



May



THE SECRET TO ALL RELATIONSHIPS

MAY

**THE SECRET TO
ALL RELATIONSHIPS**

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Major Lessons We Will Read, Learn, and Discuss This Month

1. Relationships Are Thoughts
2. Manuals
3. Unconditional Love (Attraction Is a Choice)
4. Lovability
5. Boundaries
6. Allow Adults to Be and Do
7. Your Relationship with Yourself

Relationships Are Thoughts

We're so confused about how the world works, especially when it comes to relationships.

We're under the impression that we have to control the world and that other people need to behave a certain way so we can feel good.

OUR
RELATIONSHIPS ARE
SIMPLY OUR
THOUGHTS ABOUT
ANOTHER PERSON.

We have so many rules for our relationships that we have stopped experiencing them and are locked into our expectations of how these relationships should be instead.

Our relationships are simply our thoughts about another person.

Let me give you an example. I respect my buddy Tarr, and always have. He's super fun, trustworthy, smart, generous, hilarious, and loyal.

How is it possible that not everyone has these same exact thoughts about him? They are absolutely true.

Why doesn't everyone who knows him respect him the way I do?

Think about it.

Someone else can know Tarr and have a completely different relationship with him.

Why?

He hasn't changed. He doesn't have multiple personalities.

Their relationship with him is dependent on their thoughts about him, not him.

Knowing this is the secret to all relationships.

Your relationship with anyone is dependent on your thoughts about them.

Now, many of you will say your thoughts about them are dependent on what they do and how they behave, but I want to let you know, that isn't the illusion of it. Your thoughts about them will be dependent on your expectations of them and how well they meet those expectations.

You can't have love for someone. You just feel love when you think about them.

YOUR
RELATIONSHIP
WITH ANYONE IS
DEPENDENT ON
YOUR THOUGHTS
ABOUT THEM.

You can't be mad at someone. You can only have thoughts that make you feel mad.

Someone can't hurt your feelings. You simply have thoughts that hurt.

I want you to think about this visually. There is you, and there is the other person.

You don't have a direct experience of the other person with nothing in between you. What's in between you is all of your thinking, and all of their thinking. You barely ever get to the other person at all, if at all.

The work we will do this month is all about getting to the other person. We are going to wade through your thoughts and expectations and try to eliminate most of them so you can actually get to know the person you are in a relationship with.

Once you truly understand this, your relationships will never be the same. They will be so much better in every way.

SOMEONE CAN'T
HURT YOUR
FEELINGS. YOU
SIMPLY HAVE
THOUGHTS THAT
HURT.

You will notice that many of your relationships are similar. This is because many of our thoughts are similar. We simply recycle relationship thoughts from our lifetime of programming.

Test me on this. Think about the person you most love in the world. What is your main thought about them? The person you love the least? What is your thought about them?

Told you.

Manuals

I want to introduce you to a helpful concept I call the Manual.

About 10 years ago, while I was still a fitness coach, I started to see a pattern in my clients' relationships and their levels of satisfaction. What I noticed is that most of us have operation manuals for how we want other people to behave. They are very detailed and very precise.

WHAT I NOTICED
IS THAT MOST OF
US HAVE
OPERATION
MANUALS FOR
HOW WE WANT
OTHER PEOPLE TO
BEHAVE.

It's a "book" of rules and expectations of what is normal, kind, and acceptable behavior for someone else in their interactions with us. Often, this manual is unspoken, so the other person can't comply even if they want to.

Relationships can turn into two people just following each other's manuals. This is the opposite of connection. This is compliance and control at our own expense. I think this is often perpetuated by modern therapy and self help.

I've heard countless stories about students going into couples' therapy and the therapist asking them to list the "needs" that the other person should fulfill. When this type of therapy succeeds, the relationship becomes a list of rules and obligations—basically, a job and emotional bondage.

I decided a long time ago that I didn't want to take care of someone else's needs. I wanted to take care of my own needs and just enjoy other people's company. This has made for very enjoyable relationships, but also a lot of mind management and personal responsibility.

This doesn't mean I don't ask my girlfriends and friends to do things. This doesn't mean they doesn't ask for things from me. It just means that I don't need the other person to comply so my needs can be met. If someone doesn't do something I think I need or want, I do it for myself. It's a win-win. They don't spend their life doing things they don't want to do, and I learn how to meet my own needs and take responsibility for my own emotions.

