

WANTED

L S CLUCAS

*The content of these form and exercises is the copyright of L.S. Clucas as an extract from
WANTED: How to Create a Relationship that Really Works.*

From Section I: In the Beginning

Wants and Expectations

Expectations Exercise

1. Identify your *wants* and expectations by reminding yourself of your core values, such as honesty, respect, trust, and so on. With those to ground you, review all aspects of your desired relationship and the associated expectations. Ask yourself what fulfils you, from head, to heart, to behaviour. Ponder the aspects that keep the relationship colourful and energised, that keep it functioning well, the responsibilities that keep it accountable and the freedoms that enable you to grow and be yourself.
1. Rate the importance of your expectations – distinguish the fundamental from the superficial.
2. Honestly rate your own ability to give *yourself* what you are expecting your partner to give to you. Pay particular attention to the expectations that are critically important to you, but which you are poor at giving yourself.
3. Share your insights with your partner.

Expectations Vs. Experience

- What's lacking and what's working?
- Are you both proactive and pitching up or is one putting in more effort?
- Do you each have the freedom to be yourselves?
- What have you learnt about each other recently?
- What challenges you about each other currently?

- Do you *want* to be together or do you feel you *have* to be together?
- What do you need to forgive and let go of?
- Do you regard yourself as growing in the relationship? If not, what's needed?
- Are there any relationships you envy? What qualities evident in those relationships can be incorporated into your own?
- Take a look at the intentions (map) you set for the relationship, is it still relevant, do you still have consensus?

Section III: Allies for a Healthy Relationship

The First Ally – Trust

Thought Coding for Relationships

Adjust your thinking towards healthier outcomes and create healthier bonding patterns.

1. Imagine that you have the ability to see into the future. You catch a preview of yourself in a relationship three months from now. In this picture, you are no longer restrained and are your most magnificent best. Write down what you are feeling in that new landscape, who you are with, where you are and what has changed about you/the context.
2. Now bring yourself back to current day. Reflect on the disabling events, opinions, people, patterns, beliefs, feelings and assumptions that are restraining you from your ideal.
3. For each of the restraints you've identified, write down the benefits and pay-offs, i.e. how that restraint *serves* you. You might feel inclined to say there are no benefits to having restraints, but challenge yourself...the benefits are there, especially if that restraint allows you to avoid some discomfort. Benefits often go undetected and can be very sneaky.

Write Your Code

1. Brainstorm the preferred feelings and qualities that you want to replace your negative beliefs.
2. Design the text for the new thoughts that will motivate for point 1, above.
3. “Download” your Thoughts App.

How to Download:

Your Thoughts App will take at least one month to download. To download it, read your text *daily* – out loud is best, quickly and without concentrating on what the words mean - as *many times per day* as you can manage. (Remember you didn't need to think about the original negative programming either, you just let the thoughts in).

The Second Ally – Respect

Are you self-respecting? Do you:

- Limit your own negative behaviour?
- Place limits on something or someone that is disabling for you?
- Stand up for yourself when you feel wronged?
- Stand up for yourself – your ideas, opinions and dreams?
- Correct yourself and take responsibility when you let yourself and others down?
- Honour your inner “no’s” by not going with the tide or by saying “yes” just to please?
- Put yourself first?
- Honour and share your feelings?
- Honour, share and work towards having your *wants* met?
- Guard your self-esteem?
- Soothe and forgive yourself when you fail and appreciate growth from such events?
- Allow yourself the freedom to fail?
- Seek partners and friends who match your degree of self-respect?
- Take care of yourself?
- Take time to develop yourself, to grow mentally, emotionally, physically and spiritually?
- Ensure that you are reliable?
- Keep true to yourself aligning your thoughts, feelings and behaviour?

Respect is both an attitude and an emotion. We respect people who personify qualities we ourselves possess and we respect those who embody qualities to which we aspire.

