



EPISODE NOTES:

RELATIONSHIPS S01EP01

4 PRIMARY FOUNDATIONS OF A GOOD RELATIONSHIP

1. GROWING

- "You cannot graduate from learning."
- Release oxytocin when both individuals grow and achieve things together

ACTION ITEMS:

- KNOW EACH OTHER'S DREAMS, GOALS, AND ASPIRATIONS*
- HOW CAN YOU HELP THEM IN THOSE AREAS:*

2. FORGIVENESS

- There are two imperfect people in this relationship, so you have to learn how to forgive

HOW TO FORGIVE

- GET A CLEAR PERSPECTIVE ON THE STORY
 - ▶ Don't allow your emotions to exaggerate/inflate the details
- WHY DOES IT HURT?
 - ▶ Become self aware of your past hurts and disappointments
- IDENTIFY THEIR BROKENNESS
 - ▶ "People aren't bad, they are broken."
- LEVEL THE PLAYING FIELD
 - ▶ Where have you made mistakes in your heart or physically?
- PLAN AND PRAY
 - ▶ "Forgiveness is removing the debt.
 - ▶ How can this person earn your trust? Be specific, but promise that you will give it to them if they have earned it.