Knowing that we have manuals, and dropping these manuals, is the best first step in any relationship where you might be having friction.

A manual might look like this:

- You should compliment me more.
- You should help with the kids more.
- You should support me in my diet.
- You should take out the garbage.
- You should drink less.
- You should want to have sex more often.
- You should be home more often.
- You should work less.
- You shouldn't look at other men.
- You should tell me how you feel more often.
- You should talk to me more.
- You should be more involved in decisions around the house.
- You should be in constant contact with me.
- You should wear more attractive clothes.
- You should make me happier in our marriage.
- You should remember my birthday and know what I want without me telling you.

- You should be more romantic.
- You should make more money.
- You should be kinder to my mother.
- and so on...

When you drop your manual, your expectations can be boiled down to this:

You are an adult. You get to be who you are. I get to decide what I think and feel about it.

If you want a good relationship, you will choose good thoughts and feelings.

YOU ARE AN ADULT.
YOU GET TO BE WHO
YOU ARE. I GET TO
DECIDE WHAT I THINK
AND FEEL ABOUT IT.

“But what about...?”

I can hear what you’re thinking.

“What if she cheats on me, or yells at me,
or hits me?”

This is where the brain goes.

And the truth is, this is rarely the issue. This is a
boundary issue, and we will talk about this in a
minute.

But stick to your daily life right now and
notice where your manuals are ruining your
relationship

Unconditional Love (Attraction Is a Choice)

Listen, love feels great.

It's a wonderful emotion that you are able to choose whenever you want. Not loving someone doesn't protect you.

Again: When you choose not to love someone because you don't want to get hurt, you are simply hurting yourself ahead of time.

LOVING NEVER
HURTS. LOVING IS
THE OPPOSITE OF
HURT.

Loving never hurts. Loving is the opposite of hurt.

If you love someone and they cheat on you, or lie to you, or say something horrible, it's not the love you have for them that hurts. What hurts is the meaning you give to the thing they did. Your feelings of betrayal hurt. The love never hurts, and the love never caused the hurt.

Loving someone never hurts. No matter what they do.

It's the lack of love that hurts.

Withholding love doesn't protect you or hurt someone else. It hurts you.

Saying, "They don't deserve my love," is simply denying yourself the feeling of love.

Hear this: You are the only one who feels your love.

Love is an emotion. It's a vibration in your body.

You feel it.

It doesn't jump out of your body and into someone else's body. Your love is your feeling.

So denying your feeling for someone else doesn't make sense.

Even when you act loving toward someone else, they don't feel it. They interpret it as a thought, and then they feel what they feel.

This is why you can genuinely feel something for someone and they don't experience it that way.

This is why someone can love you, and you don't feel the same way.

UNCONDITIONAL
LOVE MEANS THAT
YOU FEEL LOVE
TOWARDS THEM
NO MATTER WHAT
THEY DO. YOU DO
THIS FOR YOUR
OWN SAKE.
BECAUSE IT FEELS
GOOD.

You create all your own feelings, and they create all their own feelings. Period.

So, if this is true (and it is), why would you ever choose to feel anything other than love?

Love is awesome.

Unconditional love means that you feel love toward them no matter what they do. You do this for your own sake. Because it feels good.

What most of you do is deny yourself love when someone else doesn't do something you want them to do. It's like that idea of taking poison hoping someone else will die.

"I don't like what you did, so I will punish myself by feeling negative emotion about it and reacting in a negative way toward you."

This is always optional. We don't have to put conditions on our love. We don't have to deny ourselves that feeling when someone doesn't follow our manual.

We get to feel love no matter what the other person does. It's such a great choice.

And it doesn't mean that we don't have boundaries and we don't leave when necessary. It just means that we don't have to feel hate or anger doing it. We don't have to react.

“I LOVE YOU NO
MATTER WHAT” IS
THE MOST
AMAZING THING
TO SAY AND TO
HEAR. IT'S
UNCONDITIONAL
LOVE.

People make mistakes and do things from a place of pain. We can hate them for it, or love them as humans.

“I love you no matter what” is the most amazing thing to say and to hear. It's unconditional love.

And don't worry about losing control. You don't have any control. Control over another person is an illusion. Just because they are behaving the way you want them to behave doesn't mean they love you. You should not make this be the reason to love them.

They are available for loving. Use them as an excuse to feel love no matter what and all of the time.

Another question I get asked often is, “What about attraction? Attraction is an involuntary response that has nothing to do with thoughts.”

