



EPISODE NOTES:

RELATIONSHIPS S01EP04

THE KILLERS OF RELATIONSHIPS

1. SECRECY

- You are as intimate as the secrets you keep
- How much of your energy is wasted working around a secret?

ACTION ITEMS:

- FIND A MENTOR OR SOMEONE YOU TRUST AND CONFESS YOUR SECRETS*
- EXPOSE THE SECRETS AND DEAL WITH THEM*

2. CONTROL

- Get rid of the "tug-o-war" of control
- CONTROL: overgrown trust in yourself
- Make decisions together. Make the goal unity!
- VISION: a picture of our future

ACTION ITEMS:

- DREAM/VISION DATE*
- WHAT IS OUR VISION FOR US?*

3. UMBILICAL CORD

- Emotional connections to the past need to be severed so you can focus on the future
- Establish "new traditions"

ACTION ITEMS:

- WHO DO WE HAVE TO SAY "NO" TO MORE OFTEN?*
- WHAT ARE OUR PLANS AND NEW TRADITIONS?*

4. GETTING OFF RHYTHM

- Routines will change but you can stay on beat

ACTION ITEMS:

WHEN DO WE GET OFF RHYTHM?

WHAT "DATES" SHOULD BE NON-NEGOTIABLE IN MY LIFE RIGHT NOW?
