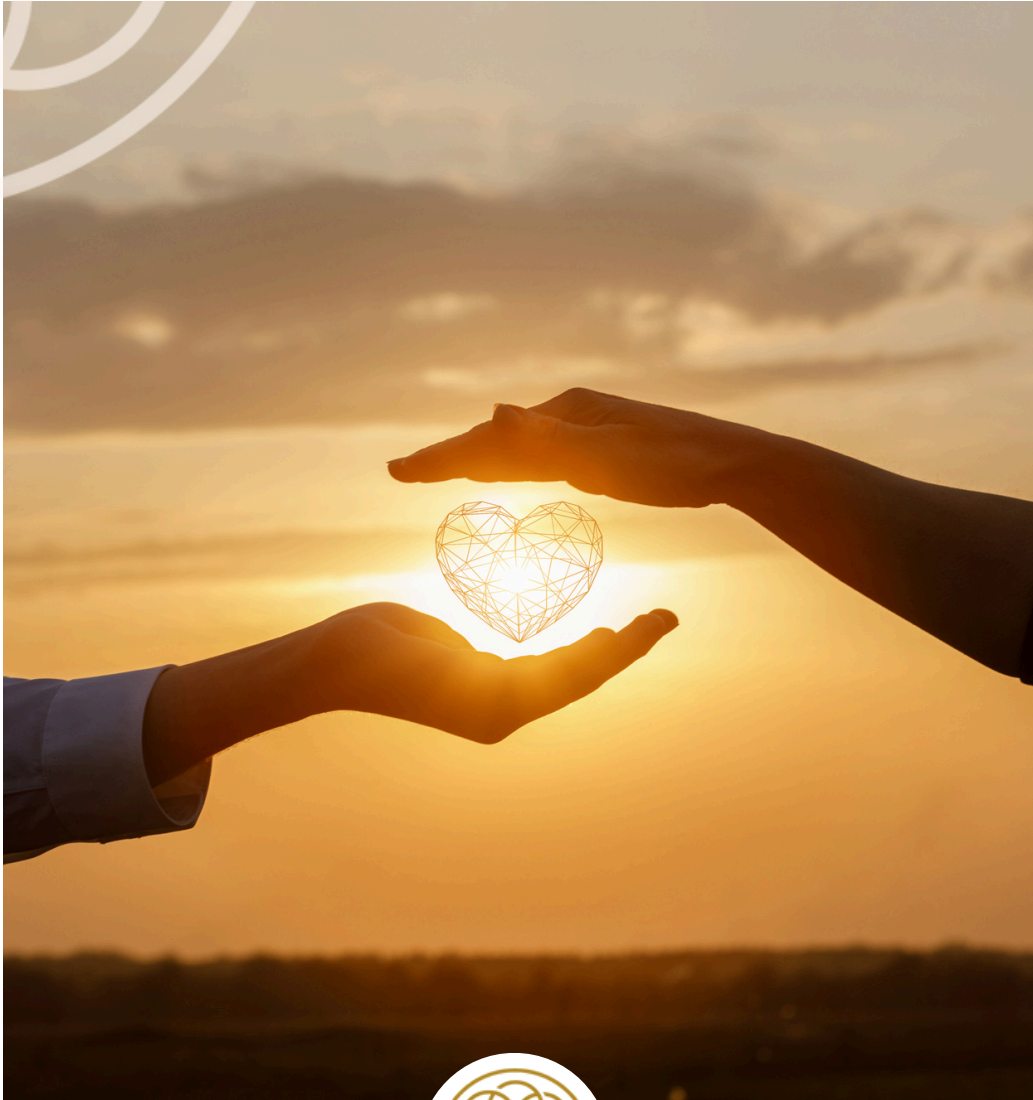


JUNE



Relationships

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

1. Relationships Are Thoughts
2. Manuals
3. Hierarchy of relationships



RELATIONSHIPS ARE THOUGHTS



We're so confused about how the world works, especially regarding 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.

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 love my friend and always have. She's amazingly fun, gorgeous, smart, funny, and loyal.

How is it possible that not everyone has these same exact thoughts about her?

They are absolutely true. Why isn't everyone who knows her in love with her the way I am?

