



**EPISODE NOTES:**  
*RELATIONSHIPS S01EP03*

*THE BLUEPRINT OF COMMUNICATION*

**PRINCIPLE# 1**

*COMMUNICATION IS NOT LINEAR*

- Communication involves encoding and decoding
- Sender and receiver has filters: circle of influence, frame of reference, and the experiences of the day
- Take the time everyday to find out about each other's day\*\*\*

*PEOPLE CAN'T FEEL LOVED UNTIL THEY FEEL UNDERSTOOD*

**PRINCIPLE# 2**

*LEARN EACH OTHER'S LOVE LANGUAGES*

*LINK: <http://www.5lovelanguages.com/profile/>*

*ACTION ITEMS:*

*WHAT ARE MY TOP 2 LOVE LANGUAGES?*

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*WHAT ARE THEIR TOP 2 LOVE LANGUAGES?*

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- "Our love tanks leak."

**PRINCIPLE# 2**

*UNDERSTAND EACH OTHER'S BEAST MODES*

HOMEWORK:

**// MINE**

WHAT PUTS YOU IN YOUR BEAST MODE?

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WHAT DOES IT LOOK LIKE?

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HOW DO YOU GET OUT OF IT?

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**// OTHER'S**

WHAT PUTS YOU IN YOUR BEAST MODE?

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WHAT DOES IT LOOK LIKE?

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HOW DO YOU GET OUT OF IT?

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