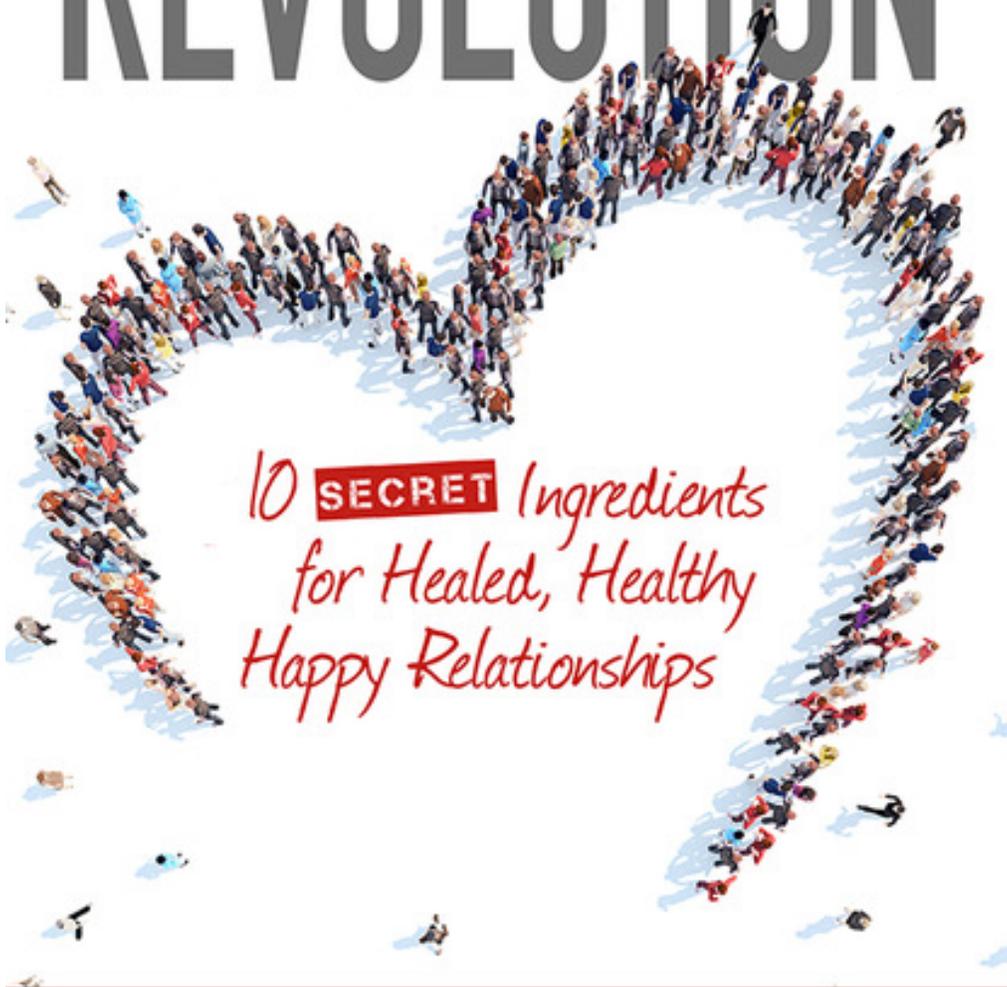


REAL PASSION REVOLUTION



10 **SECRET** Ingredients
for Healed, Healthy
Happy Relationships

Denise Darlene TLC

WORKBOOK

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RELATIONSHIP ASSESSMENT

FAN THE FLAME



You may also take my online Relationship Assessment here: www.denisedarlene.com

Be specific. Example: Describe what an ideal relationship would look like for you. “I want to be able to have any conversation with my partner without him/her getting upset and shutting down.” Describe what being happy looks like for you. “I would be happy if I felt confident and secure.” The more time and details you give to this process, the more likely you are to achieve them.

1. What are the longings you have for an intimate relationship?
2. What is your greatest fear regarding your intimate relationship?
3. What is the current reality of your intimate relationship?
4. How is this current reality impacting your life?
5. How is this reality affecting those around you? (What are your friends and family missing out on with you as a result of your current reality?)
6. As you consider these results, what are you feeling?
7. How did you get to this place in your relationship? (Be specific)
8. If nothing changes, where do you see yourself in a year? In five years?
9. When these issues are resolved, and you are experiencing what you have been longing for, what difference will that make in your life? How will you feel then?

