

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) \_\_\_\_\_

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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.**

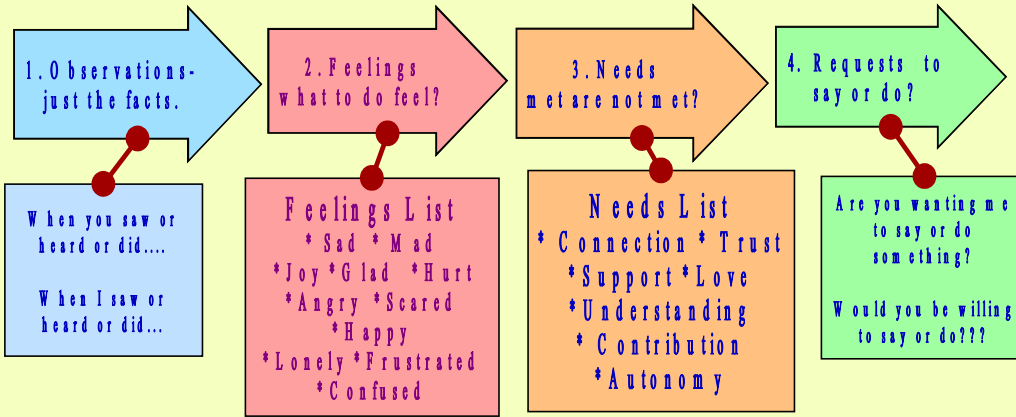
If you never had that frontal lobotomy done, you're probably carrying some baggage into your relationships - from your original family and then later relationships, and maybe even your past lives. This baggage comes up within us in the form of fears that developed around past experiences. We learned 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.

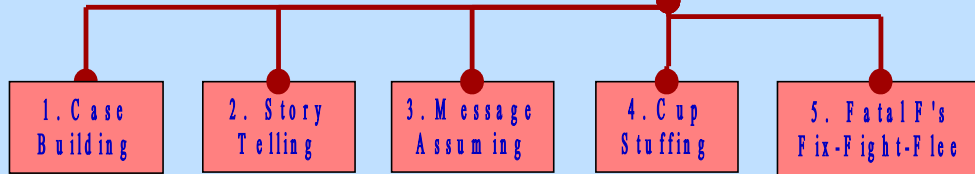
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## 4 Steps To Heart Opening Intimacy



**The Language Of Peace**  
(970) 586-7734  
CIBE@SPRYNET.com  
www.TheLanguageofPeace.com  
www.HarmonicInteractions.com

## 5 Heart-Breaking Communication Mistakes



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

**2. Greatest Gift**  
The Gift of Receiving,

**7. Dishes Daily**  
Not letting the issues pile up

**3. Empathy 1st**  
Before advice, opinion or education

**6. Baggage Handling**  
Yours and theirs

**7 Secret Paths to a Relationship Oasis**

**5. Intimacy**  
The greatest aphrodisiac

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

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# Feedback Sheet

- ◆ If you see something that would make this information easier to understand or more useful, we want to know about it.
- ◆ On the other hand, if there are activities we did or concepts we introduced that you enjoyed and found useful, we would love to hear about those also.

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

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**2. What had the biggest impact on you?**

(a flip chart, an exercise, an insight, etc. How did you feel about it and what you will do with it?)

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**3. Please tell others how you think or feel learning the Magic Relationship Method will impact your life. (testimonial)**

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