

MODULE 3 SUMMARY AND REFLECTION

You did it! You completed this course. During it, you may have come in touch with feelings and memories that were painful, yet you were determined to strengthen your relationships. That takes courage.

Now you can move forward with the knowledge, skills, and tools to forge a loving relationship that can last for decades!

WHAT YOU DISCOVERED IN MODULE 3:

1. You took a hard look at what you do during

stressful situations.

- Most people react by attacking, retreating or freezing.
- You learned to respond to situations by becoming centered and grounded, so you could make healthy choices.

2. You discovered the difference between mistakes and patterns of behavior.

- A mistake is something that happens once or twice. It can have minor or severe consequences.
- A pattern of behavior is repetitive action. It's negative when it hurts yourself and others.

3. You made your list of non-negotiables.

- You've explored how to handle non-negotiables when you've already made a commitment.

4. Hurt and disappointment are part of life. You've learned several tools to handle disappointments.

- How you handle disappointment determines how happy you are.

5. Forgiveness is freedom.

- Holding onto resentment and pain drains you of energy.
- Learning to forgive gives you room for the good in your life.

6. You learned about making a commitment.

- Sometimes you have a fear that you haven't discovered.
- You have some tools to go into your subconscious and discover if you've missed something.

7. You learned how to keep the spark alive.

- Develop daily rituals.
- Keep communicating.

REFLECTION

1. What is your programming regarding relationships?
2. What have been your biggest mistakes and their consequences?
3. List your healthiest pattern and your unhealthiest pattern.
4. What would you do if a non-negotiable showed up in your partner?

5. How do you currently handle hurt and disappointment?
6. How would you like to handle hurt and disappointment?
7. What is most difficult for you to forgive and why?
8. What have you learned from your List of 100?
9. Do you think strategies to keep the spark going are important? Why or why not?