Really?

What if I told you that super gorgeous woman you're incredibly attracted to is a murderer? What if I told you that she kills men for sport? Or that she skins puppies alive?

Still attracted to her? Repulsed? How can that be? If it's involuntary, how does your thinking change it?

When you learn someone is a Playboy model or crazy smart/successful, does that increase attraction? How can that be?

When you find out that they were born a man or that they already dated someone you know, does that change your attraction?

How is it possible that you were crazy attracted to someone at the beginning of a relationship, and now you aren't? If attraction were involuntary, this would not be the case.

The truth is, attraction is created in your brain. There are many studies on attraction and how it's related to thought patterns of familiarity and conditioning.

I LOVE THE
CONCEPT THAT
ATTRACTION IS A
DECISION WE KEEP
ON MAKING.

I love the concept that attraction is a decision we keep on making.

Isn't it so interesting that scarcity makes someone attractive? You can be with someone for years and not feel a lot of attraction, but then they leave you for someone else and you are all of a sudden obsessed with their legs and lips. You miss them so much. You had them for ten years and didn't think much about it, but now you can't have them, and it's all you can think about.

The only thing that changed is your thoughts.

The lips and legs are the same.

I highly encourage you to practice attraction in your relationships by practicing attraction thoughts. Notice on purpose the things that are super attractive about your mate. Decide to be attracted to all of it. Increase the attraction on purpose. Once you start doing this, you will be blown away by how good you can get at it.

I try to notice everything about the woman I am with. Her eyes, the shape of the smile, her laugh, her legs, and her posture. I'm attracted to the way she talks to people, and focuses on her work, and is equally generous to strangers as she is to friends. I do this with all my girlfriends. They are all attractive, in different ways, based on my thoughts about them.

I've been dating women for over 25 years, so it would be easy to start judging them and noticing the things that have changed over time and that aren't great. But why in the world would I want to do that? I want my brain to focus on what is lovely.

I direct my brain to do what I ask because when left to its own devices, it would focus on things that don't feel good.

Lovability

You don't need to do anything differently or be different to be loved more.

YOU DON'T NEED
TO DO ANYTHING
DIFFERENTLY OR BE
DIFFERENT TO BE
LOVED MORE.

Here's why.

You being loved is not about you. It's about the person loving you.

Remember what I taught you earlier?

Your lovability has to do with my capacity to love you, not the other way around.

Think of a rose.

How lovable is a rose?

Depends on who loves it, right?

The same is true about you.

If your parents didn't love you, it was because they didn't have the capacity to love you.

Your lovability is absolute.

If you don't love me, that is a reflection of you, not me. Are you getting it?

If you don't love a rose, I'm not going to blame the rose for not being lovable.

The same is true if you are loved tremendously.

It's an indication of the person loving, not you.

You are as lovable as the person's ability to love.

IF YOUR PARENTS
DIDN'T LOVE YOU,
IT WAS BECAUSE
THEY DIDN'T HAVE
THE CAPACITY TO
LOVE YOU.

There is nothing you can do to become more lovable.

The only thing that can change how much someone loves you is their ability, decision, and capacity to love you.

So relax.

You are as lovable as you will ever be. Infinitely lovable.

You always have been.

Boundaries

Let's be clear about the difference between a boundary and a threat.

A boundary is what you will do.

A threat is what you want them to do.

You can't control another person.

Ever.

So just stop trying. Please. For your own sake. Stop it.

A boundary is an appropriate thing you will do if there is a boundary violation. If someone is coming into your emotional or physical space in a way that's inappropriate, you need to set a boundary for yourself.

A boundary is what you will do if someone violates you.

"If you smoke in the car, I will get out."

"If you hit me, I will call the police."

"If you yell at me, I will leave."

"If you cheat on me, I will leave and never come back."

Sometimes it's important to inform the person of your boundary, and sometimes it isn't. The boundary is for you.

Most often, we experience boundary violations because we haven't taken care of ourselves and protected our boundaries. We blame the other person, but we're the ones who have created the situation.

For example, if my brother took \$20 dollars out of my wallet without asking, I would consider that a boundary violation. But if I don't say anything and he keeps doing it, I would be very upset and resentful and blame him. But really, it's on me because I didn't set up a boundary from the beginning. I should have said, "Hey, please don't go into my wallet without asking. If you do, I'm not going to come over here anymore."

A boundary needs to be:

Set with love.

Absolutely followed through on, no matter what.

