BREAKTHROUGH RELATIONSHIPS!

The SECRETS To A Passionate Relationship!

Hosted by Tim Shurr
THE PROBLEM

1. Self Deception
2. Rapport Breaks
   2. Energy Reversals
3. Faulty Programming
SELF DECEPTION

The Dis-ease of creating problems and *NOT* realizing that YOU are the one *creating* them!
“IN THE BOX”

Another way of saying that...

“You are Self-Deceived!”
How You Get In The Box

BLAMING: Viewing others as obstacles, problems, or nuisances.

SELF BETRAYAL: Not following your natural instincts of wanting to help another human being, being a team player, or supporting something bigger than yourself.
What Happens In The Box?

1. I raise my own justifications
2. I lower the other person’s.
3. My view of reality becomes distorted.
4. I need others to be WRONG!
FEELINGS CAN LIE!

How you are feeling is based on what you’re thinking and NOT on what is actually happening!
<table>
<thead>
<tr>
<th>“In The Box” VS “Team Unity”</th>
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<tr>
<td>Me VS Them</td>
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<tr>
<td>Stay The Same (No change)</td>
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<tr>
<td>What’s In It For Me?</td>
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<tr>
<td>A Group Of Individuals</td>
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<td>We &amp; Our</td>
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<td>Grow &amp; Evolve</td>
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<td>How Can I Add Value?</td>
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<td>A Unified Force</td>
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“In The Box” VS “Team Unity”

“I don’t like (trust) you!”

“It’s Not Going To Work!”

“That’s Your Problem”

“Let’s Get To Know Each Other Better.”

“How Can We Make It Work?”

“What Can We Do To Triumph Over Obstacles Together?”
How To Get OUT of the Box!

1. See people as people. They have the same hopes and dreams, worries and fears, as you!

2. Have the desire to get out of the box!
REVIEW

1. Self Deception occurs when you are the problem but you do not realize that you are the problem.

2. When I see a self-justifying world, my view of reality becomes distorted.

3. So, when I become Self Deceived, I enter “The Box.”
4. By being in the box, I provoke others to be in the box.

5. In the box, we invite mutual mistreatment and obtain mutual justification. We collude in giving each other reason for staying in the box.
6. In the box, you are no longer focused on what’s best for your consumers. Instead, we become wrapped up in our own EGO.

7. You get OUT of the box by focusing on people as people and treating them the way THEY would want to be treated.

8. Don’t worry about others’ boxes. Work on staying out of your own!
Solution 1: Re-Establishing Rapport

Rapport is the sense of trust, connection, and likeability that one feels towards another.

When rapport is broken or lost, good intentions no longer matter.
ESTABLISHING RAPPORT

1. Become A Chameleon
2. Speak Your Partner’s Language
3. Communication Is The Meaning You Get
ESTABLISHING RAPPORT

a. Posture, Gestures
b. Facial Expressions
c. Breathing
d. Voice -- Tone, Tempo, Timbre, Volume
e. Predicates -- V, A, K
f. Key Words
ESTABLISHING RAPPORT

1. Eye Patterns (VAK)
   a. Visual
   b. Auditory
   c. Kinesthetic
NLP Eye Patterns

Normally Organized Person
As you Look at them
Predicates and Rep Systems

- Visual (See, View, Look)
- Auditory (Hear, Sound)
- Kinesthetic (Feel, Touch)
- Olfactory (Smells, Aroma)
- Gustatory (Taste, Bite Into)
- Auditory Digital ("I might be saying to myself...")
6 HUMAN NEEDS

1. Certainty
2. Variety
3. Significance
4. Connection
5. Growth
6. Contribution
Satir Model Of Communication

1. Martyr (victim)
2. Blamer
3. Distracter
4. Computer
5. Leveler (the healthiest)
Re-Parenting Yourself

1. Blame is not the game!
2. Re-Create Healthy Memories
Masculine VS Feminine Energy

Eternal Competency
Cave Quiet Shut Down

Motion Validation Circle Talk Reach Out
What Men Want From Women

Re-Assuring Advice

Don’t Chase

Treat W/ Respect

Be Supportive / Hero

Be Direct When Wanting Something Done.

Join Circle Chase

Listen W/out Fixing

Validation / Lover

Physical Touch (Non Sexual)
LOVE IS A “VERB!”

People want to feel the emotion (love) before s/he takes action.

This is BACKWARDS!
LOVE STRATEGIES!

1. Connect with your partner (Rapport)
2. Set boundaries W/ Family
3. Let Go of Little Things
4. Apply Your “Passion Recipe”
Recommended Books

1. Leadership and Self Deception: (Arbinger Institute)
2. The New PeopleMaking  (Virginia Satir)
4. Ultimate Relationship Program (Tony Robbins)
5. Emotional Mastery (www.TimShurr.com)