

Relationships Come F.I.R.S.T.

(Formula for Improving Relationship
Success Tools)

The 3 Steps to Creating Harmonious Relationships

Created/Presented by
Jody Johnston Pawel, LSW, CFLE



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6 Session Agenda

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PART I: Tools for Responding in Relationships

❖ Module 1: Building Healthy Relationships

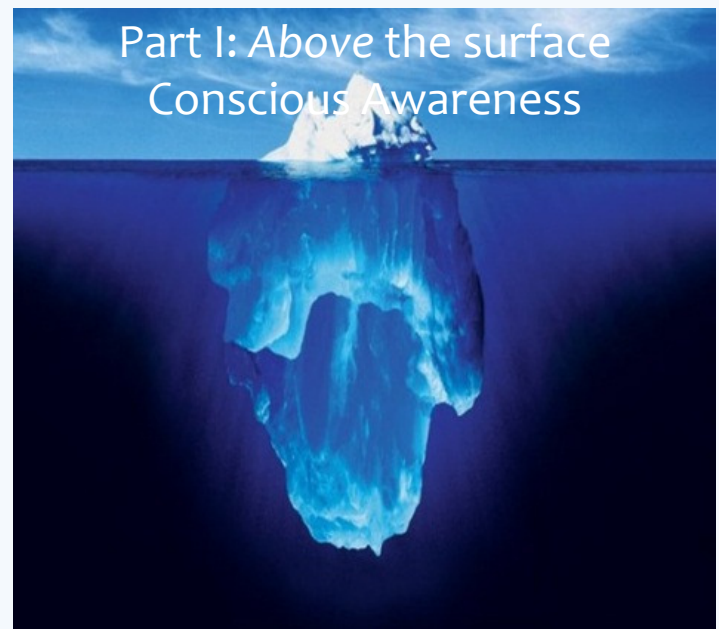
- ❖ Adopt a Conscious Relationship Mindset
- ❖ Beliefs + Personality = The foundation of your relationships
- ❖ Emotions: Keep Your Cool

❖ Module 2: Universal Blueprint® Part I: Identify the Type of Problem

- ❖ The Universal Blueprint® for Adult Relationships.
- ❖ The 4 Questions to Ask/Answer

❖ Module 3: UB® Part II: Practical Responses for 2 Types of Relationships

- ❖ The 5 PASRR/PASRS Steps to Take
- ❖ The 5 5-Star Tools to Use



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6 Session Agenda

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PART II: Tools for Creating /Healing Relationships

❖ Module 4: The Mind-Body Connection

- ❖ Biology of emotions
- ❖ What is your emotional frequency?
- ❖ Are you addicted to your drama?
- ❖ What is your Story?
- ❖ What are your emotions creating?

❖ Module 5: What Reality Are You Creating?

- ❖ What *Really* Creates Your Reality?
- ❖ What Role Do You Play In This Process?
- ❖ What Is Your Emotional Frequency?
- ❖ What Does Your Frequency Attract To You?
- ❖ How To Intentionally Create Your Reality.

❖ Module 6: Tools for *Healing* Relationships

- ❖ Where are your energy centers?
- ❖ Grounding & Centering
- ❖ Clearing limitations
- ❖ Healing Visualizations
- ❖ EFT: Emotional Freedom Technique
- ❖ Applying the tools to ALL areas of your Life to Create the Life of your Dreams!
 - ❖ Financial Freedom
 - ❖ Perfect Health
 - ❖ ...and more!