This is what a threat would look like: "You can't go into my wallet ever again. You're a thief. I can't believe you would do something like that. I feel like we can't be brothers when you do that. You have to give me that money back immediately or I'm never talking to you again."

The truth is, he can do what he wants.

Threats don't allow for that truth.

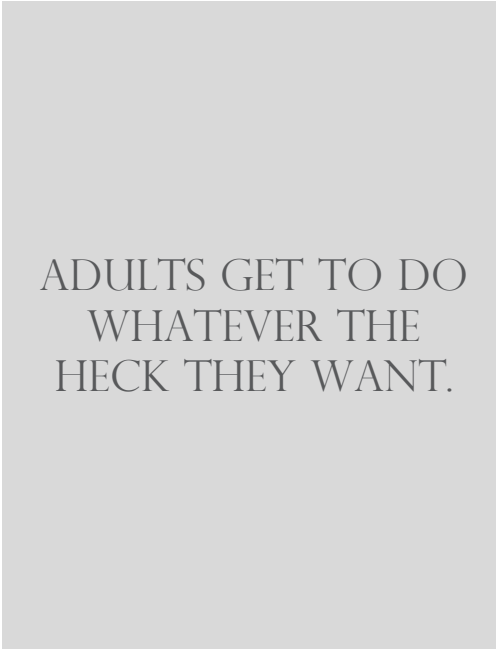
Boundaries do.

Allow Adults to Be and Do

Adults get to do whatever the heck they want.

Hear me?

Got it?



ADULTS GET TO DO
WHATEVER THE
HECK THEY WANT.

Adults get to do whatever the heck they want.

Trying to control them is futile.

They don't like it. Haven't you noticed? Oh, and...

You're an adult.

So, do you know what that means?

You get to be and do whatever you want.

You don't have to do anything you don't want to do.

I mean, ever.

Even if someone really, really, really, wants you to. This does not make you selfish.

This makes you a human being with free will.

You aren't responsible for how someone feels if you don't want to do something.

Now, you might want to do it because they want you to. But this is different than feeling like you **have to** do something because they will be mad or punish you if you don't.

You are not a child.

And neither is anyone (who isn't a child) in your life.

Adults can lie, cheat, steal, come home late, forget, smell, and leave their stuff all over the house. Yes. They. Can.

YOU AREN'T
RESPONSIBLE FOR
HOW SOMEONE FEELS
IF YOU DON'T WANT
TO DO SOMETHING.

And you can complain, yell, be passive aggressive, give them the cold shoulder, or freak out all you want.

Adults. It's what we do.

But when you start to let go of the idea of control, you have so much more energy.

You start to realize how much energy you are wasting trying to get others to behave in a way that makes you happy.

You just work on your own thoughts, and you feel happy. You don't have to change them at all.

And they appreciate it.

Like I said, there's nothing better than being with someone who just loves you for who you are and isn't always trying to make you be a better version of yourself.

It's also quite interesting how much more fun it is to pick up your clothes off the floor because you want to, not because someone is guilt-tripping you into it.

You have to let go and let adults be adults. Remember, we are all a beautiful, perfect mess. And that's okay.

YOU START TO
REALIZE HOW MUCH
YOU ARE WASTING
YOUR ENERGY
TRYING TO GET
OTHERS TO BEHAVE
IN A WAY THAT
MAKES YOU HAPPY.

You know what my girlfriend has to do for me?

Nothing.

She doesn't have to call me back, remember my birthday, be there when I'm sad, come to lunch on time, remind me of how great I am, or love me. She doesn't have to do any of it.

And if she doesn't, I don't get mad at her.

If she's late for lunch, I'll most likely leave.

If she forgets my birthday, I will call and remind her.

If she isn't there when I am sad, I'm sad alone.

All she has to do is be herself.

I love her no matter what. For my sake.

And you know what? She *does* do all those things.
Isn't that amazing!

Your Relationship with Yourself

So if what I say is true, then your relationship with yourself is based on your thoughts about you.

Let's break it down:

1. You are 100% lovable. There's nothing you can do to be more worthy of love.
2. If you don't love yourself, it's a reflection of your choice to love yourself, not your lovability. You are the object of your love, but your lovability will be dependent on your willingness and capacity to love yourself unconditionally.
3. How you treat yourself is a reflection of your thoughts about yourself.

Having an amazing relationship with yourself is simply a commitment to think awesome thoughts about yourself.

It sounds so easy.