Think about it. Someone else can know **your** friend and have a completely different relationship with her.

Why? She hasn't changed.

Their relationship with her depends on their *thoughts* about her, not her.



Knowing this is the secret to all relationships.

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 crux of it. Your thoughts about them will depend on your expectations of them and how well they meet them.

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

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

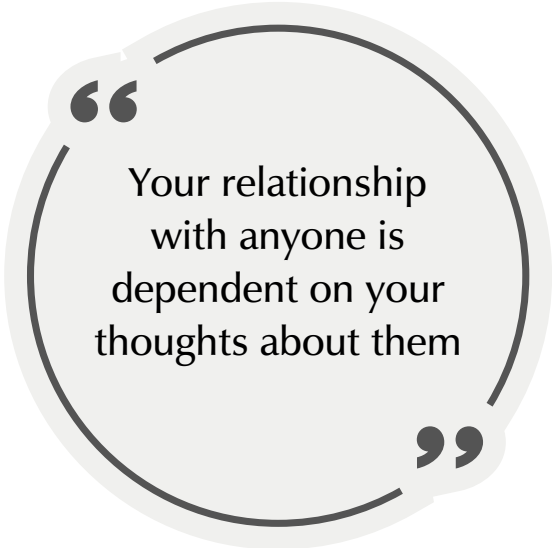
Someone can't hurt your feelings. You simply have thoughts that hurt.

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.

The work we will do this month is all about getting to know the other person. We will 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.



“
Your relationship
with anyone is
dependent on your
thoughts about them
”



“
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 thoughts about them?

MANUALS



I learnt the concept of the Manual about five years ago and it is a **game changer**.

I started to see a pattern in my clients' relationships and satisfaction levels. 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.

It's an unwritten 'book of rules and expectations' of what is normal, kind, and acceptable behaviour 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 clients going into couples therapy and the therapist asking them to list the "needs" that the other person should fulfil. When this type of therapy succeeds, the relationship becomes a list of rules and obligations—basically, a job.

My husband, Nick, and I decided long ago that we didn't want to take care of each other's needs. We wanted to take care of our own needs and just enjoy each other's company. This has made for a very enjoyable marriage and a lot of self-responsibility in taking care of ourselves. You see, sometimes we think that relationships need to make us happy. But we need to bring our happiness to the relationship.

“

What I noticed is that most of us have operation manuals for how we want other people to behave.

”

This doesn't mean I don't ask Nick to do things. This doesn't mean he doesn't ask for things from me. It just means that we don't need the other person to comply and meet our needs. I do it for myself if Nick doesn't do something I think I need or want. It's a win-win. He doesn't spend his life doing things he doesn't want, and I learned how to meet my needs and take responsibility for my 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 women.
- You should tell me how you feel more often.
- You should be more involved in decisions around the house.
- You should talk to me more.
- 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 friends, family, etc...
- 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.

"But what about...?"

I can hear what you're thinking.

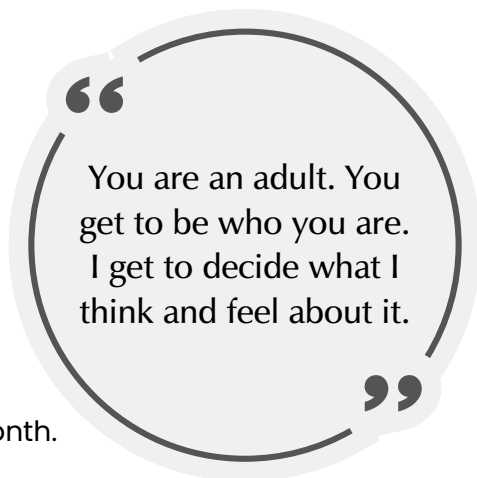
"What if he cheats on me, or yells at me, or hits me?"

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 the month.