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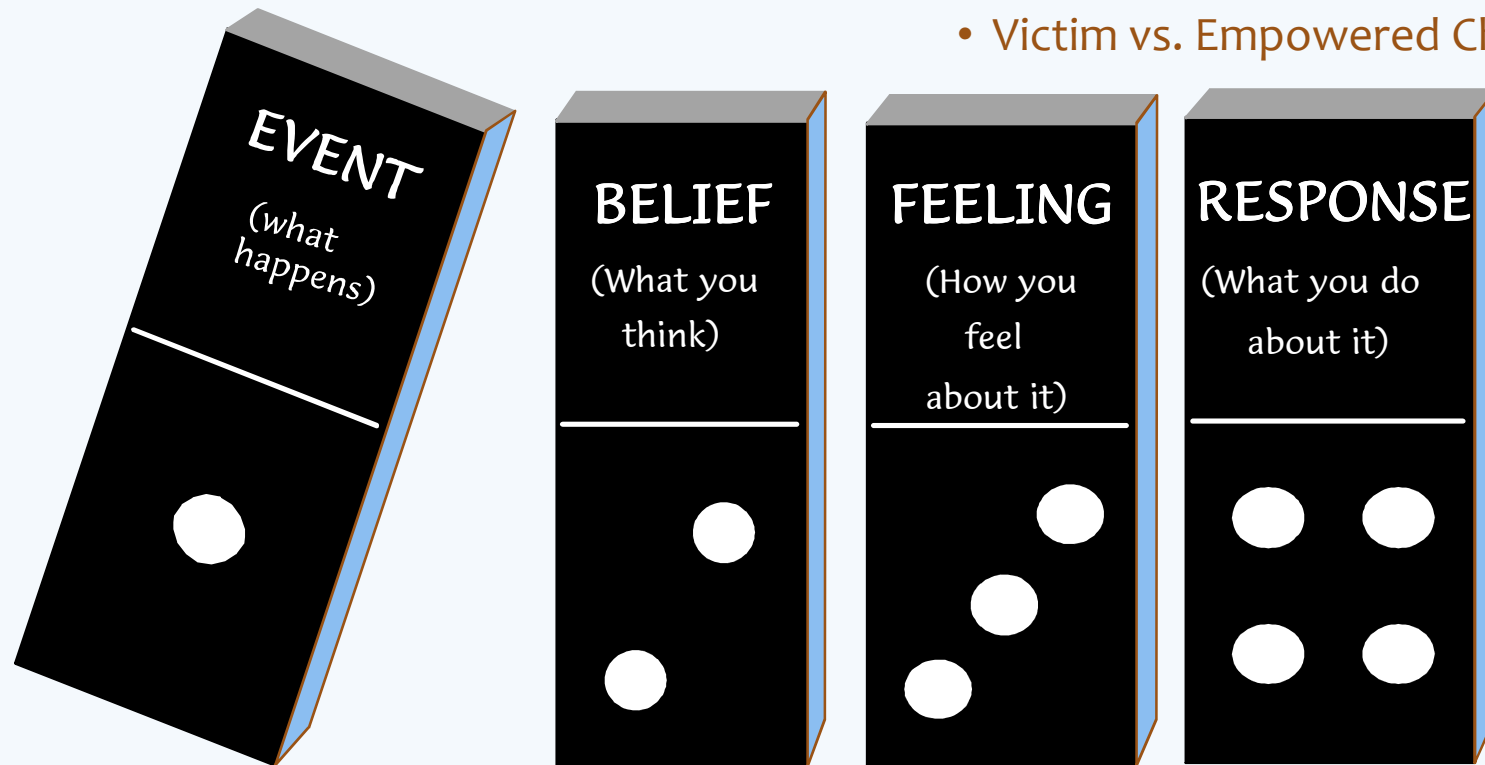
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Domino Sequence 1: Albert Ellis' Cognitive Behavioral Therapy

- REACTING vs. RESPONDING TO EVENTS

- Victim vs. Empowered Choice



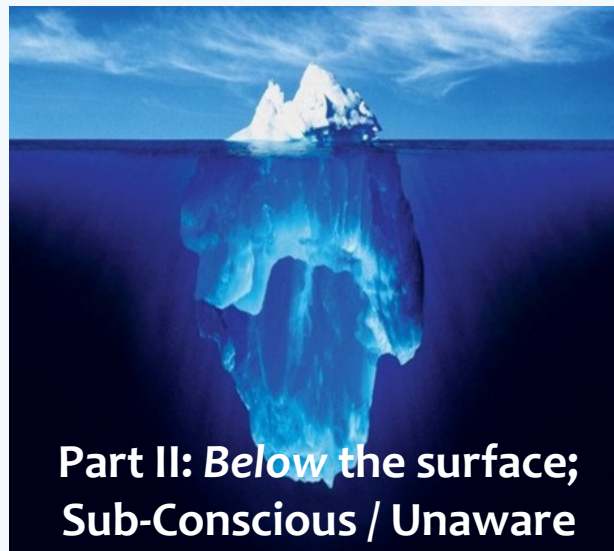
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Module 4: The Mind-Body Connection

- ❖ Part 1: Understanding what's happening *inside*
- ❖ Part 2: Practical Tools



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What Aren't You Seeing That's *Right* There?

Do You See the Hidden Shape?