Why is it so hard?

It's because our brains are conditioned to look for the bad and to judge.

We spend so much of our brain energy judging ourselves that we have very little energy to love ourselves on purpose.

It's an unconscious habit that's tricky to break.

Oh—and society doesn't support it much.

When I go out into the world and say, "I'm amazing," people look at me funny.

They think I'm bragging or being stuck up. Like being 'humble' is the same as self-deprecating.

But to me, bragging is saying that I'm better than you.

I'm not saying that. At all.

What I'm saying is that I'm amazing. I'm also saying you're amazing, and I do believe that. It feels good to know that.

We are all amazing, and we should spend more time talking about how amazing we are and less time talking about how we aren't.

My opinion of myself is very high. My opinion of you is high.

My opinion of myself is high, but not because I created myself. My opinion of myself is high because I didn't create myself and I honor my creator through this creation.

I can't take credit for my amazingness. Whatever created me gets that credit, but I can take responsibility for recognizing it.

And I will, and I do.

Because of this, I have an amazing relationship with myself. I don't spend time arguing and putting myself down. I spend time loving, encouraging, and acknowledging myself.

It's so much more fun.

I highly recommend it.

Monthly Assignment

Pick four relationships to work on this month. Each week, we will focus on one person. I recommend that you pick someone you have a bit of trouble loving and want to improve your relationship with them.

Week 1

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Week 2

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Week 3

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Week 4

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Every day, you'll check in with yourself and see how you're thinking. It's important to monitor your opinion of yourself as well as your judgments of other people, which are most often just a projection of how you feel about yourself.

We will also do models every day, of course!

Thought Download Day 1

Thoughts about myself:

Thoughts about other people in my life:

Unintentional Model

C:

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F:

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A:

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R:

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Intentional Model

C:

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WEEK: 1

Person of Focus for the Week:

Day 1

Judge this person. Do not hold back. Let all the “ugly” judgments out of your head. One sentence per line below. Don’t edit yourself or try to be appropriate or kind. Get it all out.

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Now, go back through the list and notice how many of these judgments are also true about you. Circle the ones that are. Notice that most judgments of others are projections we have of ourselves.

Thought Download Day 2

Thoughts about myself:

Thoughts about other people in my life:

Unintentional Model

C:

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F:

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A:

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Intentional Model

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R:

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Day 2

Describe the manual you have for the person of focus for this week. What are your expectations of them? What do you most want them to do, and why? Let yourself go to a perfect world where they do exactly what you want them to do and when you want it. Be specific and allow yourself to be outrageous.

Now think about what you would be thinking and feeling if they did all these things perfectly.

Notice that you can think and feel these things anyway.

Thought Download Day 3

Thoughts about myself:

Thoughts about other people in my life:

Unintentional Model

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Intentional Model

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Day 3

Allow them to be who they are meant to be. Who are they? What do they do? How do they act? What are they consistent in? When you aren't trying to control or interfere, who are they in their actions?

Why do you imagine they do these things and are this way? What do you imagine their thoughts are that are driving their actions?

Thought Download Day 4

Thoughts about myself:

Thoughts about other people in my life:

Unintentional Model

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Intentional Model

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Day 4

Unconditional love. Do you love this person unconditionally? Why or why not? Make a note below of when you do love them and when you try to withhold love or not feel love for this person. Remember, their lovability is 100%, so what's your excuse when you don't love them?

How do you show up in this relationship? Do you show up knowing that your lovability is 100%? Do you try to get them to love you more for your sake? How? Does it work? Why or why not?

Thought Download Day 5

Thoughts about myself:

Thoughts about other people in my life:

Unintentional Model

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Intentional Model

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Day 5

Who do you want to be in this relationship? In other words, what kind of employee, spouse, brother, or son-in-law do you want to be? Make sure you think about this separately from the other person's behavior—don't let that determine who you are. Decide who you want to be. Take some time to really write it all out.

How do you want to feel? Why?

How do you want to act and show up?

What do you want to give and offer to this person?

Thought Download Day 6

Thoughts about myself:

Thoughts about other people in my life:

Unintentional Model

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Intentional Model

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Day 6

How do you want to think? Remember that your relationship with someone is all about your thoughts about them and yourself within that relationship. There are three categories of thoughts you need to manage in each relationship:

How do you want to think about yourself in this relationship?

How do you want to think about them in this relationship?

How do you want to define and think about your relationship together?