The 3rd Ally: Tenderness

How to Forgive

It is not easy to reach a state of forgiveness, especially if the transgressions have been deeply hurtful or plentiful. The following ten steps will help you release the self-punishment of withholding forgiveness and regain lost tenderness.

- Step 1** Identify the myriad feelings you experienced in relation to the event.
- Step 2** Identify what you understood your partner's behaviour said about you personally.
- Step 3** Identify whether any part of you agreed with the meaning you took out of this event.
- Step 4** Question whether you played any part in provoking this event and review how you handled the event when it happened.
- Step 5** Review whether you have communicated the impact on you and your relationship by sharing your feelings and the meaning you took away from it.
- Step 6** Consider the person's level of remorse or attempt at taking responsibility.
- Step 7** Acknowledge the severity of this event and how attached you feel to not forgiving that it happened.
- Step 8** Imagine how you would feel emotionally, mentally, physically and spiritually, if you were able to let this event go.
- Step 9** Choose to forgive your partner and yourself (where applicable) and allow tenderness to soothe the feelings in you that have been overlooked and neglected.
- Step 10** Remind yourself that forgiveness-out is a process and for it to take effect, requires equal amounts of tenderness-in.

Here are some additional suggestions to be mindful of as you work to forgive.

- Remind yourself that your partner is bigger than their behaviour, and avoid limiting them to a stereotype he/she (or you) can't escape.
- Forgiveness requires that you re-ignite your tenderness to empathise with your partner's fallibility. Confess to yourself whether the theme of their behaviour is something that you have experienced before e.g. dishonesty, rebellion, disrespect, sleuthing, double-standards, neglect, etc.
- Reflect on the context of your partner's life at the time of the event and see if it informs what happened.
- Isolate your own reactions to the event, i.e. what did it hook in you?
- Notice what you believe your partner has not yet learnt to do.
- Try to imagine your partner's opinion of themselves with regards to the event.

The 4th Ally: Listening

Communicating to be Heard

When you want to be heard, observe certain boundaries to give your listener the best chance of listening well.

- Accept that your feelings are legitimate and you have a right to be heard.
- Accept that your feelings are your own, and while they may arise in response to someone else's behaviour, they are not the responsibility of that person.
- Stay on topic and within the bounds of the current relationship.
- Avoid shouting at your listener or covering your mouth so limiting your audibility.
- Try to maintain eye contact.
- Be patient with your listener when they attempt to reflect what you've said and remember that what they hear will be filtered by their own reality.
- Slow down, breathe deeply and articulate clearly.
- If your listener interjects, stop them and remind them that you have not finished.
- Allow yourself to show vulnerability.
- Stick to the time that you both agreed on to share your side of the story. A person can only listen effectively in short runs (about five minutes, max) before they will need to respond.

Immediacy

A person's feelings will determine their behaviour in the present moment. Responding to the feelings you witness in the present moment, with immediacy, has the potential to create a magnetic energy where both parties feel connected and rooted in the now.

Reflecting how a conversation had you feeling while it is happening anchors you both to the here and now, signalling that you are not anywhere else but there in front of that person, beholding them completely.

Reacting to verbal gifts that come your way capitalises that gift and allows you to return the gesture.

- What a lovely thing to say. That makes me feel so valued! Thank you.
- Thank you for sharing your news with me – I feel excited along with you.
- Thank you for sharing something so intimate with me. I feel so trusted.

- Your eyes tell me you're disappointed about something....
- I'm confused. You smiling right now doesn't tie up with what you're saying... .
- Your energy seems low. Are you tired?
- Your speech is very rapid. I can tell you are stressed.

Test Your Assumptions: Keeping in Sync

For you to stay current with your partner, to have the confidence to say that you truly know where they and the relationship are at today, and how it differs from yesterday, you must stay curious about what makes the other person tick and stay tuned into one another's growth or regression.

