



Quick Review...



The Five Mistakes

- 1) _____ **Building** (Anything you say... can and will be used against you!)
- 2) _____ **Telling** (Either you have your story or your story has you.)
- 3) _____ **Assuming** (check it out... before checking out.)
- 4) _____ **Stuffing** (You can't put more water in a full glass.)
- 5) The _____ **F's** (Problems like to be fixed... people don't)



The 4 Step Method to Create Instant Intimacy

- 1) Stating a clear _____ "*When I heard... or When I Saw...*
- 2) Followed by a _____ "*I felt...*
- 3) Next state the _____ that was or wasn't met. "*Because my need for...*
- 4) End on a clear _____ "*Would you being willing to...*

The 7 Secret Paths to



the Relationship Oasis

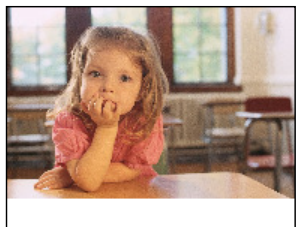


1. Make it _____ to
_____ in the relationship...

2. The Greatest Gift You Can _____
is the Gift of _____.



3. _____ Before _____ or _____.



3 reasons to offer advice or education are:
a) to contribute to other
b) protect the other
c) protect yourself

4. _____ Does Not Equal _____.



"What we resist persists."

5.  Intimacy doesn't start in the bedroom.
"In to me see"

Intimacy involves risk, vulnerability, honesty
and trust - no trust = no intimacy

Assignment: List three things that plug you in:

When _____

When _____

When _____

Find someone who does or has those beliefs. Practice giving them empathy until they feel understood.

6. _____ Handling - Yours & Theirs.

A. *Recognize when you are dealing with baggage...*

- the response is disproportionate to the stimulus
- it persists for more than half an hour
- there is a recurring pattern of this issue arise

B. *Clarify what it is...*

C. *Healing - therapeutic listening*

- authentic self-disclosure
- care for other
- give empathy



7. Doing the _____ Daily.



What do you do now... Your Action plan....

- a) what did you learn -
- b) how will you apply it?

a) _____

b) _____

a) _____

b) _____

a) _____

b) _____

a) _____

b) _____

a) _____

b) _____

a) _____

b) _____

a) _____

b) _____

The 7 Secret Paths to the Relationship Oasis

Don't Put Your Camel to Bed Yet... The Oasis Really Does Exist!

And there are seven equally effective ways to get there...

1. Easy Wins: Life is hard so make it easy to win in your relationship.

You can help your partner translate their not-so-friendly communication into something that is easier for you to hear.

2. The greatest gift is not what you think.

It's receiving, allowing somebody else to give to you. A lot of times we're not even aware that we're resisting.

3. The magic of empathy--before advice, opinion or education.

Empathy is the process of connecting to the feelings and needs of the other person and acknowledging those feelings and needs through repeating them back to that person. Hearing somebody acknowledge our innermost feelings and needs FEELS GOOD!

4. Not taking things personally, or "understanding does not equal agreement."

If a student walks up to me and tells me I'm a bitch, I don't have to go into immediate reptilian attack mode. I can try to get some understanding about why they think I'm a bitch. Once I understand why they think I'm a bitch, I don't have to agree with them.

5. Intimacy--the greatest aphrodisiac.

When a couple is able to communicate their feelings and needs so that they are heard and so that they are hearing the other person, then (even if they don't agree on a strategy for improving their finances/ who should pick up the kids at day care, etc.) they can still feel the care for each other. They might remember that deep down they really do care for each other - and things flow from there...

6. Baggage handling - yours and theirs.

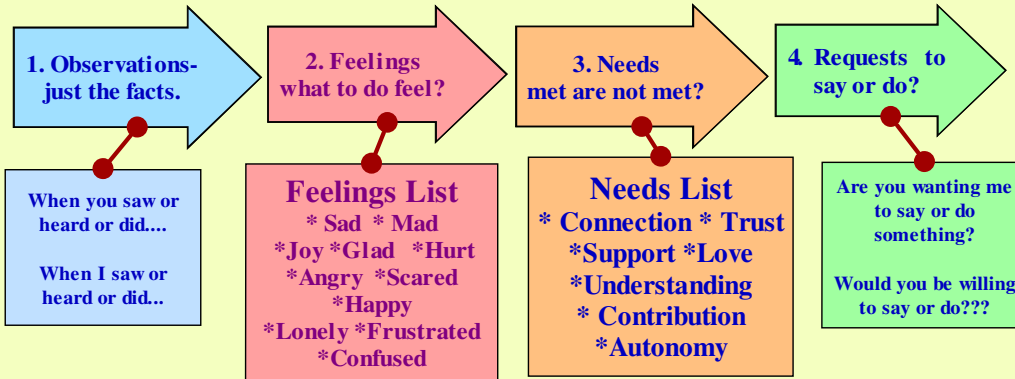
If you never had that frontal lobotomy done, you're probably carrying some baggage into your relationships - from your original family and then later relationships, and maybe even your past lives. This baggage comes up within us in the form of fears that developed around past experiences. We learned that there was something scary about a pattern of words, or actions. And so we have a response in the present to something that scared us in the past.

7. Doing the dishes daily--not letting the issues pile up.

If you look at the baggage handling issues, you can see how things from the past can creep into your present relationship, and things from the present, like doing the dishes, can also cloud your relationship. It's necessary to wash up those issues on a daily, if not hourly, basis.

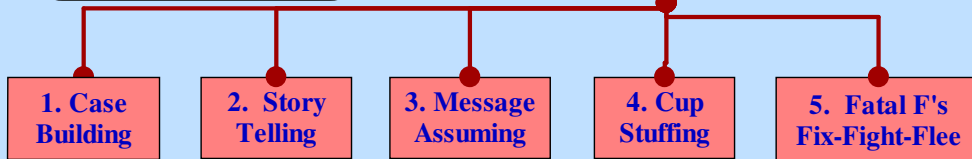
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4 Steps To Heart Opening Intimacy



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5 Heart-Breaking Communication Mistakes



1. Easy Wins
Make it easy to win in your relationship

2. Greatest Gift
The Gift of Receiving,

3. Empathy 1st
Before advice, opinion or education

4. It's Not Personal
"Understanding is not agreement"

5. Intimacy
The greatest aphrodisiac

6. Baggage Handling
Yours and theirs

7. Dishes Daily
Not letting the issues pile up

7 Secret Paths to a Relationship Oasis

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Feedback Sheet

If you see something that would make this information easier to understand or more useful to you, our customer, we want to know about it. On the other side, if there are some things we did that you enjoyed and found useful, we would love to hear about that also.

1) Are there any areas you would like to see changed? If so, how so?

2) What had the biggest impact on you?

(let us know which flip chart, exercise or insight, etc. -- how you felt about that and what you will do with it)

3) This is where you can tell others how you think/feel learning the Language of Peace will impact your life and theirs. (testimonial)

name or initials if we can use your testimony _____ date ___/___/___ VER 5.2 5-05

Please email your feedback to paul@magicrelationship.com

To record an audio-clip by phone, simply call **800-604-4006** and use Member ID **2323505**.