



*Forever and Ever
...And Then Some*

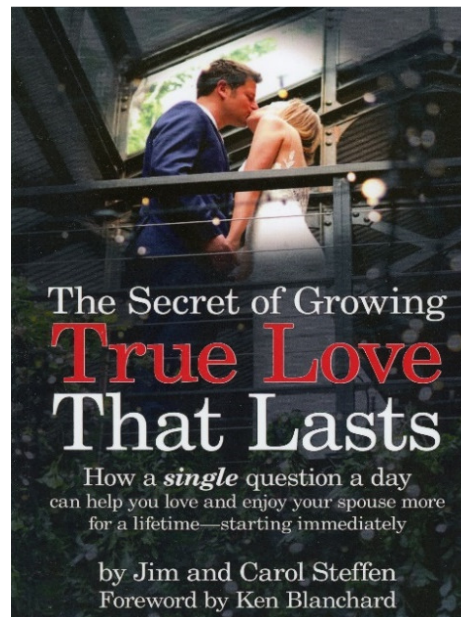


Coach Jim

Session Four

True Love That Lasts Movement

Participants Guide



Challenge 1 Review of Progress

Building the *Asking the Question of 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 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

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....
 ...

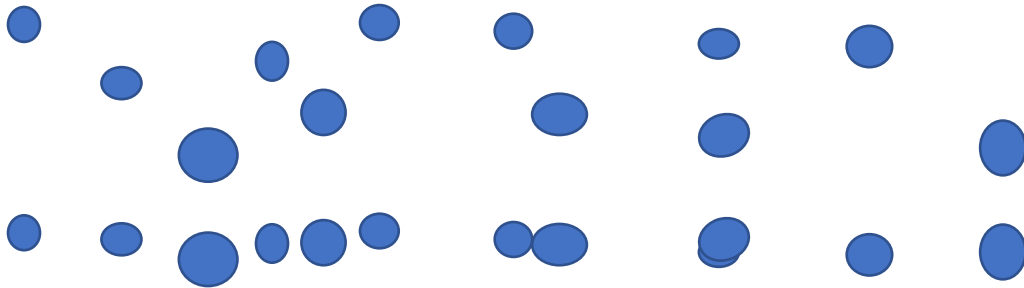
Next Week – Starting Immediately

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

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* so that you grow your true love a little each day?
Consider the following from Bill's proposal on Gibraltar. (p. 46-49)