The following questions can be completed as a questionnaire and cross-referenced with one another, or you can single out questions as topics for discussion when you have connection time:

- I think your most important values right now are...
- I believe you are most motivated by...
- I think you feel most connected to me when...
- I think your prime expectation of yourself right now is...
- I think your ideal holiday would be...
- I think you still need to let go of/forgive yourself for...
- If our house was burning down and everyone was safe but you had time to save one thing, I think you'd save...
- The dream you still hold onto is...
- The thought that most scares you is...
- The feelings you experience often but least want are...
- The biggest area of disappointment for you in our relationship is...
- The greatest achievement for you in our relationship is...
- If there was one thing you could change about yourself, it would be...
- If there was one thing you could change about me, it would be...
- What you want more of in our relationship is...
- What you want less of in our relationship is...
- I think you feel needed when I...
- I think you feel wanted when I...

- When it comes to us, you think you have to...
- When it comes to us, the things you don't have to do, but want to do are...
- What you need more of in your life is...
- If you only had one word to describe what you hope the next five years will be remembered for I think it would be...

The 6th Ally: Disruption

Preparing for Conscious Disruption

Conscious disruption means you are clear about your role and where you are at. Reflect on the relationship, the person with whom you have this conflict, their importance and relevance in your life. Now heed the following steps:

Step One: Check in with Yourself

1. Imagine a best-case scenario and how you would like the relationship to be.
2. Then come back to present day and review the relationship, how you treat this person and how they treat you.
3. Recognise what you are feeling in response to their behaviour and this relationship.
4. Acknowledge what you are resisting about them or yourself. For example, perhaps their arrogance antagonises your lack of confidence, or their helplessness prompts the discomfort you feel regarding areas of your life where you too are not in control.
5. What negative self-belief does this person confirm within you?

Step Two: Reflect on the Other Person

1. What meaning do you assume they are taking on about you, and what feelings are they experiencing in relation to you?
2. Imagine what their initial expectations of the relationship or of you were.
3. Try to imagine what they find the hardest about their relationship with you. In other words, what's the one big thing they have to overcome or accept?
4. Ponder whether they are coming from a place of love for themselves or fear of what might happen. If it's fear, how are they attempting to control their fear?

Step Three: Reflect on the Relationship

1. Identify what you have in common by way of meanings, feelings, wants and hurdles.
2. What do each of you have in common by way of personality, values and personal history?
3. What is it about them you resist the most and how does that same trait show up in you?

With these three exercises covered, you will have opened the door for your self-awareness to work in your favour. Hopefully your own truth-telling has connected you to being *real* as opposed to being *in control*.

You should feel more empowered to communicate authentically, rather than trying to win a struggle for power.

Disruptive Conversation Boundaries

The following boundaries give conversations, especially tough ones, the best chance of the outcome matching your intention.

1. Set your intention for the discussion.
2. Identify how your behaviour and communication approach is going to align with your intention.
3. Drop any crutches that you might perceive as giving you an added advantage over the other person e.g. alcohol, non-neutral places, top-dog language.
4. Give up the need to be right.
5. Give up the need to win.
6. Give up the need to have the last say.
7. Suspend the need to be heard and value rather your intention to communicate well, to listen and understand.
8. Value communicating in a way that shares your thoughts, feeling and wants, not just your opinions.
9. Give up the need for your partner to mirror your views and accept that your partner has a different reality to yours. And don't take that personally! That's what makes them who they are.
10. Accept that you are going to feel vulnerable and exposed and trust that you can soothe yourself through this process.
11. Give up any attachments you might have to the outcome of the discussion. (Your initial intention should have more to do with your behaviour than the other person). Value the truth and integrity of representing your values. This one is tricky and reminds me of the saying "What you value is what you'll have."

The Conscious Conversation

The key is to be sure you are *disrupting* without *erupting* or *interrupting*. Here are tips to get you ready for *those* conversations:

1. Thank the person for coming and acknowledge what it might have taken (time, courage, open-mindedness) to get them there.
2. Use the person's name – often – it acknowledges them directly.
3. State what you hope to achieve from speaking to them.