Thought Download Day 7

Thoughts about myself:

Thoughts about other people in my life:

Unintentional Model

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Intentional Model

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Day 7

Write an “I’ve been meaning to tell you” letter below. This is a letter you can send or not send. Just writing it feels amazing. I love to send these in the mail unexpectedly.

Dear _____

I’ve been meaning to tell you.

I admire you for...

.....

I’m thankful for...

.....

I remember when...

.....

You have shown me how...

.....

You told me...

.....

I’m grateful for...

.....

I love you because...

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Thought Download Day 8

Thoughts about myself:

Thoughts about other people in my life:

Unintentional Model

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Intentional Model

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WEEK: 2

Person of Focus for the Week:

Day 8

Judge this person. Do not hold back. Let all the “ugly” judgments out of your head. One sentence per line below. Don’t edit yourself or try to be appropriate or kind. Get it all out.

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Now, go back through the list and notice how many of these judgments are also true about you. Circle the ones that are. Notice that most judgments of others are projections we have of ourselves.

Thought Download Day 9

Thoughts about myself:

Thoughts about other people in my life:

Unintentional Model

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Intentional Model

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Day 9

Describe the manual you have for the person of focus for this week. What are your expectations of them? What do you most want them to do, and why? Let yourself go to a perfect world where they do exactly what you want them to do and when you want it. Be specific and allow yourself to be outrageous.

Now think about what you would be thinking and feeling if they did all these things perfectly.

Notice that you can think and feel these things anyway.

Thought Download Day 10

Thoughts about myself:

Thoughts about other people in my life:

Unintentional Model

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Intentional Model

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Day 10

Allow them to be who they are meant to be. Who are they? What do they do? How do they act? What are they consistent in? If you aren't trying to control or interfere, who are they in their actions?

Why do you imagine they do these things and are this way? What do you imagine their thoughts are that are driving their actions?

Thought Download Day 11

Thoughts about myself:

Thoughts about other people in my life:

Unintentional Model

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Intentional Model

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Day 11

Unconditional love. Do you love this person unconditionally? Why or why not? Make a note below of when you do love them and when you try to withhold love or not feel love for this person. Remember, their lovability is 100%, so what's your excuse when you don't love them?

How do you show up in this relationship? Do you show up knowing that your lovability is 100%? Do you try to get them to love you more for your sake? How? Does it work? Why or why not?

Thought Download Day 12

Thoughts about myself:

Thoughts about other people in my life:

Unintentional Model

C:

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T:

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F:

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A:

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R:

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Intentional Model

C:

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T:

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F:

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A:

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R:

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Day 12

Who do you want to be in this relationship? In other words, what kind of employee, spouse, brother, or son-in-law do you want to be? Make sure you think about this separately from the other person's behavior—don't let that determine who you are. Decide who you want to be. Take some time to really write it all out.

How do you want to feel? Why?

How do you want to act and show up?

What do you want to give and offer to this person?

Thought Download Day 13

Thoughts about myself:

Thoughts about other people in my life:

Unintentional Model

C:

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T:

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F:

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A:

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R:

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Intentional Model

C:

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A:

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R:

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Day 13

How do you want to think? Remember that your relationship with someone is all about your thoughts about them and yourself within that relationship. There are three categories of thoughts you need to manage in each relationship:

How do you want to think about yourself in this relationship?

How do you want to think about them in this relationship?

How do you want to define and think about your relationship together?

Thought Download Day 14

Thoughts about myself:

Thoughts about other people in my life:

Unintentional Model

C:

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T:

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F:

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A:

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R:

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Intentional Model

C:

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T:

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F:

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A:

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R:

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Day 14

Write an “I’ve been meaning to tell you” letter below. This is a letter you can send or not send. Just writing it feels amazing. I love to send these in the mail unexpectedly.

Dear _____

I’ve been meaning to tell you.

I admire you for...

.....

I’m thankful for...

.....

I remember when...

.....

You have shown me how...

.....

You told me...

.....

I’m grateful for...

.....

I love you because...

.....

Thought Download Day 15

Thoughts about myself:

Thoughts about other people in my life:

Unintentional Model

C:

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T:

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F:

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A:

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R:

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Intentional Model

C:

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WEEK: 3

Person of Focus for the Week:

Day 15

Judge this person. Do not hold back. Let all the “ugly” judgments out of your head. One sentence per line below. Don’t edit yourself or try to be appropriate or kind. Get it all out.

