

Love, Relationship and Happiness 3 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 Your beliefs about relationships

1. What do I fear about being in a loving relationship?
2. What do I fear others see as lacking or missing in me?
3. What judgments do I hold against myself as not being good enough to love and be loved?
4. What am I afraid I will have to give up?
5. What is my idea of the ultimate marriage or love relationship?

Exercise #2 Re-image the past

1. Identify the person in your family who you would like to re-image. The one that seems to hold the most painful memories or upset, resentful, angry feelings for you.
2. Close your eyes. What was said, felt, seen or heard that has had a persistent negative affect on you in your life from (mom, dad, brother, sister, aunt, uncle, other)?
3. What would you want to hear, feel, see instead?
4. Open your eyes. Write these words down so you can hear the right new words as you go through the process and create a new blueprint for the good (mom, dad, boss, spouse).

Install new Loving Relationships programs

Form 3-5 Commands of what you want instead of what you have now.

Have a friend take you through the 6-step process and make your Commands.

Change roles and do the same for them.

If you don't have a friend to work with, you can record the Commands and then listen to them as you go through the 6-step process.

Exercise #3 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.