

Love Relationship Happiness 4 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: Creating a loving relationship with yourself

1. What must you be willing to let go of in order to enjoy a loving relationship with yourself?

2. What must you be willing to do to support, love and create a new loving Self?

3. What judgments, resentments and unhappy feelings are you carrying that interfere with being in a loving relationship?

4. What do you want instead?

5. List 5 positive things about yourself. (Challenge yourself to list 10!)

Install new loving relationship 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 #2: 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.