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Now, go back through the list and notice how many of these judgments are also true about you. Circle the ones that are. Notice that most judgments of others are projections we have of ourselves.

Thought Download Day 16

Thoughts about myself:

Thoughts about other people in my life:

Unintentional Model

C:

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T:

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F:

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A:

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R:

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Intentional Model

C:

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A:

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R:

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Day 16

Describe the manual you have for the person of focus for this week. What are your expectations of them? What do you most want them to do, and why? Let yourself go to a perfect world where they do exactly what you want them to do and when you want it. Be specific and allow yourself to be outrageous.

Now think about what you would be thinking and feeling if they did all of these things perfectly.

Notice that you can think and feel these things anyway.

Thought Download Day 17

Thoughts about myself:

Thoughts about other people in my life:

Unintentional Model

C:

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T:

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F:

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A:

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R:

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Intentional Model

C:

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T:

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A:

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R:

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Day 17

Allow them to be who they are meant to be. Who are they? What do they do? How do they act? What are they consistent in? if you aren't trying to control or interfere, who are they in their actions?

Why do you imagine they do these things and are this way? What do you imagine their thoughts are that are driving their actions?

Thought Download Day 18

Thoughts about myself:

Thoughts about other people in my life:

Unintentional Model

C:

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T:

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F:

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A:

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R:

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Intentional Model

C:

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T:

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A:

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R:

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Day 18

Unconditional love. Do you love this person unconditionally? Why or why not? Make a note below of when you do love them and when you try to withhold love or not feel love for this person. Remember, their lovability is 100%, so what's your excuse when you don't love them?

How do you show up in this relationship? Do you show up knowing that your lovability is 100%? Do you try to get them to love you more for your sake? How? Does it work? Why or why not?

Thought Download Day 19

Thoughts about myself:

Thoughts about other people in my life:

Unintentional Model

C:

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T:

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F:

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A:

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R:

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Intentional Model

C:

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T:

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F:

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A:

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R:

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Day 19

Who do you want to be in this relationship? In other words, what kind of employee, spouse, brother, or son-in-law do you want to be? Make sure you think about this separately from the other person's behavior—don't let that determine who you are. Decide who you want to be. Take some time to really write it all out.

How do you want to feel? Why?

How do you want to act and show up?

What do you want to give and offer to this person?

Thought Download Day 20

Thoughts about myself:

Thoughts about other people in my life:

Unintentional Model

C:

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T:

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F:

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A:

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R:

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Intentional Model

C:

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T:

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F:

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A:

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R:

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Day 20

How do you want to think? Remember that your relationship with someone is all about your thoughts about them and yourself within that relationship. There are three categories of thoughts you need to manage in each relationship:

How do you want to think about yourself in this relationship?

How do you want to think about them in this relationship?

How do you want to define and think about your relationship together?

Thought Download Day 21

Thoughts about myself:

Thoughts about other people in my life:

Unintentional Model

C:

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T:

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F:

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A:

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R:

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Intentional Model

C:

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T:

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A:

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R:

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Day 21

Write an “I’ve been meaning to tell you” letter below. This is a letter you can send or not send. Just writing it feels amazing. I love to send these in the mail unexpectedly.

Dear _____

I’ve been meaning to tell you.

I admire you for...

.....

I’m thankful for...

.....

I remember when...

.....

You have shown me how...

.....

You told me...

.....

I’m grateful for...

.....

I love you because...

.....

Thought Download Day 22

Thoughts about myself:

Thoughts about other people in my life:

Unintentional Model

C:

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T:

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F:

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A:

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R:

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Intentional Model

C:

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T:

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F:

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R:

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WEEK: 4

Person of Focus for the Week:

Day 22

Judge this person. Do not hold back. Let all the “ugly” judgments out of your head. One sentence per line below. Don’t edit yourself or try to be appropriate or kind. Get it all out.

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Now, go back through the list and notice how many of these judgments are also true about you. Circle the ones that are. Notice that most judgments of others are projections we have of ourselves.

Thought Download Day 23

Thoughts about myself:

Thoughts about other people in my life:

Unintentional Model

C:

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T:

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F:

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A:

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R:

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Intentional Model

C:

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T:

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F:

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A:

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R:

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Day 23

Describe the manual you have for the person of focus for this week. What are your expectations of them? What do you most want them to do, and why? Let yourself go to a perfect world where they do exactly what you want them to do and when you want it. Be specific and allow yourself to be outrageous.

