

**What I Need to learn
Relearning Marriage and Love**

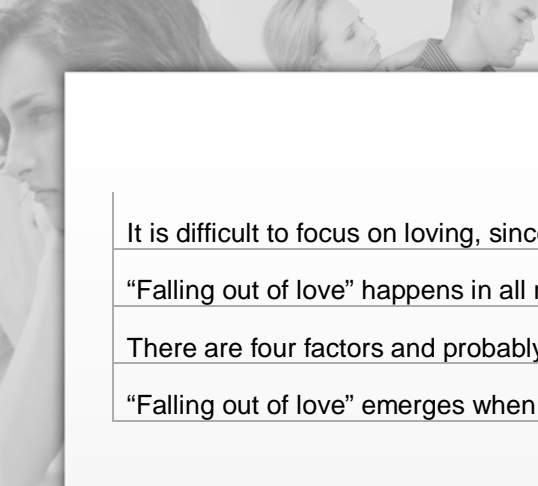
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What I Need to Learn to Reduce the Tension

Print out and shade in the boxes when Progress is made.

1 = working on it, 2 = Sometimes I "get it", 3 = Yes, I "got it"

| | 1 | 2 | 3 |
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| I can identify 3 vitally important shifts I want to experience in my relationship as I move through the Modules. | | | |
| I am prepared to understand love, marriage and relationships in radically new, fresh and loving-giving ways. | | | |
| An atmosphere of feeling safe in my relationship is vital before we reconnect. | | | |
| I want to discover what I uniquely give to my relationship. | | | |
| Experiencing my "voice" is critical to a loving relationship. | | | |
| Relationships are complex and dynamic. There is much I want to learn. | | | |
| Enjoying my relationship a matter of moving or shifting from fear to love and I want to consciously be aware of this shift. | | | |
| I can stand back and see the larger picture (meta comment) of my relationship and what happens within my relationship. | | | |
| I am aware of the need to focus and finish the process of moving from fear-based to EASY LOVE. | | | |
| Love should be easy and natural. | | | |
| I have an unlimited capacity to love. | | | |
| Much of of conventional marital advice states I must "fix" or "force" a fix upon my relationship. | | | |
| Much of what I'm traditionally are taught about relationships tells me some thing "out there" will make me happy. | | | |
| I'm traditionally taught that I am defective, lack and must change. | | | |
| Traditional advice tells me that I must perform to make love happen | | | |
| Genuine and lasting love has 3 characteristics (the 3 EASSY LOVE Laws.) | | | |
| Relationship love answers are within me and I CAN discover them. | | | |
| Just as my physical body has the power to heal itself, I have within an innate capacity to heal my relationship. | | | |
| Focusing "out there" to find love places me in the helpless victim role. | | | |
| I am lovable and need NOT change. | | | |
| The genuine me that wants and knows how to love is merely covered by the fears that bombard me and the patterns I've employed to protect myself from fear. | | | |
| I can be ME - no need to perform for my other. | | | |
| Two people dedicated to discovering the uniqueness of self and the other generate the joy of EASY LOVE. | | | |



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| It is difficult to focus on loving, since so much around me teaches me to fear. | | | |
| "Falling out of love" happens in all marriages. | | | |
| There are four factors and probably more that result in you "falling out of love." | | | |
| "Falling out of love" emerges when the reality of differences emerge. | | | |