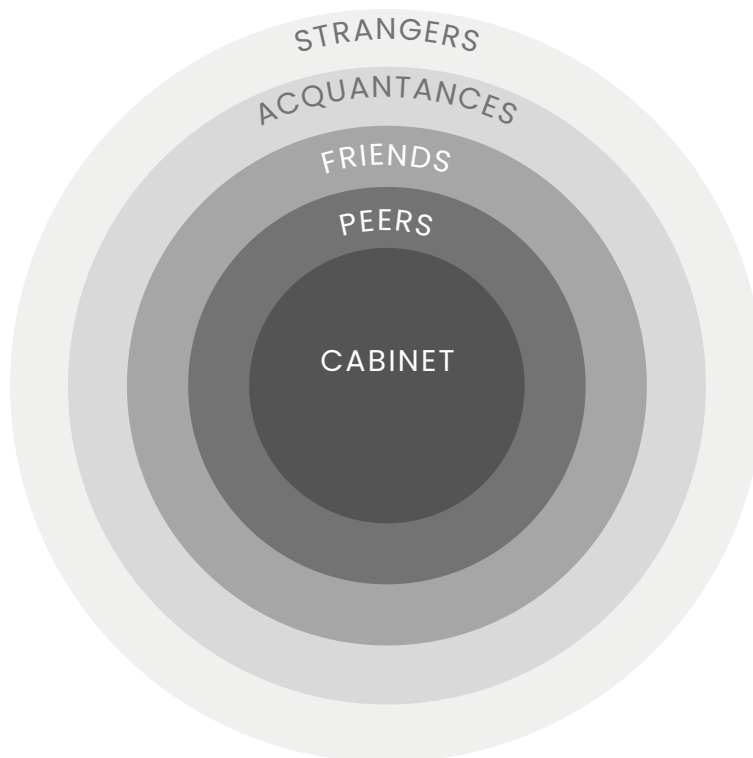
But stick to your daily life right now and notice where your manuals are ruining your relationships.



HIERARCHY OF RELATIONSHIP

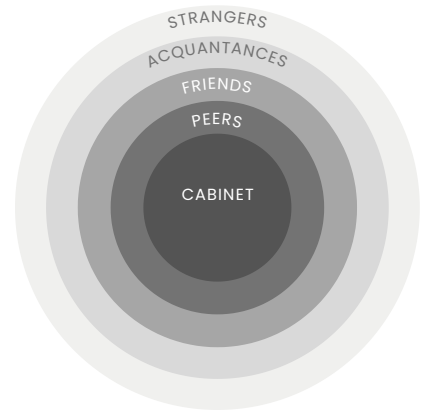
What is it?

You have five levels of people in your life:



HIERARCHY OF RELATIONSHIP

What are you **'do's'** and **'do-not's'** in your Hierarchy of Relationship?



CABINET

PEERS

FRIENDS

ACQUANTANCES

STRANGERS

MARCH

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 trouble loving and want to improve your relationship with them.

Write **the names** below in the weeks.

WEEK 1 _____

WEEK 2 _____

WEEK 3 _____

WEEK 4 _____

Every day, you'll check in with yourself and see how you're thinking.

It's important to monitor your opinion of yourself and your judgments of other people, which are often just a projection of how you feel about yourself.

We will also do models every day, of course!



DAY ONE

THOUGHT DOWNLOAD



Thoughts about **myself**

Thoughts about **other people in my life**

Unintentional Thought Pattern

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Intentional Thought Pattern

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WEEK ONE

PERSON OF FOCUS: _____

DAY ONE

Judge this person. Do not hold back. Let all the “ugly” judgments out of your head. Use the whole box if you can. Don’t edit yourself or try to be appropriate or kind. Get it all out.

Now, go back through what you wrote 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.



DAY TWO

THOUGHT DOWNLOAD

Thoughts about **myself**

Thoughts about **other people in my life**

Unintentional Thought Pattern

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Intentional Thought Pattern

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WEEK ONE

PERSON OF FOCUS: _____

DAY TWO

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

DAY THREE

THOUGHT DOWNLOAD



Thoughts about **myself**

Thoughts about **other people in my life**

Unintentional Thought Pattern

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Intentional Thought Pattern

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WEEK ONE

PERSON OF FOCUS: _____

DAY THREE

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?



DAY FOUR

THOUGHT DOWNLOAD

Thoughts about **myself**

Thoughts about **other people in my life**

Unintentional Thought Pattern

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Intentional Thought Pattern

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WEEK ONE

PERSON OF FOCUS: _____

DAY FOUR

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?