Now think about what you would be thinking and feeling if they did all of these things perfectly.

Notice that you can think and feel these things anyway.

Thought Download Day 24

Thoughts about myself:

Thoughts about other people in my life:

Unintentional Model

C:

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F:

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A:

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R:

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Intentional Model

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R:

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Day 24

Allow them to be who they are meant to be. Who are they? What do they do? How do they act? What are they consistent in? If you aren't trying to control or interfere, who are they in their actions?

Why do you imagine they do these things and are this way? What do you imagine their thoughts are that are driving their actions?

Thought Download Day 25

Thoughts about myself:

Thoughts about other people in my life:

Unintentional Model

C:

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T:

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F:

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A:

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R:

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Intentional Model

C:

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A:

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R:

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Day 25

Unconditional love. Do you love this person unconditionally? Why or why not? Make a note below of when you do love them and when you try to withhold love or not feel love for this person. Remember, their lovability is 100%, so what's your excuse when you don't love them?

How do you show up in this relationship? Do you show up knowing that your lovability is 100%? Do you try to get them to love you more for your sake? How? Does it work? Why or why not?

Thought Download Day 26

Thoughts about myself:

Thoughts about other people in my life:

Unintentional Model

C:

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T:

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F:

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A:

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R:

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Intentional Model

C:

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A:

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R:

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Day 26

Who do you want to be in this relationship? in other words, what kind of employee, spouse, brother, or son-in-law do you want to be? Make sure you think about this separately from the other person's behavior—don't let that determine who you are. Decide who you want to be. Take some time to really write it all out.

How do you want to feel? Why?

How do you want to act and show up?

What do you want to give and offer to this person?

Thought Download Day 27

Thoughts about myself:

Thoughts about other people in my life:

Unintentional Model

C:

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T:

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F:

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A:

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R:

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Intentional Model

C:

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A:

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R:

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Day 27

How do you want to think? Remember that your relationship with someone is all about your thoughts about them and yourself within that relationship. There are three categories of thoughts you need to manage in each relationship:

How do you want to think about yourself in this relationship?

How do you want to think about them in this relationship?

How do you want to define and think about your relationship together?

Thought Download Day 28

Thoughts about myself:

Thoughts about other people in my life:

Unintentional Model

C:

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T:

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F:

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A:

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R:

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Intentional Model

C:

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T:

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A:

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Day 28

Write an “I’ve been meaning to tell you” letter below. This is a letter you can send or not send. Just writing it feels amazing. I love to send these in the mail unexpectedly.

Dear _____

I’ve been meaning to tell you.

I admire you for...

.....

I’m thankful for...

.....

I remember when...

.....

You have shown me how...

.....

You told me...

.....

I’m grateful for...

.....

I love you because...

.....

Thought Download Day 29

Thoughts about myself:

Thoughts about other people in my life:

Unintentional Model

C:

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F:

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A:

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R:

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Intentional Model

C:

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WEEK: 5

Person of Focus for the Week:

Day 29

Judge this person. Do not hold back. Let all the “ugly” judgments out of your head. One sentence per line below. Don’t edit yourself or try to be appropriate or kind. Get it all out.

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Now, go back through the list and notice how many of these judgments are also true about you. Circle the ones that are. Notice that most judgments of others are projections we have of ourselves.

Thought Download Day 30

Thoughts about myself:

Thoughts about other people in my life:

Unintentional Model

C:

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T:

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F:

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A:

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R:

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Intentional Model

C:

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R:

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Day 30

Describe the manual you have for the person of focus for this week. What are your expectations of them? What do you most want them to do, and why? Let yourself go to a perfect world where they do exactly what you want them to do and when you want it. Be specific and allow yourself to be outrageous.

Now think about what you would be thinking and feeling if they did all of these things perfectly.

Notice that you can think and feel these things anyway.

Thought Download Day 31

Thoughts about myself:

Thoughts about other people in my life:

Unintentional Model

C:

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T:

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F:

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A:

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R:

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Intentional Model

C:

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T:

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R:

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Day 31

Allow them to be who they are meant to be. Who are they? What do they do? How do they act? What are they consistent in? If you aren't trying to control or interfere, who are they in their actions?

Why do you imagine they do these things and are this way? What do you imagine their thoughts are that are driving their actions?

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KEVIN AILLAUD

LIFE COACH & CONSULTANT

RELATIONSHIPS - ADDICTIONS - HEALTH - WEALTH