10. Review your answers to question #1. Do your actions align with your desires? In other words, are you giving to your lover what you long for yourself? If not, make a list of those longings that you need to sow into your relationship. Example: If you long for a relationship where you can be authentic without any judgments, do you allow your partner to be completely authentic? Do you try to change your lover? Do you have any judgments about your partner?

It is critical that you model for your partner, or give to your lover, that which you long for, regardless of their behaviors. You must be clear about what it is you are committed to cause in your relationship in order to line up your actions with your commitment. I run all of my conversations and responses through the filter of what I am committed to have in all of my relationships—especially in my romantic relationship. I have found, without fail, that whatever has been lacking in my relationships is only what I have not given, or not given consistently in the relationship.

Stay alert and diligent, My Friend! Sow only *Love* into your relationships, and you will reap *Love* in abundance in return.

Dear God of All— In All, I believe it is You who have guided me to all of my teachers on my journey of Spiritual evolution to make me whole and full of joy. I am ready to do the work to have the results I long for in both my personal healing and for a Real Passion Revolution with my lover. Open my eyes to see what I have been blind to see until now.

And so it is, My Friend! And so it is!

Secret Ingredient 1: The Purpose of Love

***SECRET INGREDIENT 1 CONCEPTS:** *The Main Purpose of Relationships*

1. Healing for both partners
2. To establish a safe space to grow at your own rate
3. To celebrate and encourage your partner's *Spirit*
4. To give that which you long for yourself
5. Relationship Assessment

FAN THE FLAME



PURPOSE EXERCISE:

1. What are the top 3 attributes which attracted you to your lover?
 - a. *Ex: He is a hard worker/She is compassionate with everyone/He is super playful/She is very peaceful*
2. Now, based on the answers to the first question, which **needs** are being met for you with this person? *Ex:*
 - a. *He is a hard worker, and that makes me feel secure; therefore, the need being met for me is security.*
 - b. *She is compassionate with me, which makes me feel nurtured; therefore, the need being met for me is nurturing.*
 - c. *He is super playful, which gives me a break from my seriousness; therefore, the need being met for me is fun.*

- d. *She is very peaceful, which calms my anxiety; therefore, the need being met for me is a sense of peace.*
3. As a result of what you are now aware of from answering questions 1 and 2, what do you believe is the *purpose* of your relationship?

Example:

In my relationship with Joe, besides the fact that this man is gorgeous and has the most captivating eyes, I was very attracted to his confidence, creativity, compassion, Spirituality, spontaneity, and commitment to having fun. He was attracted to my Spirituality, peacefulness, flexibility, and willingness to go along with his plans. If this were a need-based relationship, the needs being met for Joe would be peace, Spiritual growth, nurturing, acceptance, and fun. The needs being met for me would be peace, fun, security, Spiritual fellowship, and freedom.

FAN THE FLAME



1. Which needs have you tried to get your lover to meet?
2. How have you tried to get your needs met in this relationship?
3. What mistakes do you now recognize you have made with your lover that have damaged your relationship?
4. Did you ask your lover to forgive you for hurting them? How did your lover respond?

5. State a new purpose for your romantic relationship.
6. What are you committed to cause (have happen) in your romantic relationship?
7. In what ways can you better support and encourage wholeness in your lover?
8. What do you long for in your relationship with your partner? What do *you* need to *give* in order to support the experience you most desire?

Dear God of All— In All, please establish Your purpose for joy in my life through the healing gift of my Beloved partner. Awaken my spirit and open my eyes to see my wounds, my stories, and my fears— my weaknesses as well as my strengths through this intimate relationship.

Secret Ingredient 2: The Purpose of Attraction

***SECRET INGREDIENT 2 CONCEPT:** *The Partner You Have Attracted Is Your Gift*

1. We attract what we require
2. We attract our wounded equal
3. Our partner is a mirror of our strengths and weaknesses
4. Our partner is our best teacher

MIRROR EXERCISE 1 - JUDGMENTS

1. Take a blank sheet of paper and dump all (and I mean ALL) of the judgments you hold about your partner. Begin this process by finishing this sentence: _____ (name) is _____ (adjective).

2. Next, place a check mark next to each adjective that applies to you as well. This is a bit more challenging because we rarely see ourselves clearly. For us to even be able to judge another, we must assume that we aren't doing that which we are judging. However, all of our judgments are about *us*, so you need to ask yourself if there is *anywhere* in your life that this (adjective) could be true of you.

Turn each of your judgments on yourself (*with kindness and grace*) and ask yourself, "If it is true that my partner is merely a reflection of me, then...:"

When am I selfish?