DAY FIVE

THOUGHT DOWNLOAD



Thoughts about **myself**

Thoughts about **other people in my life**

Unintentional Thought Pattern

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Intentional Thought Pattern

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WEEK ONE

PERSON OF FOCUS: _____

DAY FIVE

Who do you want to be in this relationship?

In other words, what kind of employee, spouse, sister, or daughter-in-law do you want to be? Make sure you think about this separately from the other person's behaviour—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?

DAY SIX

THOUGHT DOWNLOAD



Thoughts about **myself**

Thoughts about **other people in my life**

Unintentional Thought Pattern

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Intentional Thought Pattern

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WEEK ONE

PERSON OF FOCUS: _____

DAY SIX

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?

DAY SEVEN

THOUGHT DOWNLOAD



Thoughts about **myself**

Thoughts about **other people in my life**

Unintentional Thought Pattern

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Intentional Thought Pattern

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WEEK ONE

PERSON OF FOCUS: _____

DAY SEVEN

Write an **“I’ve been meaning to tell you”** letter. You can send it or not, but just writing it feels amazing. I love to send these in the mail unexpectedly. We have also done it where you can send it to yourself. Ask a friend to post it one month after you have done this work.

Use the prompts below to jot down some thoughts of what you would like to include in your letter, then use the space on the following page to write it out.

Dear _____

I’ve been meaning to tell you...

I admire you for.....

I’m thankful for.....

I remember when.....

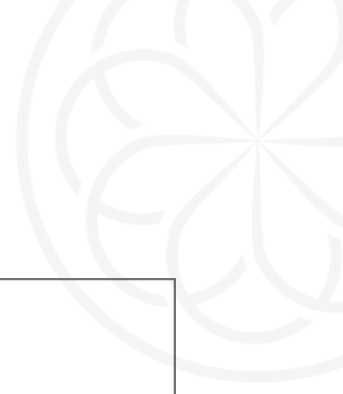
You have shown me how.....

You told me

I’m grateful for.....

I love you because.....

Anything else you want to add.....



Dear

A large, empty rectangular box with a thin black border, intended for writing a message.



DAY EIGHT

THOUGHT DOWNLOAD



Thoughts about **myself**

Thoughts about **other people in my life**

Unintentional Thought Pattern

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Intentional Thought Pattern

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WEEK TWO

PERSON OF FOCUS: _____

DAY EIGHT

Judge this person. Do not hold back. Let all the “ugly” judgments out of your head. Use the whole box if you can. Don’t edit yourself or try to be appropriate or kind. Get it all out.

Now, go back through what you wrote 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.

DAY NINE

THOUGHT DOWNLOAD



Thoughts about **myself**

Thoughts about **other people in my life**

Unintentional Thought Pattern

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Intentional Thought Pattern

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WEEK TWO

PERSON OF FOCUS: _____

DAY NINE

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

DAY TEN

THOUGHT DOWNLOAD



Thoughts about **myself**

Thoughts about **other people in my life**

Unintentional Thought Pattern

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Intentional Thought Pattern

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WEEK TWO

PERSON OF FOCUS: _____

DAY TEN

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?

DAY ELEVEN

THOUGHT DOWNLOAD



Thoughts about **myself**

Thoughts about **other people in my life**

Unintentional Thought Pattern

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Intentional Thought Pattern

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WEEK TWO

PERSON OF FOCUS: _____

DAY ELEVEN

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?

DAY TWELVE

THOUGHT DOWNLOAD



Thoughts about **myself**

Thoughts about **other people in my life**

Unintentional Thought Pattern

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Intentional Thought Pattern

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WEEK TWO

PERSON OF FOCUS: _____

DAY TWELVE

Who do you want to be in this relationship?

In other words, what kind of employee, spouse, sister, or daughter-in-law do you want to be? Make sure you think about this separately from the other person's behaviour—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?

DAY THIRTEEN

THOUGHT DOWNLOAD



Thoughts about **myself**

Thoughts about **other people in my life**

Unintentional Thought Pattern

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Intentional Thought Pattern

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WEEK TWO

PERSON OF FOCUS: _____

DAY THIRTEEN

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?