4. Seek agreement on the boundaries to the meeting: how long you'll take, that you not interrupt each other, and if relevant, agree to what each of you regard as showstoppers, e.g. shouting, name calling, a patronizing tone, etc.
5. Raise common ground early in the conversation. It helps to hedge against the sense of being completely opposed to one another e.g., "We are both competitive people..." or "We both know what it's like to be caught in the middle between two people we love,' etc.
6. Adopt a philosophy of graciousness. Acknowledge admirable qualities in the person while addressing the aspects that you find destructive.
7. Use "I" more frequently than you use "you," take more responsibility than you attribute blame.
8. Don't perceive a differing opinion as dislike for you and let your fears hook you into a power-play. Accept that you are different people with differing views.
9. Allow yourself to show your feelings as and when they occur. Revealed feelings build trust and invite reciprocation. When you show how you feel, people will show more respect and responsibility towards you.
10. Communication is a process. Even if the conversation does not go as you hoped, value the fact that you were proactive, that you gave your best effort. Commit to showing continued support to your own intentions for that relationship. Remember that trust takes time to build and people look out for consistent behaviour.

The 8th Ally: Resilience

Behaviours to Master Resilience

- Avoid doomsday thinking and comments such as “here we are again” or “we’ll never move past this”. Similar feelings or situations do not mean you are in the same place. Acknowledge what is going well to encourage the “can do” ability in the relationship to address the weak links.
- Distinguish between the stuff to challenge and the stuff to let go of.
- Work out what belongs in the relationship and what belongs to you or your past.
- Forgive and allow yourself to be forgiven.
- Find meaning in your suffering so that you can move on.
- Identify and seek what you need in order to heal.
- Be prepared to be vulnerable. (Yes, being brave and vulnerable can work in tandem.)
- Be patient and determined. Resilience is not gained overnight.
- Be prepared to go *through* things rather than over them.
- Be prepared to receive and give honest feedback.
- Manage conflict well.
- Self soothe.
- Give yourself permission to lean on each other when necessary.
- Know to stop or get out when resilience turns into negating self-sacrifice.
- Don’t let relationship set-backs rob you of your self-esteem.
- Be rational. Your response to set-backs should match the severity of the set-back.
- Don’t load past set-backs onto current issues.
- Set intentions for recovery for the future.
- Recalibrate often so as to be on the same page and know what threats are lurking.
- Value yourself as an individual first and in a partnership second. Guard your sense of self: you will always be with you.
- Stay true to your innermost values, allowing them to ground you in times of hardship.
- Show up and risk your heart, again and again and again.

The 9th Ally: Reciprocity

Reciprocity in Action

- **Taking responsibility.** Being self-corrective, saying you're sorry, picking up the ball when you drop it, acknowledging your own and your partner's feelings, verbalizing your expectations.
- **Initiating.** Employing a proactive and creative work ethic that demonstrates a keen interest in the relationship, whether it's arranging holidays, date nights or raising discussion points.
- **Helping.** By being of value in relation to the functions required to service the relationship.
- **Participating.** By being conscious of what is required and pitching in, whether by listening, taking part in something or involving yourself.
- **Compromising.** Accepting the discomfort of not having things all your way but a way that's fair, owning that choice and ensuring that compromise does not become self-negating martyrdom.
- **Connecting.** Maintaining the awareness of how the other person is doing emotionally, spiritually, mentally and physically.
- **Exchanging.** Setting up a synergistic interdependence by allowing yourself to lean on one another and support one another in a mutually beneficial manner.
- **Responding.** Being judicious and responsible for the pendulum swing between give and take, ensuring a dynamic motion is maintained and doesn't get stuck, favouring one or none for too long.
- **Co-operating.** Working in the best interests as set for the relationship by sticking to game plans, agreed boundaries, shared goals and agreements.
- **Receiving.** Accepting the offering of the other person with grace and humility.
- **Giving.** Enjoying your own open-handedness in providing for the other person.