How am I controlling?

Where am I irresponsible?

What do I hold on to that I could share with others?

Where do I have pride?

When do I get angry?

When have I been thoughtful or kind?

Do I feel peaceful?

(or, whatever adjectives you used to describe the judgments you have about your partner)

Did you find out some things about yourself you didn't see before, My Friend? Keep in mind that this is actually a perfect setup for our healing or completeness *if* we understand the design.

I feel a strong need to emphasize a point here: Do NOT judge yourself as bad or wrong. One of the strategies of avoiding internal work or self-improvement is to place judgments on ourselves.

Here is a list of the most common *stories* we adopt from our childhood experiences which will help you answer some of the questions below:

I'm invisible

Other people are more important than me

I'm insignificant

I don't matter

I'm powerless

I have to be the responsible one

I must be in control

I'm bad

I'm a failure

I'm a mistake

Something is wrong with me

The world is unsafe

People can't be trusted

I'm not enough (probably the most common denominator of all stories)

There isn't enough (scarcity mentality; not enough money, love, food, stuff, happiness)

I'm too much (be quiet)

I'm stupid

Relationships don't last

I'm unlovable

I'm too sensitive

I'm ugly

I need a college degree to be respected or have value

I must be perfect to be accepted

I must perform so others will like me

I will never be successful

I don't deserve success

I don't deserve to be loved

I don't deserve to be happy

FAN THE FLAME

1. Which *stories* are governing your life today (see list above)? Which childhood wounds are being revealed in your current relationship?
2. What is your partner here to teach you about yourself? (Refer to the Mirror Exercise 1 - Judgments as well as your *stories*)
3. What did you learn about yourself that you didn't know before you did the Mirror Exercise?
4. In what ways do you now see that your partner is your healer?

*For additional support: If you are having difficulty identifying your childhood *stories*, your judgments, why you have attracted your partner, and/or what your partner is in your life to teach you, check out my coaching options at www.denisedarlene.com

Dear God of All— In All, I am grateful for the gift of healing You have brought into my life through my lover. Open my eyes to see all the ways my lover is a mirror of what I am blind to see in my own character. I promise to honor this special relationship and to allow my lover to teach me all that I can learn from him/her.

And so it is, My Friend! And so it is!

Secret Ingredient 3: A New Perspective on Events

***SECRET INGREDIENT 3 CONCEPTS:** *Events Are Neutral*

1. We automatically choose an interpretation which best support our *stories*.
2. We suffer because of our interpretations rather than because of an event.
3. We can change from suffering to joy in a moment by changing our *story*.

FAN THE FLAME



1. Reinterpret each of your childhood *stories* as you identified in SECRET INGREDIENT 2 - THE PURPOSE OF ATTRACTION
2. Choose an event (person or circumstance) you are currently suffering from and see how many different interpretations you can create for the same event. You may want to ask someone close to you to help you with this process if you get stuck. Then, choose the interpretation which empowers you and causes a shift from fear to *Love*, from despair to hope, from pain to peace.
3. If you are suffering as a result of someone else's choices, tell the story from their perspective in the first person (as if you were them).

Dear God of All— In All, I have some childhood wounds that have been clouding my perspective and limiting my joy. Please reveal to me all of those stories that have been hindering my capacity to Love myself and others as You Love us. Lastly, give me eyes to see and ears to hear everything and everyone as You do. Help me discover the perspective of Love in all things.

And so it is, My Friend! And so it is!

Secret Ingredient 4: A New Perspective on Emotional Buttons

*Included in this section are the 4 Holy Healing steps for your reference.

***SECRET INGREDIENT 4 CONCEPTS:** *Emotional Buttons Reveal Our Wounds. Transforming Our Stories with The Holy Healing Process*

1. Heal a childhood story
2. Mirror Exercise 2 – “Should’s”
3. Holy Healing Process

FAN THE FLAME



MIRROR EXERCISE 2 - “SHOULD'S”

4. What do you see in your partner that he/she *should* be doing or not doing? What do you nag or complain about? What do you blame him/her for?
5. What do you see clearly that your partner doesn’t seem to be aware of?
6. What is it that you *should* be doing or not doing?
7. What has now opened up for you? What are you now aware of?