DAY DAY FOURTEEN

THOUGHT DOWNLOAD



Thoughts about **myself**

Thoughts about **other people in my life**

Unintentional Thought Pattern

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Intentional Thought Pattern

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WEEK TWO

PERSON OF FOCUS: _____

DAY FOURTEEN

Write an **"I've been meaning to tell you"** letter. You can send it or not, but just writing it feels amazing. I love to send these in the mail unexpectedly. We have also done it where you can send it to yourself. Ask a friend to post it one month after you have done this work.

Use the prompts below to jot down some thoughts of what you would like to include in your letter, then use the space on the following page to write it out.

Dear

I've been meaning to tell you...

I admire you for.....

I'm thankful for.....

I remember when.....

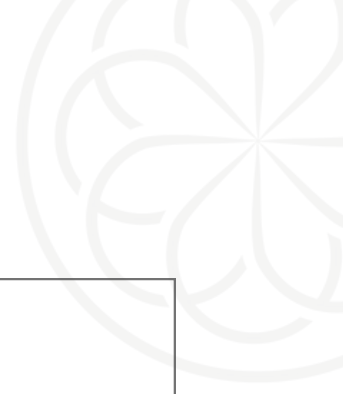
You have shown me how.....

You told me

I'm grateful for.....

I love you because.....

Anything else you want to add.....



Dear

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DAY FIFTEEN

THOUGHT DOWNLOAD



Thoughts about **myself**

Thoughts about **other people in my life**

Unintentional Thought Pattern

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Intentional Thought Pattern

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WEEK THREE

PERSON OF FOCUS: _____

DAY FIFTEEN

Judge this person. Do not hold back. Let all the “ugly” judgments out of your head. Use the whole box if you can. Don’t edit yourself or try to be appropriate or kind. Get it all out.

Now, go back through what you wrote 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.

DAY SIXTEEN

THOUGHT DOWNLOAD



Thoughts about **myself**

Thoughts about **other people in my life**

Unintentional Thought Pattern

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Intentional Thought Pattern

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WEEK THREE

PERSON OF FOCUS: _____

DAY SIXTEEN

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

DAY SEVENTEEN

THOUGHT DOWNLOAD



Thoughts about **myself**

Thoughts about **other people in my life**

Unintentional Thought Pattern

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Intentional Thought Pattern

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WEEK THREE

PERSON OF FOCUS: _____

DAY SEVENTEEN

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?



DAY EIGHTEEN

THOUGHT DOWNLOAD

Thoughts about **myself**

Thoughts about **other people in my life**

Unintentional Thought Pattern

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Intentional Thought Pattern

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WEEK THREE

PERSON OF FOCUS: _____

DAY EIGHTEEN

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?

DAY NINETEEN

THOUGHT DOWNLOAD



Thoughts about **myself**

Thoughts about **other people in my life**

Unintentional Thought Pattern

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Intentional Thought Pattern

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WEEK THREE

PERSON OF FOCUS: _____

DAY NINETEEN

Who do you want to be in this relationship?

In other words, what kind of employee, spouse, sister, or daughter-in-law do you want to be? Make sure you think about this separately from the other person's behaviour—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?

DAY TWENTY

THOUGHT DOWNLOAD



Thoughts about **myself**

Thoughts about **other people in my life**

Unintentional Thought Pattern

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Intentional Thought Pattern

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WEEK THREE

PERSON OF FOCUS: _____

DAY TWENTY

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?



DAY TWENTY-ONE

THOUGHT DOWNLOAD

Thoughts about **myself**

Thoughts about **other people in my life**

Unintentional Thought Pattern

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Intentional Thought Pattern

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WEEK THREE

PERSON OF FOCUS: _____

DAY TWENTY-ONE

Write an **“I’ve been meaning to tell you”** letter. You can send it or not, but just writing it feels amazing. I love to send these in the mail unexpectedly. We have also done it where you can send it to yourself. Ask a friend to post it one month after you have done this work.

Use the prompts below to jot down some thoughts of what you would like to include in your letter, then use the space on the following page to write it out.

Dear _____

I’ve been meaning to tell you...

I admire you for.....

I’m thankful for.....

I remember when.....