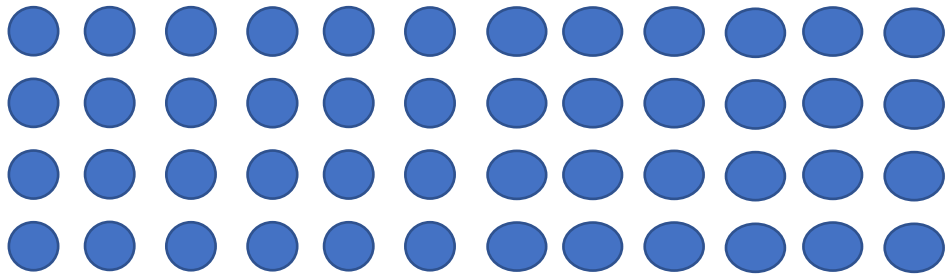
Carbon as random molecules = coal



= coal



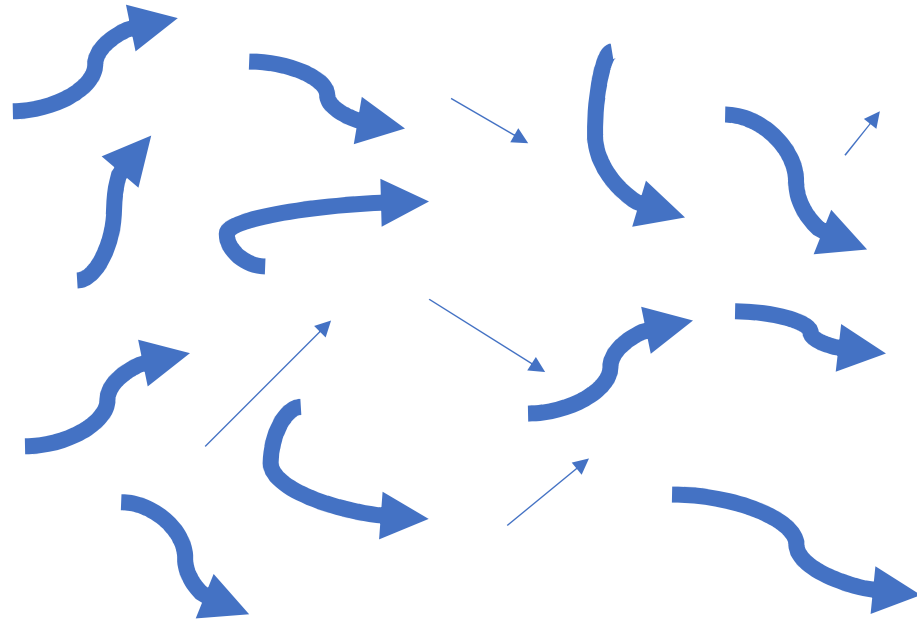
Same molecules + Event of huge pressure now orderly = a diamond



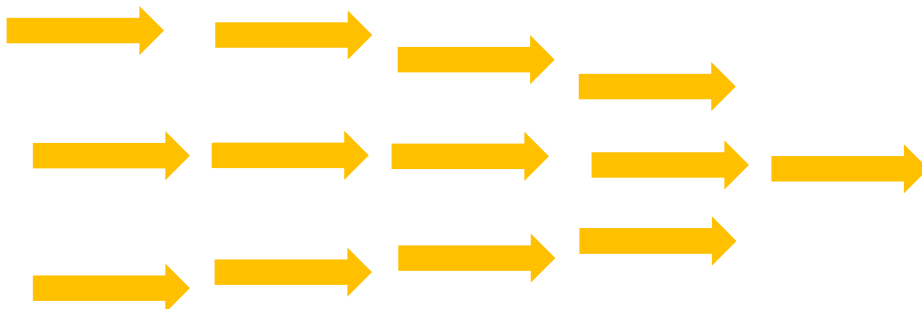
= a diamond



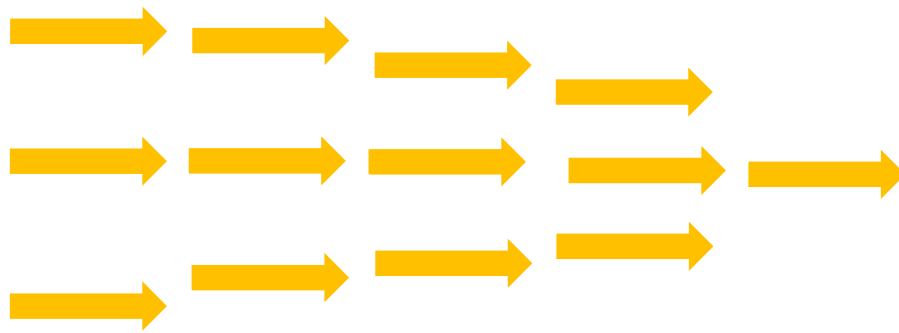
Your Typical Actions in a Day – Your Energy Going in Many Directions



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...



**...So that you
grow your true
love *a little*
each day**

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*** so that you 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

Taking Challenge 2 into consideration, the insights I want to remember are...

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

Chapter 14

The Fourth Question: What Is the Skill Many Lack?

Challenge 3 Discovering *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, 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 a list of three or more things in your relationship/marriage that are going well – maybe even beyond expectations and one thing that might be missing? What might you do to accentuate the positives and eliminate the negatives?

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?

Taking Chapter 14, Challenge 3, and the 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...

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:

FEELING:

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) _____

How to Print and Save 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. Return to the original. Print the text with your answers. .

Suggestion: It is an excellent practice to print your answers for easy future reference.

If you are printing them, purchase a loose leaf. On the spine write True Love That Lasts Movement.

4. Sharing Participant's Guide

If you are working with a partner that is located at a distance, you might want to send your link for your partner's discussion

Critical: Completing the Participants Guide will make it possible for you to get and share much more if you are in a partnership and/or a webinar.

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 blesses you and your partner
beyond your wildest dreams.*

See you in session five.