Emotional buttons are evidence that our *story* has been triggered. These *buttons* are like shells or pits which must be removed (healed) for us to be able to experience the degree of happiness,

peace, and *Love* we all long for. I learned a powerful healing technique from Father Thomas Keating through Contemplative Outreach, which he calls, “Welcoming Prayer”. I took Fr. Keating’s approach to *Spiritual* healing and combined it with several other concepts to provide a system of healing and empowerment that I refer to as *Holy Healing*. I encourage you to check out Fr. Keating’s material at <http://www.contemplativeoutreach.org>.

The word *Holy* as I am using it here refers to being *Spiritually* whole, complete, lacking nothing, and aligned with *truth* (right thinking). *Holy Healing* takes place as a result of consulting with, and responding to, our *Inner Guide*. Some people call this *Inner Guide* *God*, *Holy Spirit*, *Divine Presence*, *Universal Energy*, etc. Some people don’t believe in a higher *Intelligence* at all, much less that “He” lives in individuals or speaks to people; they refer to this *Inner Guide* as their *Intuition*. It really doesn’t matter what your beliefs are, or which terminology you prefer; as long as you do the work, you will find healing taking place in your inner life. Your increasing sense of happiness and peace are the *fruit* of your *Spiritual* healing.

Whenever my peace is disturbed, I take myself through this process of healing that I am sharing with you here. Once I have turned my perspective from fearful thoughts, which are causing me to suffer, into *Loving* thoughts, my peace is restored.

HOLY HEALING

Awareness, Acceptance, Application, and Alchemy.

Below, I will explain each step and give examples, then I will take you through an example of how all the steps work together as I process my own buttons.

HEALING STEP 1: AWARENESS

We cannot change what we are unaware of. I assert that all of our problems come from this foundation of blindness or being totally unaware of ourselves at a deep emotional, physical, and *Spiritual* level. We are trained in Western society to silence symptoms. The Western approach to medicine is a perfect example of attacking *symptoms* rather than healing the underlying cause of dis-ease. America is a drug-focused country rather than a wellness-focused country; “Make me *feel* well rather than *be* well. Relieve my pain, rather than restore my health.”

Through this material, I am raising your awareness to your deepest emotional dis-ease, those negative emotions that get triggered by an event, a comment, or behavior so that you can begin to address the real hindrance to your happiness. We don’t need new people or circumstances to be happy any more than we need new medicine to be healthy. As a matter of fact, you will find yourself in the exact same condition of illness and unhappiness regardless of the pills you take or the people you are with because you aren’t addressing the real problem.

Can you see why our emotions are such a beautiful design? Getting our buttons triggered is the *only* way out of suffering and into happiness. This is so contrary to what we have been taught!

This process of healing *through* awareness could also be accurately called, *Emotional Intervention* because we are quite addicted to not only our *stories* but also to the hormones released by the automatic reaction those *stories* produce in our brains. Our brains actually *need* a fix of the hormones produced by our emotions. Eckhart Tolle teaches that we all have a “pain body ego” which requires suffering to survive so it continually seeks adversity. I strongly recommend reading *A New Earth* to become aware of this part of our human experience.

Breaking away from the pattern of self-suffering can be as challenging as breaking away from any other substance abuse. That may sound absurd to you right now, but just wait until you start putting this process into practice.

Awareness brings power and choice like nothing else in our lives!

HEALING STEP 2: ACCEPTANCE

Let’s go deeper into the *healing* practice, shall we, My Friend? So far I have taught you to recognize any negative feelings triggered by an event: a comment, behavior, or a circumstance you *perceive* as a problem. Next, as soon as you tune into your feelings, identify which feeling is haunting you and find where it is in your body. Put your hand on that part of your body as if you are holding the pain and feel it as deeply as possible saying, “Oh _____ (fear, anxiety, despair, anger, etc.), it’s you. Let’s see what you are here to teach me.” What we resist persists; so, if you are going to experience healing, you must acknowledge and welcome both the experience *and* the emotions. What’s different about this healing practice than, say, traditional psychology, is that you aren’t just going to accept the negative emotion and allow yourself to *feel* those feelings, and you aren’t going to look for, or blame, anyone in your past for *causing* those negative feelings. You *are* going to go deeper and investigate which *thoughts* or *stories* are triggering those negative feelings.

HEALING STEP 3: APPLICATION

We do not suffer because of anything outside of us; we suffer because of our *thoughts* or *our interpretation* of what happens outside of us. Those *thoughts* are fear-based lies, and that is what is causing us to suffer, My Friend.

Negative feelings are actually perceived *fears* we have about our security, belonging (approval & acceptance), control, freedom, or value. We suffer because at some level we believe a *lie* about those basic needs being met, currently or in the future.

