



*Forever and Ever
...And Then Some*

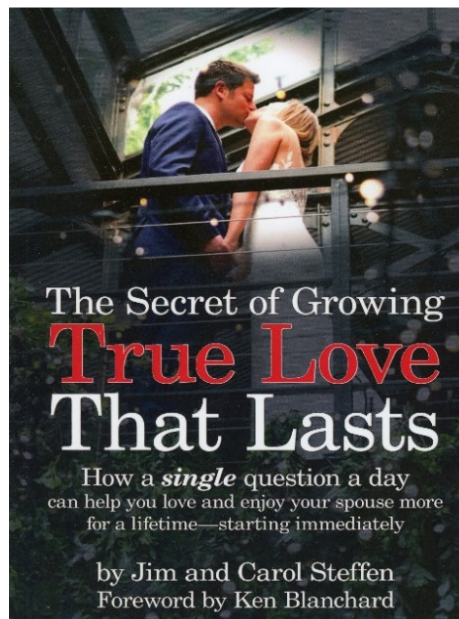


Coach Jim

Session Two

True Love That Lasts Movement

Participants Guide



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Directions – To Give Yourself a *Significant Competitive Edge* (SCE)

- > Read the hints (Points to Ponder) in this guide.
- > Read or reread the appropriate section in the book.
- > Complete the sentences in the box
- > Your answers will make your participation in the Partner’s Meeting and Webinar easier for you and more valuable for all.

What’s Special about This True Love That Lasts Experience

Following the above directions you will give yourself and your partner

a Significant Competitive Edge experience:

1. When you first read and complete the questions in each box
2. In your Partner’s Meeting
3. In your Team Meeting, i.e. webinar
4. In the future when you want to review to continue building your daily growth habit.

Chapter 4

*How The Secret of Growing True Love That Lasts Helped Them Be
"Still The Young Couple" Married 55 Years*

Points to Ponder (HINTS)

The Secret of Empowering *Ask the right question at the right time.*

This chapter offers many questions to choose from. Bill summarizes four:

1. What is a Crystal Marriage?
2. Why and how does the True Love that Lasts process lead to a very happy Crystal Marriage?
3. What is a definition of True Love That Lasts that works for us (Bill and Carrie) and can work for You?
4. What is a quick to learn, easy to use process to grow True Love daily for a lifetime?

Also consider:

- > Why does Maria fear divorce?
- > What and why is Kaizen so important?
- > Does marital happiness peak at one year?

Considering the above and reading Chapter 4, p.41, complete the following:

I would like to empower myself by asking the following questions...

To enjoy the benefits of my questions, the **actions** (if any) **I will take** are...

Chapter 5
Why A “Crystal” Marriage?

Points to Ponder

In **Tokyo** Carrie said “No.” I want our marriage to be **special**
In **Singapore** Carrie said “No.” I want our marriage to be **transparent**
In **Sydney** Carrie said “No.” I want our marriage to **ring with true speech**
In **Cape Town** Carrie said “No.” I want us to **sparkle each other**.
Bill sees that Carrie wants a Crystal Marriage enjoying all the above.

An Important Point that begins in this chapter to watch for in Future Chapters

When proposing, Bill says to Carrie:
“I’ll agree we’ll spend our senior year looking for *that event or process* that
will organize our lives to give us a Crystal Marriage.” (p. 48)
This becomes a key theme to enjoy one of the main outcomes of the book,
i.e. *what is that event or process*.
Watch this theme develop in the rest of the book.
What value or impact might it have for you?

Additional Hints to make this chapter personal

What part(s) of the Chrystal Marriage (see above) is/are most important to you? ...to your spouse?
Building on your personal relationship, what might “**the event**” be that Bill & Carrie are looking for.

Considering the above and reading Chapter 5, p.45, complete the following:

The insights I want to remember are....

