

Getting to Happily

8 Week Relationship MakeOver

Step 1: Respond to the following question:

What am I holding on to that prevents me from fully loving and accepting everything there is about my partner and relationship?

Step 2: What would it take for you to completely let go of what you are holding on to. What is it that your partner could do to make things 100% better? What could he say or do that would enable you to fully release that which is holding you back? How should he be acting toward you?

As a result, how would you feel?

What are your reactions to the notion that it's all a mirage - that it's not really anything your partner does or doesn't do that can "solve" the issue or help you to feel a certain way - but the solutions and feelings come from your thoughts about it all.

Step 3: Imagine that you've been able to successfully let go of what you are holding on to. And that you've done this by yourself, without depending on your partner or relationship to change. Imagine that you've done the work within your own mind to be completely and totally at peace with it. That you are no longer bothered, that it is no longer a sore spot for you, in fact, you are happy that it was once an issue because it taught you so much.

Spend a minute or two picturing how you would be and how you would interact with your partner if this "baggage" was not in the way. How would it feel when you are home together? How would you talk to each other?

Keeping that picture in your mind, write the story of how you got there. What you did, specifically, what you focused your thoughts and attention on, how you chose to feel toward your partner and your relationship. Try to come up with at least 10 strategies you used, decisions you made, conversations you had, etc. to get to your happily.

Step 4: What points on the topic of compassion and forgiveness resonate the most with you? Why?

Moving forward, what are you choosing and why?