According to Dr. Glasser, when our basic human needs are met to the degree we require them, we call this state of being, “Happy.” Dr. Glasser identifies those needs as (1) *Love and Belonging* (2) *Security* (3) *Control* (4) *Freedom* (5) *Fun*. If we perceive that one or more of these needs are not being met to the degree that we believe we need them to be met, we call this state,

“Suffering.” Is it true that those needs are not being met? Who said our needs aren’t being met? We did! What if that’s not true? What if all of our needs are always fulfilled to some degree, and we are merely projecting lack into the future? Here we can look closely at the *fear* or the *lie* that is driving our emotional state and ask ourselves, “Is it true?” or “Is there more I’m not seeing?”

Example:

I recently experienced the gift of being able to reframe a challenging situation from a limited perspective to a much bigger picture that has completely transformed my emotions, energy, and joy regarding this particular need being met; the need is *belonging*. When I was growing up, my “family” consisted of my mother and older brother much of the time. We moved away from the rest of our family when I was a baby. I had no grandparents, aunts, uncles, or cousins around. As I dreamed of creating my own family someday, I knew I wanted a close extended family. Tim and I had three sons, we lived close to my brother and his three daughters, Tim’s sister and her three children lived 4 miles away, and his parents were 15 minutes away. We were together a lot, and I loved the sense of *belonging* that I experienced during those precious years.

After my divorce in 2013, many of those relationships ended. I have suffered a lot of sadness over the loss of *belonging* to a family the past three years. One day I was processing with Joe a disappointment about my boys canceling a barbecue that I had been looking forward to (by now you must know which *story* that event triggered). I felt *Spirit* invite me to expand my perspective of “family.” Rather than believing that *my family* was limited to my relatives, I awakened to the fact that *my family* is extended to the entire human race. The reality is, I have many young people who call me “Momma D” whom I *Love* and enjoy as much as the children I gave birth to. I have many friends I call brothers and sisters that I *Love* as deeply as I do my dear sweet older brother. And there are a few older people who have been like a mother and father in my life. *My family* is huge! They are everywhere I go. I literally *belong* to everyone! I’m never without family around me, and this perspective deeply satisfies my need for *belonging*! As my week unfolded I had several opportunities to have conversations with *my family*. With each call, I felt more and more *Love* and gratitude for this beautiful family that I *belong* to. The only thing that changed to bring me from a place of sadness to joy and fulfillment was *my perspective*. What if all of our needs are already and always met, and all we need to do is make a slight adjustment to our perspective to be more fulfilled and joyful?

Once you have become aware of your negative emotion, named it, and welcomed it, you then find in your body where you are feeling that emotion and put your hand on it. You then find which basic human need is being threatened by asking yourself (or *Spirit*), “Is this about my security, belonging, control, freedom, or my value?” You will know which need is being threatened immediately as soon as you say it out loud. Whenever I do this exercise, my negative emotion intensifies when I say the need (like, belonging), that is being threatened.

HEALING STEP 4: ALCHEMY

After you have accepted the fear-based emotion, located the feeling in your body, and identified which basic human need feels threatened, you are going to take *your interpretation* of the event

for some *Holy Healing*. You are going to first identify the fear-thought driving the emotion and call it what it is—a *lie*! It's not important that you believe it's a lie right now, just agree with me that it is a *lie* and move on to the next step.

Next, replace that *lie* with the *truth*, which will be the exact opposite of what you are currently believing. In my case, whenever I believe the *lie* that *I don't matter*, I merely tell myself that *I do matter* and I will recount as many people as possible to whom I matter, including myself and God.

Once you have interrupted the *fear/lie* and replaced it with the *truth*, you will be set free from the emotions torturing your mind and your body, leaving you in a state of peace. You may need to talk yourself through this new interpretation a few times before the emotions shift. There were times when I had to tell myself over and over the many ways I matter, to whom, and why. One thing I've noticed gets me to a state of peace more quickly is to invite Joe into my process. Since I'm not blaming him in any way or trying to change anything about him, he feels safe to support me and affirm me in ways that make the biggest impact.

Do not concern yourself with immediately believing this new *truth*; you have believed a *lie* a very long time, so be patient as you turn your beliefs around. This process is more like turning the Titanic around than a row boat. You may need to repeat out loud, or write down, as many *truths* as you can think of several times to get it to stick. You can expect to do this process repeatedly before you notice that you are beginning to believe the opposite of your *story*. You will find that each time your button gets pushed it will be less intense and will take less and less time to shift your emotions from *fear to Love*.

