NEED TO DO TODAY

### REFLECTION

1. Remind yourself what the ideal relationship looks like to you.
2. Make an appointment with yourself to do one of the List of 100s... and then keep it.