



# The Most Important Relationship

When we feel our feelings, it feels like a big relief and our body begins to relax. It's like the way we may feel after searching frantically for our lost car keys, and after five minutes we suddenly find them.

\* It's essential to watch the class video as I break down the following exercises with live examples.

**Exercise: Refer to your feelings and needs sheet.**

- Bring a recent troubling experience or relationship to mind. Now identify the core feeling without the story that created the feeling. Feel it until your body begins to relax and then identify what your need is.
- Bring the most recent and positive experience or relationship to mind. Can you identify the core feeling you were experiencing and the need that was being met?

**What are your top 5 essential needs in a love relationship?**

- 1.
- 2.
- 3.
- 4.
- 5.



### Exercise - We teach people how to treat us.

- Identify a relationship that you would like to improve.
- See if you can identify how you have trained this person to treat you.
- Take a moment to look at where you have settled.
- Have you avoided speaking your truth and sharing what you truly feel?
- Do you have a boundary issue and are coping instead of responding?

### Exercise - We treat others according to what we believe about them.

- Identify 1 or 2 relationships you would like to improve. Include yourself as one of these examples.
- Write out all your positive and negative beliefs and assumptions you hold about this person.
- Once you have made your list notice any patterns, repeating stories, or assumptions.
- If you want the relationship to be different, it starts with you questioning and challenging your perceptions, assumptions, and beliefs.



Positive

Negative



Exercise: How would you like the relationship to be? Describe it here in as much detail as you like.

Write down 1 core lesson this relationship has gifted you.



For beliefs to stick, I encourage mantras and mirror work.

Repeat your new belief while you look deep into your eyes in the mirror. Feel what it feels like as you start creating your new belief.

My new belief is:

My new belief is:

For your new belief to grow and flourish, the neuro pathways in your brain need to be fed new information. You need to gather evidence to support your new belief. Even the tiniest bit is a fabulous start.

You can also go back into the past and remember all the times this individual did show up in a way that supports your new belief. Your subconscious cannot tell the difference between the past and the future. It believes everything as being true in this now moment.

Each day write in your journal all the ways the new evidence and coincidences are showing up to support your new belief.