Isn't that powerful, My Friend? Nothing and no one else needs to change for you to be happy and experience a peaceful emotional state. *You* alone possess the choice to be happy and the choice to suffer.

Example:

I used to believe that if I wasn't someone's wife, that I didn't *belong*. That belief caused me a lot of suffering at the beginning of my relationship with Joe. Since Joe didn't want to be married again, and I didn't want to continue to suffer, I decided to investigate my belief about *belonging*.

Here is the process I moved through to go from a state of *fear to Love*:

AWARENESS

I found a quiet space to still my body and my mind.

I identified the emotion I was experiencing: anxiety.

ACCEPTANCE

I found the anxiety in my body (most often anxiety is in my heart). I put my hand on my heart, took a deep breath, and said, "Oh, anxiety, it's you. Let's see what you are here to teach me".

APPLICATION

Next, I asked *Spirit within*, “What am I afraid of? Is this about my security? Is it about feeling *valuable*? Is it about *control*? Is it about my *freedom*? Is it about *belonging*?” When I asked *Spirit* if it was about *belonging*, my heart rate increased as my fear was triggered—perfect! I landed on the real issue.

ALCHEMY

Next, I asked *Spirit*, “Is it true that if I’m not married to someone that I don’t *belong* to anyone?” Of course not! What is my interpretation of *belonging* anyway? I will always *belong* to God. Then, what is my deeper fear? Isn’t my deep *fear* that I will be alone with no one to *Love* or be *Loved* by? Is that true? Well, only if I choose to live on an island and isolate myself from the rest of the world could that be true. As soon as I discovered what my *deepest* fear was, I was able to interrupt that *lie* and replace it with the *truth*, causing an emotional shift from *fear to Love*, from pain to peace.

In the above example of reminding myself of the *truth*, I recited as many people as I could recall who *Love* me, accept me, and with whom I matter. I was able to find that there are many relationships where I feel a deep sense of *belonging* including my relationship with Joe. My conclusion then was, “I have many *Loving* relationships, and I do *belong*; marriage has nothing to do with *belonging*.”

Secret Ingredient 5: A New Perspective on Forgiveness

***SECRET INGREDIENT 5 CONCEPT:** *Forgiveness Is Essential for Our Healing, Happiness, and Freedom*

1. The Four Stages of Forgiveness

1. I have to forgive
2. need to forgive
3. I want to forgive
4. There is nothing to forgive

2. Change the interpretation of the event to support *Grace* and forgiveness.

3. We are offended by the criticism of others that we already believe is true about ourselves.

4. Humility (the acceptance that we are all equal) makes forgiveness natural and effortless.

FAN THE FLAME



1. Which of the *4 Stages of Forgiveness* describes where you are right now?

2. Who do you need to forgive? Are you making any assumptions? Have you thoroughly gathered all the evidence (including asking the offender what he/she meant by their words/choices)? Are you confident you can say if it was the offender's *intention* to hurt you? You can also take your situation through the Mirror Exercises and then through the *Holy Healing* process for the best results.

3. If you feel like a victim: How did you contribute to your suffering? Did you say, "Yes"? Did you neglect to say, "No"? Did you set healthy boundaries? Did you accept the criticism or judgments of others as true? Did you take someone's choices or judgments personally?

4. In what ways is your offender a mirror for you? Of what, exactly, are you accusing someone else? What have you not been aware of in your choices or judgments that have hurt others?

5. Having done this work, are you now able to fully forgive? If not (that's OK too), I suggest you spend time with *Spirit* in stillness and ask for [*His*] mind on these matters; journal your process with *God*.

Dear God of All— In All, cleanse my mind of all false beliefs that I might experience the healing and freedom that comes from knowing the truth. Raise my awareness to my self-imposed suffering. I give my thoughts to You. Shine Your light of truth and deliver me from darkness.

And so it is, My Friend! And so it is!

Secret Ingredient 6: Communication is “Us”

Included in this section are the Obstacles to Effective Listening + Effective Listening Tools

***SECRET INGREDIENT 6 CONCEPT:** *Effective Communication Tools*

1. Active Listening
2. Obstacles to Effective Listening
3. Effective Listening Skills
4. Body Language
5. Tone
6. Words
7. Feedback
8. Negotiation

OBSTACLES TO EFFECTIVE LISTENING:

1. Formulating a response while the other person is still speaking.
2. Interrupting your partner
3. Neglecting to further investigate your partner’s concerns by asking more questions
4. Allowing your mind to wander while your partner is still sharing
5. Judging your partner’s delivery, message, outfit, etc.
6. Giving advice without being asked to do so
7. Defending yourself – Don’t do it, ever!