The 10th Ally: Energy

To get energy back in your relationship requires that you first cut out what's sapping you. Conduct an audit of everything that drains energy from you.

Use the following as your guide: review columns one and two in your energy audit and assess the amount of time you spend in giving energy and gaining energy.

Energy Audit	
<i>1. Energy-Sappers</i>	<i>2. Energisers</i>
<i>Internal</i>	<i>Internal</i>
Thoughts	Thoughts
Feelings	Feelings
Behaviour	Behaviour
Activities	Activities
Foods	Foods
<i>External</i>	<i>External</i>
People	People
Topics	Topics
Conversations	Conversations
Events	Events
Circumstances	Circumstances
Spaces or places	Spaces or places

- **Recall** what used to energise you or something new that you're curious about, like dancing, playing games, sport, laughing, sharing, connecting, trying new things, learning about the Kama Sutra, taking risks and so on.
- **Identify** which energy sappers you're going to avoid or give up and identify what energizing replacements you desire.

The 11th Ally: Responsibility

Responsibility puts us at the wheel of our own lives. The call to take responsibility is really a call to seize our own stuff. When we can be truly accountable for who we are – our thoughts, feelings and behaviours – then we're well set up to establish healthy bonding patterns with another person. Which means we are not seeking to repair some brokenness in us or them, but are prepared to develop a vigorous potential between us.

Imagine if you were in an interview where the employer was perusing your CV, but was only interested in one of your jobs: director of Your Own Life.

- Q. As director, you've made some big choices on behalf of yourself. Which choices resulted in tough consequences and which choices resulted in pleasurable consequences? Who's to blame/to thank?
- Q. You've been responsible for your personal relationships. How have you gone about selecting partners and how did those recruits work out? Were you loved well and did you love well? Is your heart safe in your own hands?
- Q. You've been managing the health of your self-esteem. Are you competent in backing yourself, soothing yourself, validating and motivating yourself? If not, why not?
- Q. You've been in charge of your limits and boundaries. Have you learnt how and when to say no? If not, what – or who – is stopping you?
- Q. You've supervised your freedom. Have you allowed yourself too little or too much? If you've been excessive in either direction, how did you benefit from being excessive? Who did you hurt or what did you compromise in the process?
- Q. You've reported to yourself. Have you held yourself accountable for failures? How have you acknowledged yourself for achievements? Are you ok with your own fallibility? Have you forgiven yourself, where needed?
- Q. You've also been the one in charge of your own physical health. How did you go about deploying those responsibilities? Is your body safe in your hands? Do you value your own energy?

- Q. You've been solely responsible for your growth as an adult. What growth have you achieved? Are you where you hoped you would be? If not, what's held you back? What are your goals for advancement?
- Q. You are responsible for your own mental health. How have you kept your own levels of stress, anxiety and depression in check? What do you do to fill your voids and how do your moods, attitudes, optimism or pessimism affect others?
- Q. As you continue as director of Your Own Life going forwards, what footprint have you already left behind? Have you added value to others? Would you employ you for the next stretch? If so, are there any conditions?

Manifesting Responsibility in a Relationship

We are drawn to people who take responsibility: it speaks to courage and honesty and gives them a certain presence we instinctively associate with leaders. But this is not about anyone else but you: you and your ability to take the lead in your own life.

Consider whether you employ the following in your relationships:

- Show respect and honour for your own and each other's history, family and privacy
- Know what's expected, work to what's expected and check in to see if what's expected is still relevant
- Keep in touch with your own truth and your partner's truth: don't be misled by behaviour
- Respond with thoughts, feelings and deeds that suit mutual wants for support, respect, comfort, care and love, so as to nourish them, without compromising yourself
- Pitch up with your presence and pitch in with your effort, or
- Remain conscious as to the fairness and balance between you regarding obligations and independences, novelties and tasks.

The 12th Ally: Friendship

Improve Your Empathy

If you've been told you lack empathy, or if you want to up your empathy game, here's how.

