



*Forever and Ever  
...And Then Some*



*Coach Jim*

## ***Welcome to Session Four of your True Love That Lasts Journey Participant's Guide***

### **Goal of This Journey**

- To offer you an experience not-readily-available
- To help you on your journey
- *To enjoy and love your spouse*
- *A little bit more each day*
- And share this journey with those you care about.

***"Examine yourselves to make sure you are in the faith.***

***Test yourselves. Do you acknowledge that Jesus Christ is really in you?***

***If not, you have failed the test."***

2 Corinthians 13:5

**Holy Spirit, help us live this True Love That Lasts Journey,**

**acknowledging that Jesus Christ is really in us,**

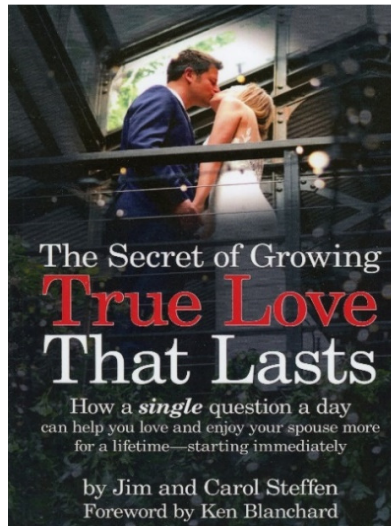
**and guide us to treat our spouse the same way.**

Inspired by *Pope Francis*

Based on *Pope Benedict XVI Insights*

Promoted by *Bishop Caggiano*

Guided by *The Secret of Growing True Love That Lasts*



**Challenge 1 Review of Progress** (Learning from sports)

Building the *Asking the Question of the Day* Habit

**Challenge 2 The Event**

Making the Question of the Day *THE EVENT*

That Guides You to *Live Life with The Attitude of Love*

**Challenge 3 Was The Event Enough**

Ch 13 Were the Discoveries of the First Month enough? P. 109

**Challenge 4 The Skill Many Lack**

Ch. 14. The Fourth Question: *What is the Skill Many Lack?* p. 115

1. Something Missing
2. Golden Rule vs Platinum Rule
3. Use Fact-Feeling-Request at least twice

## Challenge 1 – Review of Progress

### Building the *Asking the Question of the Day* Habit

(Learning from sport – keeping score builds interest)

#### Progress Review

Key Activity	Yes	No
1. Put scorecard/calendar where I begin my day		
2. Crossed off day after asking and answering <i>question of the day</i>		
3. Did not break the chain		

#### Monday/Thursday *How can I appreciate and value the one I love more today?*

*One way I answered (or might answer) this question was....*

...

#### Tuesday/Friday *How can I surprise and please the one I love more today?*

*One way I answered (or might answer) this question was....*

...

#### Wednesday/Saturday *How can I be closer to and with the one I love more today?*

*One way I answered (or might answer) this question was....*

...

#### Next Week – Starting Immediately

*Next week I will do the following to improve...*

...

- Taking into consideration St. Paul’s reminding us Jesus is always in you and your spouse,
- You now not only give yourself a SCE by answering these two questions in writing, but all you share your answers with.
- Holy Spirit, now guide our answers as we stop the presentation and write.

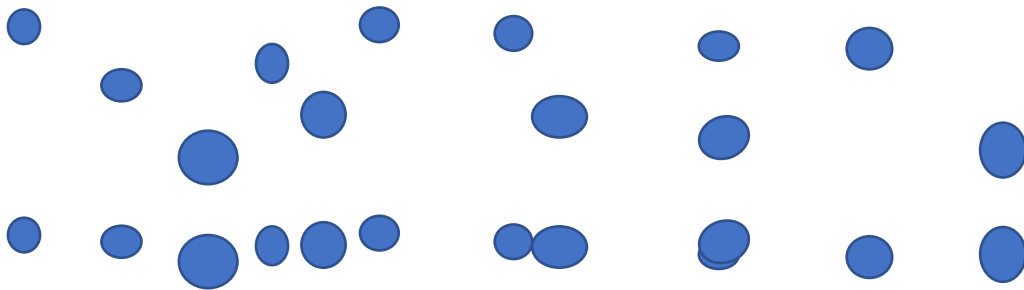
#### During the Webinar

The insights shared by the leader or fellow participants I want to remember are...