EFFECTIVE LISTENING TOOLS:

1. Maintain eye contact; never look at something or someone else.

2. Give focused and full attention to the person speaking. Your phone should be in another room or in Airplane Mode. Unless you are waiting for an emergency call or the birth of a baby, there really isn't a good enough reason to check every text or call immediately. It speaks value to your lover, friend, or family when you set aside time to be with just them, especially for these deeper conversations.
3. Periodically check in to be sure you are clear about your partner's message by asking, "Let me see if I understand you correctly," then share what you heard. Then ask, "Did I hear you right? Is this what you're saying?"
4. If they answer, "No," ask them to tell you again or to clarify their point. Listen again carefully without any filters.
5. If, at any time, you aren't tracking with your partner, let them know that you don't understand and ask them to repeat what they said.
6. When your partner seems to be finished, ask, "Is there anything else you would like to share about _____?"
7. Lastly, ask, "How do you feel about this issue?" if they haven't already discussed their feelings.
8. Share with your lover what you understood them to have said and especially how they are feeling about the topic so they feel heard and known. Try to relate what your partner shared with you with a past experience of the same situation. Doing that is also helpful in communicating that you understand their problem/concern/fear/disappointment; just don't hijack the conversation. Once you've shared a connecting story, return to where they left off and ask another question.
9. Finish by thanking them for trusting you enough to share their heart with you.
10. You may want to take some time to consider your partner's conversation before you respond.
11. DO NOT DEFEND YOURSELF, EVER!

FAN THE FLAME



1. Give yourself a score of 1 – 10 for each of the 6 components of effective communication:
 1. *Listening* 2. *Body Language* 3. *Tone* 4. *Words* 5. *Feedback* 6. *Negotiation*

2. Of the 6 communication components, which do you think you need to work on the most? Which do you believe you do well?

3. Share your perceptions of yourself with your lover and ask him/her to rate you as well. Be sure you ask them to be completely honest with their answers. Reassure them they will not be in trouble if they give you a low number for any or all components. Remember, whatever they say is true for them and is *positive* feedback for you. If you believe yourself to be an excellent communicator, but your lover gives you a 3 in every communication component, that only means that there is room for improvement. **Never defend yourself!**

4. Ask your lover what you can do to bring each of the 6 communication components to a 10 for them.

5. If the current condition of your relationship is merely feedback for what you have been sowing into it, what do you now see you have been doing/saying that isn't working to produce the *Loving* relationship that you desire?

6. What do you now see you must *give* to your partner to have what you long for?

Dear God of All— In All, I am listening to understand all that I can as I'm reading this material. Raise my awareness to listen and communicate effectively so my lover feels heard and known.

Open my ears and my eyes wide enough to take in all of the verbal and nonverbal communication cues so I can hear the spoken words, and the unspoken, that are being shared. Teach me to hear what You hear, and see what You see, so I might understand in the deepest and most profound ways—so that I can Love as You Love.

And so it is, My Friend! And so it is!

Secret Ingredient 7: Freedom [Love] Binds “Us”

***SECRET INGREDIENT 7 CONCEPT:** *Control vs Freedom*

1. Control is the fruit of unexamined fears.
2. Control destroys the passion in relationships.
3. Control is an illusion. We only have control of ourselves.

FAN THE FLAME



1. With whom do you recognize that you use controlling behaviors?
2. Who uses controlling behaviors to try to change you?
3. Which of the controlling behaviors do you use most?

4. Of the controlling behaviors that are used on you by others, which ones work? Which ones don't?

5. Which fears are you trying to address with control?

6. How have controlling behaviors harmed your relationship with your lover?

7. Now that you understand the damage you can cause by using *The 7 Deadly Behaviors* in your relationship with your lover, what is a better way to support your relationship AND address your fears in a way that is empowering and *Loving*?

Dear God of All— In All, Your ways are so much different than man's ways, and man's ways don't work. I desire freedom in every aspect of my life. Help me to recognize all the subtle ways that I attempt to control others and my environment to silence my fears. You alone are my resource for perfect peace. Draw me near, Sacred Spirit, that I may be whole, fulfilled, and happy.

And so it is, My Friend! And so it is!