- Place yourself in the shoes of your inner child and ask that part of you where there are feelings such as withdrawal, sadness, not feeling good enough, hurt, loneliness, resentment or anger. And ask your younger self what you need more of to make you feel happy, spontaneous, playful, trusting, safe and carefree. Empathise with your inner 'little' you if you want to offer authentic empathy to someone else.
- Listen. Listen. Listen.
- Demonstrate empathy with facial expressions that respond to the person's story.
- Drop your tone and volume to create intimacy.
- Trust your intuition as to when it's good timing to reach out to touch someone – a hug for containment, an arm-rub or a back pat to soothe, a firm kiss on the cheek on parting for support and encouragement. And know when it's time to stop so as not to become awkward.
- Empathy is communicated in the small things. A wink can say "don't sweat this," a sigh can signal you feel their burden, eyes widening echo shock, a smile and a nod encourages someone to continue, placing your hand on your heart signals you feel for their heart.
- Reflecting their emotions and verbalizing yours creates a real heart-to-heart cause and effect type moment, e.g.: "your happiness fills me with joy," or, "I feel inspired by your brave-heartedness," or "my stomach knots when I see you in such pain."

Empathy is the ability to *feel with* and offer a sense of family to a person, team, nation and all living things.

The 13th Ally: Passion

Personal Sexuality & Unique Intimacy

Questionnaires

RESTRAINTS: I TEND TO AVOID SEX WHEN...

<input type="checkbox"/>	I am tired/you are tired
<input type="checkbox"/>	I am stressed or worried/you are stressed or worried
<input type="checkbox"/>	When it feels like too much of a chore/too much effort
<input type="checkbox"/>	I feel unattractive
<input type="checkbox"/>	I feel unnoticed
<input type="checkbox"/>	I feel that my partner doesn't want sex right now
<input type="checkbox"/>	I fear being rejected or risk feeling inadequate/you fear being rejected or risk feeling inadequate
<input type="checkbox"/>	I haven't bathed/you haven't bathed
<input type="checkbox"/>	I feel disconnected from you
<input type="checkbox"/>	I've been drinking/you've been drinking
<input type="checkbox"/>	I've been smoking/you've been smoking
<input type="checkbox"/>	There's a risk of being disturbed or discovered
<input type="checkbox"/>	Everything's not "perfect"
<input type="checkbox"/>	Or when (give detail) ...

ENABLERS: THE SENSES

<i>Rate 1-5: 1 = least, 5 = most</i>	<i>I can be aroused by...</i>
1 2 3 4 5	You flirting with me
1 2 3 4 5	General discussion about sex

1 2 3 4 5	Dirty talk about sex
1 2 3 4 5	You telling me what you want to do to me sexually
1 2 3 4 5	Sexual imagery e.g. pornography, live sex shows, explicit photographs
1 2 3 4 5	Watching you arouse yourself
1 2 3 4 5	Reading erotica
1 2 3 4 5	You narrating erotica to me
1 2 3 4 5	You telling me about your fantasies
1 2 3 4 5	Seeing you naked
1 2 3 4 5	You watching me when I am naked
1 2 3 4 5	Being in certain places, such as...
1 2 3 4 5	Watching you move (dance, walk, exercise)
1 2 3 4 5	Feeling your skin/body against mine
1 2 3 4 5	Smelling your scent
1 2 3 4 5	You teasing me and delaying gratification
1 2 3 4 5	When you reach orgasm
	The most arousing part of your body for me is...
	The sexual position that gives me most pleasure is...
1 2 3 4 5	Watching you with other people, e.g. ...
1 2 3 4 5	Seeing you in different outfits, e.g. ...
1 2 3 4 5	You reaching an orgasm each time is important...
1 2 3 4 5	Me reaching an orgasm each time is important...

EROGENOUS ZONES

Rate 1-5: 1 = least, 5 = most When you touch me, there are areas I prefer...