## Challenge 2 – The Event

How to make the *question of the day* **omnipresent** so that it is **The EVENT** that helps you live with the **Attitude of Love** and grow your true love a little each day?  
Consider the following from Bill's proposal on Gibraltar. (p. 46-49)

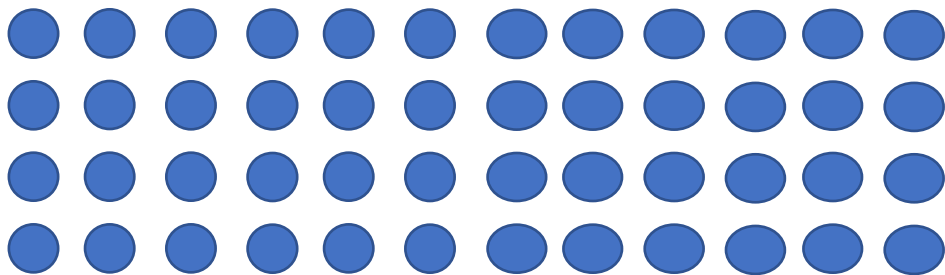
### Carbon as random molecules = coal



= coal



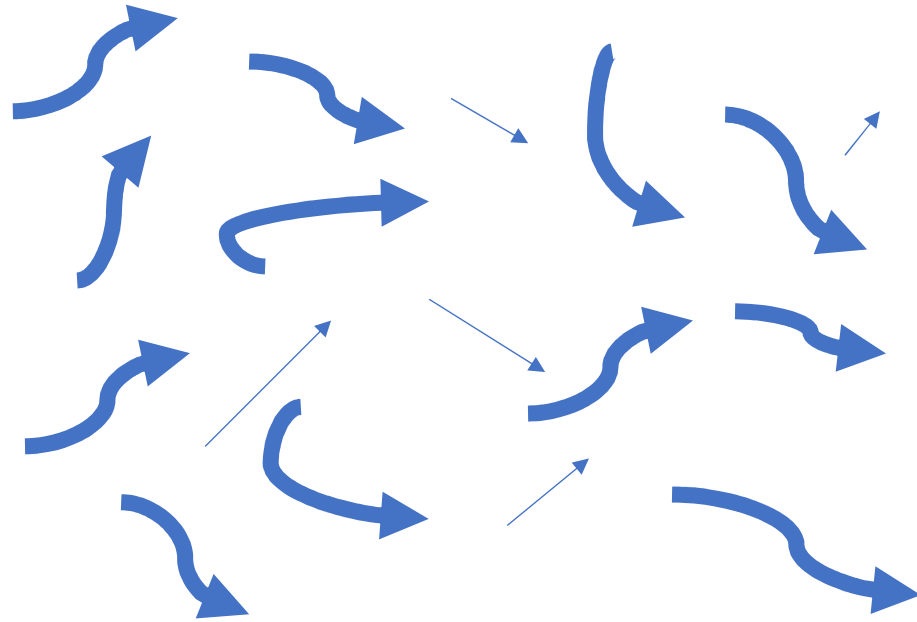
### Same molecules + Event of huge pressure now orderly = a diamond