Secret Ingredient 8: Spicy Genders

***SECRET INGREDIENT 8 CONCEPT:** *Understanding Our Innate Gender-differences*

1. Men's needs
2. Women's needs
3. Sex

FAN THE FLAME



1. What are the top needs of a man? Which 3 do you need to work on the most?
2. What is a man's greatest need? How have you failed to meet this need in the past? What can you do now that you understand this need?
3. What is a man's greatest fear? How have you facilitated this fear in the past? What can you do now to support your man to quiet his fear?
4. What are the top needs of a woman? Which 3 do you need to work on the most?
5. What is a woman's greatest need? How have you failed to meet this need in the past? What can you do now that you understand this need?
6. What is a woman's greatest fear? How have you facilitated this fear in the past? What can you do now to support your woman to quiet this fear?
7. Is there a breakdown in your sexual intimacy? What's working, and what's not working?
8. How can you best meet your lover's sexual need?

Dear God of All— In All, Thank You for the beautiful gift of variety within our genders. Open my eyes to observe, rather than judge, that which I do not fully understand. I now relax my mind into the awareness that men and women are created equal but uniquely different with specific needs.

It is my deep desire to create a fulfilling relationship with my lover through understanding, compassion, grace, and love.

And so it is, My Friend! And so it is!

Secret Ingredient 9: Spicy Personalities

***SECRET INGREDIENT 9 CONCEPT:** *Unique Personalities*

1. Enneagram Profile
2. Colors Profile

FAN THE FLAME



1. Go to www.enneagramworldwide.com take the profile test and browse around the site.
2. Which number are you? Which number is your lover?
3. How are you different from you lover? How are you similar to your lover?

4. Check out this site for a color profile: https://www.colorcode.com/personality_test/ take the free online test. This is not my friends In Living Color Profile, but it is similar.
5. Which color are you? Which color is your lover?
6. What new insights do you have as a result of becoming familiar with personality types?

Dear God of All— In All, truly You are a God of endless expression. How brilliant of You to have created each of us with so much variety and mystery. When we are fully awake and fully present life is quite the adventure, and it is impossible to feel bored. Teach me to discover the brilliance and beauty in each complex personality. I desire to accept and appreciate everyone regardless of their innate personality disposition or the path they have chosen. My eyes are now open to observe others rather than make assumptions and judge them.

And so it is, My Friend! And so it is!

Secret Ingredient 10: Spicy Love

***SECRET INGREDIENT 10 CONCEPT:** *Understanding Different Love Languages*

1. Touch
2. Affirmation
3. Service
4. Time
5. Gifts

FAN THE FLAME



1. In what ways do you show *Love* to others?
2. In what ways does your partner show you he/she *Love* you?
3. Do you *feel Loved* by your partner?
4. Does your partner *feel Loved* by you? (Ask them what it is you do that they *feel Loved* by you)
5. Regarding these expressions of *Love*, what do you long for most with your lover?
6. Do you know what he/she longs for most with you?
7. In what ways does this knowledge support your relationship with your lover?
8. What shifts are you making as a result of this new information?

Dear God of All— In All, Thank You for all of the variety and mystery of Your creation. I am a student of Your revelations and perspectives. Align my understanding with Yours. Teach me to rest within the mysteries of life knowing that You are my Teacher, my Guide, and the Great Love of my life! You, Dear God, are The Way, The Truth, and The Life within me and without.

And so it is, My Friend! And so it is!

MENTORS & RESOURCES

BYRON KATIE byronkatie.com

WILL BOWEN willbowen.com

DR. WILLIAM GLASSER wglasser.com

RAYMOND HOLLIWELL [Working With The Law available on amazon.com]

DANIELE HAGE dynamictraits.com

ECKHART TOLLE eckharttolle.com

GARRY CHAPMAN 5lovelanguages.com

DON MIGUEL RUIZ [The Four Agreements] miguelruiz.com

FATHER THOMAS KEATING contemplativeoutreach.org

RICHARD ROHR [Enneagram teaching] cac.org

ENNEAGRAM INSTITUTE enneagraminstitute.com

COLOR PERSONALITY CODE colorcode.com [similar to Daniele Hage's class]

DR. LAURA BERMAN [Loving Sex: The Book of Joy and Passion] drlauraberman.com

REVENANT (FORMALLY BREAKTHROUGH TRAINING) bloodandethos.com

Love Well My Friend— Welcome To the Revolution!
Denise Darlene TLC
Transformational Love Coach

For personal coaching support, contact me at:
www.denisedarlene.com