1 2 3 4 5	Nipples	1 2 3 4 5	Spine
1 2 3 4 5	Elbows	1 2 3 4 5	Collar bone
1 2 3 4 5	Forearms	1 2 3 4 5	Neck
1 2 3 4 5	Belly button	1 2 3 4 5	Hair
1 2 3 4 5	Shoulders	1 2 3 4 5	Hands
1 2 3 4 5	Tummy	1 2 3 4 5	Wrists
1 2 3 4 5	Mouth	1 2 3 4 5	Pubic bone
1 2 3 4 5	Tongue	1 2 3 4 5	Anus – inner/outer
1 2 3 4 5	Face	1 2 3 4 5	Vagina – inner/outer
1 2 3 4 5	Skin	1 2 3 4 5	Perineum
1 2 3 4 5	Legs	1 2 3 4 5	Labia
1 2 3 4 5	Inner thighs	1 2 3 4 5	Clitoris
1 2 3 4 5	Hips	1 2 3 4 5	Penis
1 2 3 4 5	Feet	1 2 3 4 5	Testicles
1 2 3 4 5	Groin	1 2 3 4 5	Bum cheeks
1 2 3 4 5	Upper back	1 2 3 4 5	Lower back

ENABLERS - TOUCH

<i>Rate 1-5: 1 = least, 5 = most</i>	<i>When it comes to how you touch me, I enjoy...</i>	<i>I like the way you touch me to be...</i>
1 2 3 4 5	Stroking	1 2 3 4 5 Gentle
1 2 3 4 5	Tickling	1 2 3 4 5 Firm
1 2 3 4 5	Massage	1 2 3 4 5 Rough
1 2 3 4 5	Kissing	1 2 3 4 5 Unpredictable
1 2 3 4 5	Licking	
1 2 3 4 5	Biting	
1 2 3 4 5	Smacking	
1 2 3 4 5	Blowing	
1 2 3 4 5	Sucking	

ENABLERS – CONTROL

I find I get most aroused when... (tick which applies)

- | | |
|--------------------------|-------------------------|
| <input type="checkbox"/> | You take control |
| <input type="checkbox"/> | I take control |
| <input type="checkbox"/> | We take turns |
| <input type="checkbox"/> | Control is not a factor |

My idea of you taking control is...

My idea of me taking control is...

A fantasy I have that involves control (or submission) is...

Another fantasy I have that doesn't involve control (or submission) is...

ATTITUDE

Rate 1-5: 1 = least, 5 = most

- | | |
|-----------|--|
| 1 2 3 4 5 | I think sex is important to you |
| 1 2 3 4 5 | Sex is important to me |
| 1 2 3 4 5 | I feel closer to you when we make love often |
| 1 2 3 4 5 | I think you find me desirable |
| 1 2 3 4 5 | I think I am desirable |
| 1 2 3 4 5 | I know what arouses me |
| 1 2 3 4 5 | I know what arouses you |
| 1 2 3 4 5 | I like it when you tell me what to do to you |
| 1 2 3 4 5 | I like to tell you what to do to me |
| 1 2 3 4 5 | It's important for me that you initiate sex |
| 1 2 3 4 5 | I don't take it personally if you don't want to have sex |

- 1 2 3 4 5 I am open to experimenting with sexual toys and stimulants
- 1 2 3 4 5 I am able to say “no” when you want something that crosses my boundaries
- 1 2 3 4 5 I feel confident enough in myself to be able to share my innermost desires with you
- 1 2 3 4 5 I trust you enough to be able to share my innermost desires with you
- 1 2 3 4 5 I think our sex life is boring
- 1 2 3 4 5 I prefer your body/genitals to be hairless
- 1 2 3 4 5 Romantic gestures are important to me

Some ideas of romantic gestures that work for me are:

- 1.
- 2.
- 3.
- 4.
- 5.

My idea of ideal sexual frequency is ... per week/month/year

The best sexual memory I have of us is...

The reason the above memory was so good for me is...

When making love, I would like you to do less...

When making love, I would like you to do more...