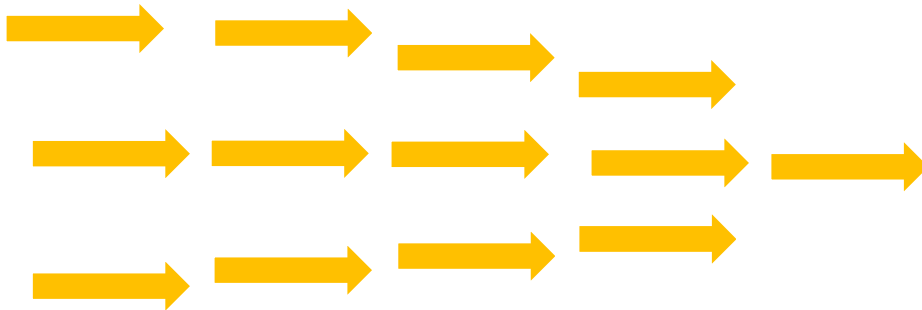
= a diamond



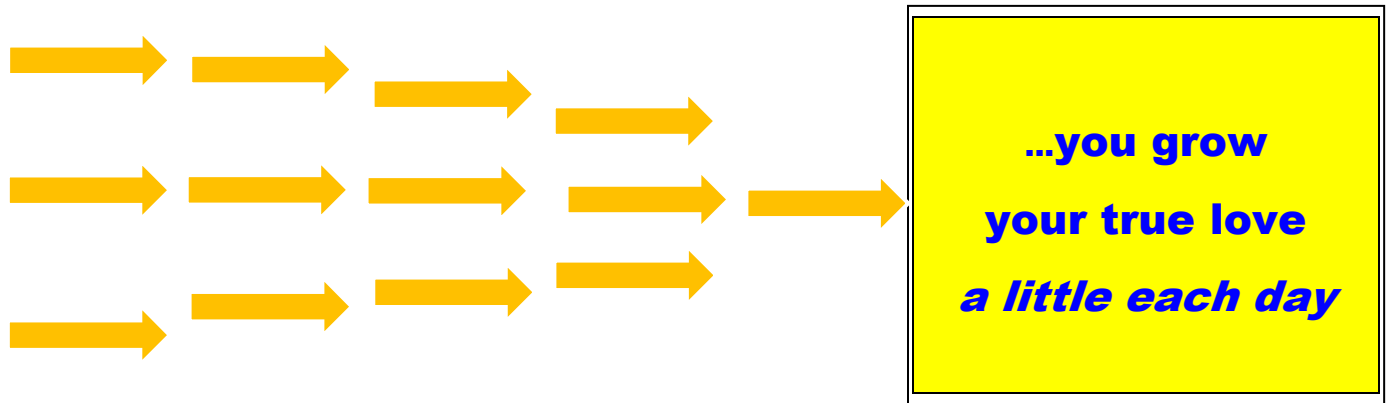
## Your Typical Actions in a Day – Your Energy Going in Many Directions



Needed: An ***Event*** to align all your actions with the  
***Attitude of Love*** so that...



**Needed: *The Event* to Align all your actions with the *Attitude of Love* so that...**



**Challenge 2**

How to make the *question of the day omnipresent* so that it is *The EVENT* that helps you live with the *Attitude of Love* and grow your true love a little each day?

**Possible Solutions**

- A – Put the question of the day in a place you see frequently e.g., back of your cell phone
- B – Put the question of the day in many places.
- C – Put a reminder/notification in your cell calendar

**Considering the above, give yourself a Significant Competitive Edge by completing the following to your satisfaction:**

To make the question of the day *omnipresent*, the action(s) I will take are...

- Taking into consideration St. Paul’s reminding us Jesus is always in you and your spouse,
- You now not only give yourself a SCE by answering this question in writing, but all you share your answers with.
- Holy Spirit, now guide our answer as we stop the presentation and write.

**During the Webinar**

The insights shared by the leader or fellow participants I want to remember are...

## Challenge 3 Was The Event Enough

### Ch. 13 Were the Discoveries of the First Month Enough?

(...to get Maria to say "Yes")

#### Points to Ponder (Hint)1

When John and Maria returned after the 30-day test, she shared what helped her to say "Yes!" to John's proposal:

1. The question of the day acted as the **event** that turned the carbon of coal into a diamond. But in her case, the question of the day helped her appreciate John all day. John said, "I really like that."
2. She felt the question of the day gave her what she really wanted – an *intentional method* to grow True Love a little each day (Like Deming's Kaizen's continuous improvement).
3. The interaction of both her and John's asking the questions helped them "sparked each other."

#### Question 1:

Which of the above resonates with your asking the question of the day.  
Or which of the above would you especially like?

#### Points to Ponder (Hint)2

Maria said: (p.111)

*"Bill talked of the two selves that get up in the morning – the get-going self or the reflective self.  
I must say that before this I was definitely a get-going self.  
"The event or process of asking the question of the day, then meditating on my answer, is certainly moving me to let more of my reflective-self shine."*

#### Question 2:

Are you a *get-going self* or a *reflective-self*?

Does asking the question of the day help you let more of your reflective-self shine?

### Let's Make This More Personal

John made a list of the things he especially wanted to share. Here is the audio of the first three. Which of these most resonates or is useful to you?

#### **1. Breaking the chain.**

"The first week, I broke the chain because I didn't follow your suggestion and live up to my commitment of putting the calendar and score card where I had my first cup of coffee. A bit embarrassed, when I followed your suggestion and put it where I begin my day, I haven't missed a day since."

#### **2. Keeping a record.**

"I started to record the discovery or action of the day by setting my cell for 10:13 p.m. I haven't missed a night since. This simple record helps me make the event of answering the question of the

day easier to remember and more powerful. Most importantly, I found out that committing to a short recording each night makes me more accountable to myself. “Answering the question of the day is not just a one– minute event. As Maria explained, it becomes an all-day event or process that very easily orders my thoughts that grows our love and our relationship.”