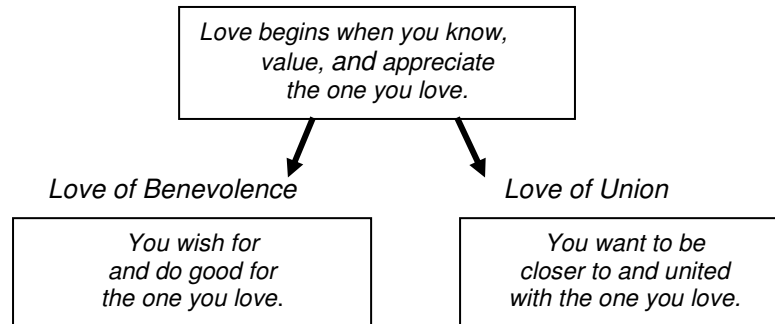
To enjoy the benefits of my insight(s), the **actions I will take** are...

Chapter 6 *What is True Love?*

Points to Ponder

Are you venturesome at heart? Try Questions 1 and 2 below.

An Operational Definition of True Love



Consider Jesus and His/Our Father

St. John says *God is Love*. Does the page 55 (and above) definition work for Jesus and his/Our Father?

Does Jesus know, value, and appreciate his Father?

Does Jesus wish for and do good for his Father?

Does Jesus want to be closer to and more united with his Father?

Question 1: Does this definition of love fit the Persons of the Trinity as you know it?

Consider God and Yourself

Does God, as you know him to be, know, value, and appreciate you and all of us?

Does God, as you know him to be, wish for and do good for you and all of us?

Does God, as you know him to be, want to be closer to and more united with you and all of us?

Question 2: Does this definition of love fit your relationship with God as you know him to be?

Additional Hints to make this chapter personal

On page 54, Bill says, "A huge mistake many make that leads to divorce is forgetting that you need to **work at growing the value** of the beloved regularly. *When that value isn't growing, love is dying.*"

On a scale of 1-10 where would you score yourself on "Work to growing the value?" _____

Where would you like to be? _____

*Taking Chapter 6 and Points to Ponder into consideration, the insights **I want to remember** are....*

To enjoy the benefits of my insight(s), the **actions I will take** are...

Chapter 7
***What is a Quick to Learn, Easy to Use Process
To Grow True Love Daily for a Lifetime?***

Points to Ponder

When Bill proposed to Carrie on Gibraltar, he promised by the time they were to be married they “*would have a plan in place to grow their love for the rest of their lives...*” (p. 48)

Professor Reed said they need an **event**.

The following is not in the book, but from the Video Series¹: This *event* needed to help them live every day with the *Attitude of Love*, so it colors all their daily actions.

Maria wants a QEP (Quick-to-learn, Easy-to-use, Proven-to-work) *event* that will give her and John what Deming calls *Kaizen* – a little improvement each day.

Question 1: If Ford’s single question changed the price of a car for his employees from **three years’ salary to three months’ salary**, what might a single daily question do for Maria and John?

Additional Hints to make this chapter personal

Question 2: What do you hope the *single question a day* can do for you in growing the enjoyment and love of your spouse even – or especially – daily?

Question 3: Since *growing the enjoyment and love of your spouse a little – even each day – for a lifetime* is a huge benefit, would the actions needed to accomplish this seem more reasonable if they were huge and significantly difficult rather than a simple question a day?

*Taking Chapter 7 and Points to Ponder into consideration, the insights **I want to remember** are....*

To enjoy the benefits of my insight(s), the **actions I will take** are...

¹ The Video Series was created at Bishop Caggiano’s request of the co-author, Dr. Jim Steffen. It reviews and reinforces the insights of the book and is a great weekly reminder to ask the question-a-day. It is FREE at <https://bit.ly/truelovevideos>

Chapter 8

*Can a Single True Love That Lasts Question
Turn a Potential Divorce into a Crystal Marriage?*

Points to Ponder

What is this “*I got ya*” game?

How did it move the Dolesh’s – once very happy marriage – down the slippery slide to divorce?

Question 1: Do you see how question one – the Monday/Thursday question – flows exactly from the operational definition of love. (Chapter 6, p.55 in book or p.2.5 in Guide)

Additional Hints to make this chapter personal

Question 2: Do you find yourselves playing any form of the “*I got ya*” game?

Question 3: If you have a form of the “*I got ya game,*” maybe it does not move you to divorce, but does it make you live in a relationship that is not as enjoyable and loving as it might be?