Time of day/night that I prefer making love:

The 14th Ally: Belief

Build the Mojo in Your Relationship

Belief is a relationship's mojo – the intangible *something* we hold out for. If you're in a relationship which feels like it's lost its mojo or if you want increased belief, follow these steps.

1. Think about what you believed in when you set out and what you believe now.
2. Reflect on how much was fantasy and what could have/might still be achieved.
3. Be real with the other person and reveal the thoughts and feelings that are attached to your belief system.
4. Share the enduring qualities that have you believing in yourself and the other person.
5. Share the qualities in you that you'd like them to support.
6. Ask for feedback as to where they might have lost belief in you/the relationship.
7. Give feedback as where you might have lost belief in them/the relationship.
8. If you believed in yourself, your partner, and the relationship, what difference would it make to your life?
9. Finally, give yourself time to build belief, for unlike the immediate gratification of enchantment, belief is an accumulated quality.

Section IV The End Game

Compassionate Endings

Is Your Relationship in Serious Trouble?

Any one or combination of these are signs to pay attention to:

- You avoid spending time together
- You feel controlled and have insufficient freedom
- You don't like or respect one another anymore
- Your values are not aligned
- You don't like who you are when you're with your partner
- Jealousy, insecurity and mistrust are dominant feelings
- There is emotional and/or physical abuse
- It feels like you are on a roller coaster ride
- It's as if your partner is in control of your self-esteem
- You can't be yourself or don't know who you are anymore
- Your conflict frequently results in the entire relationship being threatened
- You seldom make love
- Your realistic wants are not being met
- You struggle to communicate about important matters, or
- Your partner is more like a sibling or best friend than a life companion and lover.

Farewell Failure, Hello Closure

To help ensure you don't have regrets, acknowledge both the dark and the light of the relationship you are choosing to end. Contemplate the time you shared, using photographs to prompt your memory if need be. Then make journal entries using the following guidelines:

- When I think through the chapters of our story together, I am grateful for...
- I recognise that you came into my life to teach me...
- Some of the most meaningful memories I have of you/us are...
- The hardest part about letting you go is...

- I won't miss ...
- I will miss ...
- I could have managed our relationship better by...
- You could have managed our relationship better by...
- I need to forgive you for...
- I need to forgive myself for...
- I know that our time together has reached its end because...
- Thanks to our relationship, I have learned the following about myself...

Love: Truly the End Game

Here's a final exercise to help you identify where you are right now with regards to love and to establish the work that is yet to be done: *As you prepare for this exercise, bring into your mind's eye the key people who matter most to you.*

Love as My Life's Barometer

- Regardless of the state of these relationships right now, these are the people in my life who I *know* I love:
- I expect the following people would be surprised at how much I love them:
- What holds me back from showing loved ones a true reflection of my love is:
- These are the people with whom I least like who I am:
- The following unwanted qualities come up in me when I am relating to that person/those people (as mentioned above):
- If I could accept/forgive/let go of my judgment towards myself with regards to the above unwanted qualities, can I see myself being able to express my love more freely, sincerely or differently? Elaborate.
- If my life had to end now, what do I fear won't be thought of me by my loved ones?
- When my life ends, to know I have loved well, these are the specific memories I want my loved-ones to have of me:
- Considering what I am doing right now and what I wish to be to my loved ones, this is what I would need to do differently to have a loving opinion of myself and to show my love in ways that matter:
- These are the people in my life who I appreciate for reflecting that I am loved:

This last exercise should help raise your awareness of your own take on love and its role in your relationships. It's these relationships that will have determined your level of self-esteem, and therefore your openness to give and receive love. Be they your children, parents, siblings, friends, former lovers or spouse, they have provided multiple reflections to give you a gauge on your safety levels in love, how adequate you are in your love and how *wanted* you are. We are likely to love best where we feel *wanted*, but sometimes it's the people who reject us that teach us most about the meaning of love. Sometimes we have to lose their love in order to learn how to love without controlling, without needing to be needed and without guarantees.