

Love, Relationship and Happiness 2 Exercises

This exercise is for your learning only. You do not need to submit it to anyone for review. We are directing you to look at specific behaviors and programs in order to engage in relationships, love and happiness in new ways. So take the time to be honest with yourself to uncover what is within you that wants to change.

Exercise #1 How open are you for love?

Close your eyes and imagine yourself in a loving and happy relationship, partnership or marriage. What images, thoughts or feelings come up? Allow yourself to receive that information without judgment or criticism or shutting it down.

You are just noticing what you think, feel and say to yourself all the time outside your conscious awareness. Once you become aware of it, you have the power to change it.

Exercise #2 The Love Scale



1. Where are you currently on the Love Scale?
2. What do you notice—see/feel/hear?
3. Are you looking outside of yourself?
4. Do you need the approval of others?
5. Can you listen and speak from your heart?
6. Do you judge yourself or others harshly?

Exercise #3 Foundations for Self-Love

1. Identify how you love or don't love yourself based on your family experiences—or from the environment in which you were raised.
2. What is your position in the family? First, second, third, only, etc.
3. What role did you play in the family? Hero, black sheep, joker, rebel, invisible, peacemaker, rejected or prince/princess
4. What examples of love did you experience?

Exercise #4 Your current beliefs about love and being loved

1. What did you learn from your mother by her words and actions about love and being loved?
2. What did you learn from your father by his words and actions about love and being loved?

3. What did you learn from your culture about love and being loved?

4. What did you learn from your own experiences about being in a loving relationship, partnership or marriage?

Install new love and happiness programs

Form 3-5 commands for what you want based upon what you have written above. If possible, work with a friend and have your friend take you through the 6-step process and make your commands.

If you are working alone, write down your commands and take yourself through the process. Or you can record the 6-step process and listen to it as you take yourself through the process.

Exercise #5 Recognizing the changes

Take a moment and write down 3 things you notice that are different now that you've created real change within yourself.

1.

2.

3.