



REALIZE STAGE

Course 2 – Successful Partnerships and Relationships

Disclaimer

I am not a licensed therapist. I share only from personal experience as a small business owner, as a father of a happy 23-year-old, as a husband of 25 years, as someone who has had fulfilling relationships for many years.

This course should not be a substitute for mental health counsel. If YOU or YOUR PARTNER ARE EXPERIENCING feelings of depression, or deep sadness in your life, I would strongly recommend you tell someone and perhaps seek professional guidance from a health professional.

I will share with you my personal journey, in the hope that it can inspire you to elevate your level of happiness, heighten your experiences and experience authentic relationships. My goal is only to serve and strengthen within you the expectation of a life that is deeply satisfying, rewarding and brings constant and never-ending feelings of happiness.

Paul Tobey

PART 1 – EMOTIONAL RESPONSE BLUEPRINT



As children we learn how to respond to situations with our _____. This became our emotional response blueprint. This blueprint is the model by which we learned to react.

We did this because from birth to age 7 we experienced the _____.

We pick up and store in our sub-conscious mind everything that comes from our environment. We get our basic programming this period. We do not have the capacity to filter information.

From age 8 to 14, this is called the _____. The child begins to consciously and unconsciously model basic behaviors.

From age 14 to 21, it is called the _____. The child goes through a period where social interaction begins with other human beings. The young adult here picks up relationships and social values, most of which will be used throughout the rest of their life.

At age 21, values formation is just about complete. At this point _____ do not change unless there is a significant emotional experience, or we undertake consistent training and begin to practice behavioral change.

E_____ → T_____ → F_____ → A_____ = R_____

PART 2 – You Complete Me



Because our core values and behaviors are pretty much ingrained in us by the time we're 21 years of age, our version of a life-partner is a partner that, to us, feels like they are completing the parts of ourselves that need completing.

_____ is the cure for what we feel is _____ in our lives.

If you complete your partner, it means they lack the ability to _____ themselves. That's a little scary, if you think about it. And it also sounds very self-serving.

What we should be seeking or working on instead, is a _____.

A _____ is defined as a partnership among equals for the purposes of spiritual _____.

Spiritual growth happens when each partner works on themselves and helps the other with:

- Discovering and living _____.
- Learning and adopting the _____ of success.
- Growing in _____ while evolving from _____.
- Building _____.

Recommended Actions

In order to live a spiritual partnership, you must strive to create the best version of you.

Spend an hour a day building something you love, what you know in your heart makes you happy. Practice the Law of Dharma, the law of purpose in life.

Support your partner in their practice of the law of Dharma.

Do not interfere with ego statements such as: "you can't do that, don't do it, I don't trust you, you are selfish, we don't have the money."

Be the silent watcher. If you see yourself interfering with your partner's Dharma, stop, pause, breathe and encourage.

PART 3 – You Can't Fix Your Partner



There's a common saying that you may have heard before, "A woman marries a man hoping that he'll _____. A man marries a woman hoping that she'll _____."

Both are, of course, impossible.

You may not like all the qualities in one another but thinking that you can fix them is emotional drama created by _____.

By the same token you cannot wait for someone to change either.

You partner won't do as you say, they might do as you do. But you can only _____ this, not _____ it.

When you work on you, whatever your partner does that bothers you, will begin to fade.

Also, whatever you want to receive in the relationship, you must give first without the expectation of receiving.

- If you want more love, give love.
- If you want more freedom, give freedom.
- If you want more money, give money.
- If you want to be valued, value your partner.
- If you want to feel safe, make your partner feel safe.

What are the "_____ " of your relationship. Just like we discussed in the course "Vision," you can also create a mission, purpose and core values in your relationship.

The most successful relationships are ones that have a shared _____: mission, purpose, core values.

Recommended Actions

Have a serious discussion with your partner about: careers, children, faith, business, health, and choose 10 core values that you can agree on. You may have a pile of 100 to start with but you should narrow it down to 10 that you both can agree on.

Examples of words to you in your core value statements.

creativity

family

trust

loyalty

sexuality

adventure/travel

feeling safe

being valued

authenticity

friendships

success

capacity for growth

my faith

feeling alive

my hobbies

learning

health

quiet time

abundance

The creation of shared core values will help to honor one another. It helps with the feeling that something is being taken from you. It also helps with communication and not feeling guilty about pursuing individual Dharma.

PART 4 – Honoring the Law of Dharma



If Your _____ dies, your relationship will die.

Your purpose supersedes your relationship. If you are not living your full purpose, you are cheating yourself and your partner from the _____.

Living your purpose will increase intimacy in a relationship, because you are at peace with _____ and other _____.

- Fulfill your _____.
- Live your _____.
- Practice _____.

If you are in the process of achieving your mission, stay the course. You will be happier in your relationship knowing that you are _____ with your higher purpose.

Use your gifts and talents in _____ of _____ as well as your partner.

Recommended Actions

Read and learn more about the Law of Dharma.

Take the course “Vision” in the That’s Ambitious.

PART 5 – If You Don't Know Where You're Going, You'll End Up Somewhere Else



_____.

Relationships suffer when partners settle.

The gift that partners can give to each other is _____ on shared values, purpose and above all, goals.

Without co-created goals, your relationship will feel as if it is _____.

Setting goals _____ and having _____ goals is paramount to success in a relationship.

Goals are _____. When goals are achieved, new ones are created. This process should never cease.

For the sake of happiness & deeper intimacy, share _____ you want to do, _____ you want to do it, and even _____ you want to do it.

Goals achieved are signs you are working towards fulfilling your _____.

Set the bar _____. Nothing big ever got created with a _____ idea.

Recommended Actions

Discuss with your partner your goals for the coming year.

Goals can be about: careers, love, business, health, faith, community, philanthropy etc.

There are personal and professional goals.

Format. Let one partner brainstorm about their goals, the other partner actively listens without judgement. Pay attention to their energy shifts, you may be able to spot when they are vibrating purpose.

Switch partners.

After each partner has had their turn, see how many goals you have in common and which ones you can actively support each other on.

Celebrate.

PART 6 – Be the Silent Watcher



As you have learned to be the silent watcher over your thoughts, emotions and behaviors, be the silent watcher in the _____.

Be aware of:

- Using your partner or family as an _____ for not trying or failing.
- Creating _____ time with your partner.
- Getting lost in _____ and _____. Prioritize. Be a better time manager.
- Thinking things should be _____. A relationship is neither easy nor hard, it's often just unfamiliar.
- How you _____ or _____ your partner. Complaining, undermining, lying, cheating, and avoiding are infectious behaviors. These behaviors will not serve you well.
- _____ your commitments.

Some final examples from Nancy and Paul's Relationship

- I want passion and sexuality in my life. So, I wouldn't expect Nancy to work 40 hours a week and then go home clean the house AND expect her to feel in the mood/ Nancy has a lot of feminine energy and loves to take Saturday mornings for her nails or hair, grooming. If either of us were stuck cleaning the house, resentment would ensue.
- If I want to take time for my passion, golf, I don't have time to landscape and cut the grass, so I hire a gardener.
- If I want to afford a gardener and housekeeper, I choose to be more productive in the day and earn more.
- If I know Nancy is stressed about being away from the business for a month, I make all the travel decisions.

- Nancy and I are too occupied to do monthly financials, so we hire a bookkeeper so we can be more productive in our business.
- If I'm creating, Nancy takes care of the day to day business operations.