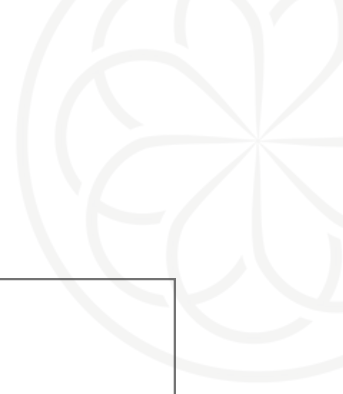
You have shown me how.....

You told me

I’m grateful for.....

I love you because.....

Anything else you want to add.....



Dear

A large, empty rectangular box with a thin black border, intended for writing a message.



DAY TWENTY-TWO

THOUGHT DOWNLOAD



Thoughts about **myself**

Thoughts about **other people in my life**

Unintentional Thought Pattern

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Intentional Thought Pattern

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WEEK FOUR

PERSON OF FOCUS: _____

DAY TWENTY-TWO

Judge this person. Do not hold back. Let all the “ugly” judgments out of your head. Use the whole box if you can. Don’t edit yourself or try to be appropriate or kind. Get it all out.

Now, go back through what you wrote 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.

DAY TWENTY-THREE

THOUGHT DOWNLOAD



Thoughts about **myself**

Thoughts about **other people in my life**

Unintentional Thought Pattern

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Intentional Thought Pattern

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WEEK FOUR

PERSON OF FOCUS: _____

DAY TWENTY-THREE

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

DAY TWENTY-FOUR

THOUGHT DOWNLOAD



Thoughts about **myself**

Thoughts about **other people in my life**

Unintentional Thought Pattern

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Intentional Thought Pattern

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WEEK FOUR

PERSON OF FOCUS: _____

DAY TWENTY-FOUR

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?

DAY TWENTY-FIVE

THOUGHT DOWNLOAD



Thoughts about **myself**

Thoughts about **other people in my life**

Unintentional Thought Pattern

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Intentional Thought Pattern

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WEEK FOUR

PERSON OF FOCUS: _____

DAY TWENTY-FIVE

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?

DAY TWENTY-SIX

THOUGHT DOWNLOAD



Thoughts about **myself**

Thoughts about **other people in my life**

Unintentional Thought Pattern

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Intentional Thought Pattern

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WEEK FOUR

PERSON OF FOCUS: _____

DAY TWENTY-SIX

Who do you want to be in this relationship?

In other words, what kind of employee, spouse, sister, or daughter-in-law do you want to be? Make sure you think about this separately from the other person's behaviour—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?



DAY TWENTY-SEVEN

THOUGHT DOWNLOAD

Thoughts about **myself**

Thoughts about **other people in my life**

Unintentional Thought Pattern

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Intentional Thought Pattern

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WEEK FOUR

PERSON OF FOCUS: _____

DAY TWENTY-SEVEN

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?



DAY TWENTY-EIGHT

THOUGHT DOWNLOAD

Thoughts about **myself**

Thoughts about **other people in my life**

Unintentional Thought Pattern

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Intentional Thought Pattern

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WEEK FOUR

PERSON OF FOCUS: _____

DAY TWENTY-EIGHT

Write an **“I’ve been meaning to tell you”** letter. You can send it or not, but just writing it feels amazing. I love to send these in the mail unexpectedly. We have also done it where you can send it to yourself. Ask a friend to post it one month after you have done this work.

Use the prompts below to jot down some thoughts of what you would like to include in your letter, then use the space on the following page to write it out.

Dear

I’ve been meaning to tell you...

I admire you for.....

I’m thankful for.....

I remember when.....

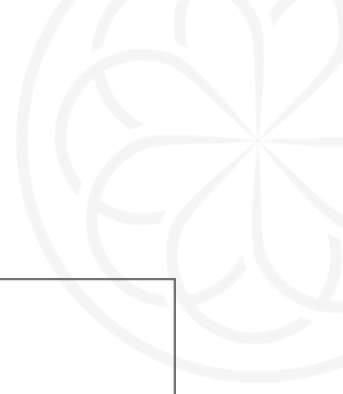
You have shown me how.....

You told me

I’m grateful for.....

I love you because.....

Anything else you want to add.....



Dear

A large, empty rectangular box with a thin black border, intended for writing a message.