*Taking Chapter 8 and Points to Ponder into consideration, the insights **I want to remember** are....*

To enjoy the benefits of my insight(s), the **actions I will take** are...

Chapter 9

Question One:

The Beginning of True Love!

Can a Single Question Change a Life?

Points to Ponder

Question You Ask Yourself

On page 67 Pat (The first-person John and Maria visit) says, “She (Carrie) asked me what questions I was asking myself. I didn’t even know I was asking myself questions.”

Question 1: Are you aware of questions you ask yourself that are motivating you positively or negatively?

Additional Hints to make this chapter personal

On page 70 bottom, “Like Pat’s plaque says, ‘Love is a most wonderful living thing. Like all living things, it needs to be fed. If you starve love, it slowly dies.’”

Question 2: What have you done today or yesterday to *feed love*. What might you do today or tomorrow to *feed love*?

On page 73, Pat talks of using the True Love That Lasts questions related to her troublesome sons. Harry shares that he uses them related to his mother-in-law. Even though the mother-in-law never knows it, he says his wife, his mother-in-law and he are happier.

Question 3: Who might be a person or persons, besides your spouse, whom you care about that you might find asking the TLTL questions useful? Try it and share the results.

Taking Chapter 9 and Points to Ponder into consideration, the insights I want to remember are....

To enjoy the benefits of my insight(s), the **actions I will take** are...

Chapter 10
Question Two:
The Love of Benevolence –
Can Just One Person Make It Work

Points to Ponder

Mrs. Jackson asks the True Love That Lasts question of the day. Her husband Dan does not. Mrs. Jackson says by her *crazy math* she gets three sets of benefits, before, during and after (3/3) and her husband only get two sets of benefits, just during and after (2/3). Her proof example is the party of parties she had for Dan.

Question 1: Does her 3/3 vs 2/3 math and the proof of the Party-of-Parties resonate for you?

Question 2: How would you explain the fact that just needing one person to ask the question of the day makes the True Love That Lasts Process a stronger, versatile process?
What restrictions might happen if both partners HAD TO ASK THE QUESTION OF THE DAY?

Not Explained in the Book but the Video Series²

The Tuesday/Friday question is: *How can I please and surprise the one I love more today?* The True Love That Lasts Video Series points out that this is the key to making it *love true vs false love*.

Question 3: How does asking and answering this Tuesday/Friday question help you build True Love vs Self Love. What is the motivation that makes it True Love? What is the motivation that makes it self-love?

Taking Chapter 10 and Points to Ponder into consideration, the insights I want to remember are...

To enjoy the benefits of my insight(s), the **actions I will take** are...

Questions

Call me at 203-740-8400 or email rjsteffen@aol.com or
JimSteffen@TrueLoveThatLasts.us

² The True Love Video Series offer many insights gained while doing Webinars of the book. Since it come out weekly for 37 weeks, it is a great reminder to help build the habit of asking the True Love Question daily. It's free from Diocese of Bridgeport. Go to <https://bit.ly/truelovevideos>

Critical – Be sure this Participants Guide is **completed to your satisfaction**.

This will make it possible:

- For you to get the *most benefits* from this experience
- For you to share with greater ease in *your Couple's Partner Meeting*
- For you to make the *most significant contribution* in your team meeting with Coach.

How to Print and Share These Insights

1. Scroll so you can see the tool bar on top.
2. When you have reviewed the presentation and completed your Participants Guide to your satisfaction,
 - **On the top right of this original document, click on the arrow.**Save this PDF in your True Love That Lasts Movement Text folder.
3. **The day before your team meeting send the PDF of this Section to your Coach.**
 - Your Coach needs your Participants Guide to lead the team meeting.
4. Return to the original. **Print the text with your answers.**
 - Having the printed copy will make it much easier to share in the Partner and Team Meeting.
 - It is an excellent practice to save these in a loose leaf for future reference.

Parting Wish

*Building the habit of asking just one question a day,
I hope the rest of your life is the best of your life.
And may the Source of All Good bless you and your partner
beyond your wildest dreams.*

See you in session three.