**3. Knowing Maria is asking the question of the day**

“I really like the fact that she is looking for things in me to appreciate. Two things happened. First, it makes it much easier for me to ask and answer the question of the day. Secondly, I especially appreciate some of her surprises. She has gone from the cooking repertoire of two things—boiling water and making coffee—to the ability to make lasagna; she now has a cooking repertoire of three.

That brought a love hit from Maria. Undaunted, John repeated, “Honey, I really do love your lasagna.”

**Question 3** Which of these or combination of these three most resonate with you?

**Considering the above, reread the chapter in the book, then give yourself a Significant Competitive Edge by completing the following to your satisfaction:**

*Taking Chapter 13 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...

- Taking into consideration St. Paul’s reminding us Jesus is always in you and your spouse,
- You now not only give yourself a SCE by answering these two questions in writing, but all you share your answers with.
- Holy Spirit now guides our answers as we stop the presentation and write.

**During the Webinar**

The insights shared by the leader or fellow participants I want to remember are...



## Challenge 4 Discovering *The Skill Many Lack*

### Ch. 14 *The Fourth Question: What Is the Skill Many Lack?*

#### CAUTION -- SAD FACT

**Caution 1.** At times people only share what they REALLY WANT/FEEL when *they get angry enough!*

**Caution 2.** If you don't have the ability to share with your spouse what you REALLY feel, desire, or want, your spouse will never be living with or loving the *REAL YOU*.

#### Our Search

How to share with your partner the *person you really are...*

- How to share what you'd REALLY WANT?
- How to share what you'd REALLY LIKE?
- How to share what you REALLY FEEL – both positive and negative?
- How to do all the above so you *build your relationship* and, critically, avoid hurting the relationship?

#### 1. Something Missing (p. 115)

Carrie and Bill agreed on their tenth anniversary things were going great.

However, they felt something was missing.

Question 1: Could you make lists of:

Three or more things in your relationship/marriage that are going well

- 1.
- 2.
- 3.

Maybe even one or more beyond expectations

- 1.
- 

At least one or more things that might be missing or could be improved

- 1.
- ??

## 2. Golden Rule vs Platinum

The Golden Rule is: *Do unto others as you would have others do unto you.*

The Platinum Rule is: *Do unto others as others would have you do unto them.*

Bill pointed out that for ten years, they had only asked the question of the day using the Golden Rule, i.e., asking the question from *their own* point of view.

They both decided that on occasion, there would be an advantage to asking the other person what they wanted, i.e., use the Platinum rule.

### Question 2: What benefits do you and/or your partner receive by doing the same?

Considering the above, reread the chapter in the book, then give yourself a Significant Competitive Edge by completing the following to your satisfaction:

*Taking Chapter 14 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...

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**Let's make this more personal and practical**

**Suggested Activity to Prepare for Session 4**

Use the FACT-FEELING-REQUEST at least twice.

Once when you ask for things to stay the *same or more of the same*.  
And once when you ask for *something to change*.

One of these should be with your spouse.

One of these should be with someone who is not your spouse.

Emphasize this is a practical tool for *any* relationship:

i.e., parents, kids, friends, employer, or employees.

**FREEDOM – Options**

- You can tell the other person this is the FACT-FEELING-REQUEST question four.

But you don't have to.

- You can use the request for change or to stay the same with either spouse or non-spouse.

NOTE: The FACT-FEELING-REQUEST is to help you share what you REALLY WANT/FEEL and not only not hurt the relationship but build it.

**FACT-FEELING-REQUEST – Things Staying the same**

I said:

FACT:(Both agree this is a fact)

FEELING:(It is unlikely the other will say, "You can't or don't feel that way)

REQUEST I ask that *things stay the same, or we have more of* \_\_\_\_\_

**FACT-FEELING-REQUEST – Requesting Change**

I said:

FACT:

FEELING:

REQUEST I ask that In the future (request some change)\_\_\_\_\_

**Directions**

Stop the presentation till you have completed these sentences to your satisfaction.

**To Score High in the Review of Progress in Session 5, Remember to Daily...**

- Assure your success in building the habit of asking the question of the day
- Enjoying all the benefits listed in session three
- Be sure you do these three things:
  - **Put the Habit Builder/Calendar where you begin your day.**
  - **When you have asked and answered the question, cross off the day.**
  - **Don't break the chain**

**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 Participant's 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 Participant's 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

*I hope the rest of your life is the best of your life  
because you make it that way by building the habit  
of asking just the one True Love That Lasts question a day.*

*And may the Source of All Good bless you and your partner  
beyond your wildest dreams.*

See you in session five.