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Relationships Are Your Teachers

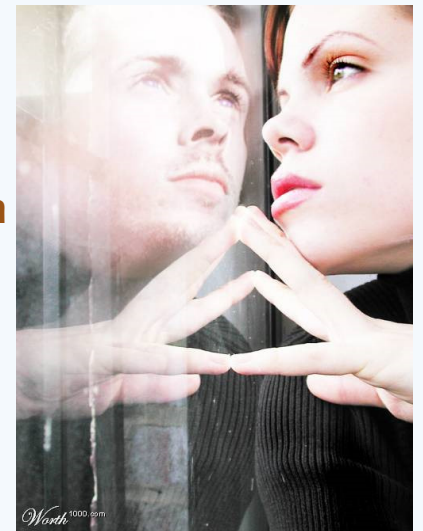
When you really learn that “Relationships Are Teachers,” you will know that you learn the most about yourself by being in relationships.

And you will know that **what you cannot see in yourself, you can see from the reflection of yourself that all your relationships mirror back to you.**

And you will realize that what is important in your relationships is that **you are growing through all of the leftovers you have collected through the years.**

All of this leads you to **take responsibility for all the things that you had blamed others for,** which leads you to be free to make loving choices in your life.

Nina & Bruce Fisher, *Loving Choices*



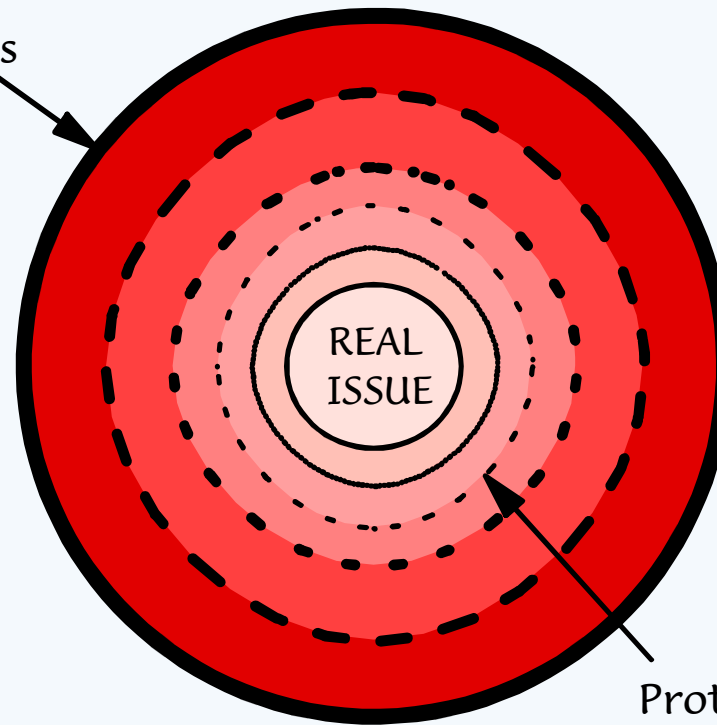
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Problems Are Like Onions

Surface emotions
and behaviors



Protective defenses

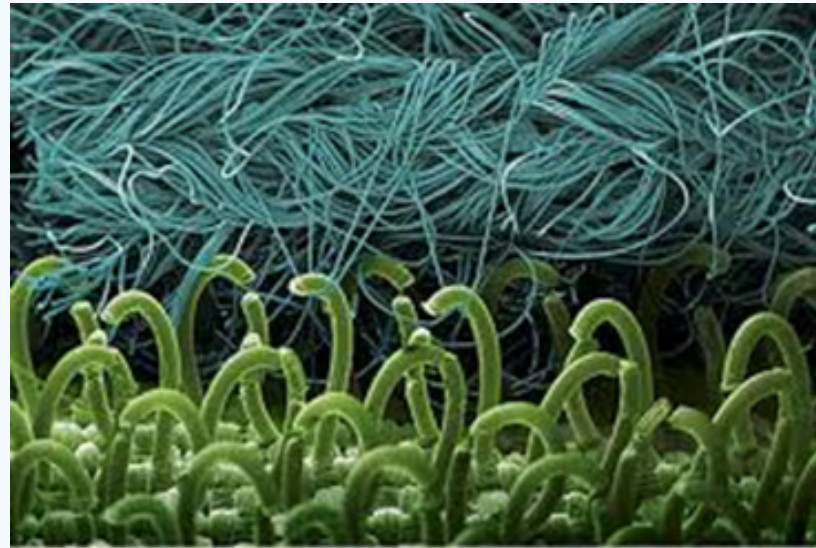
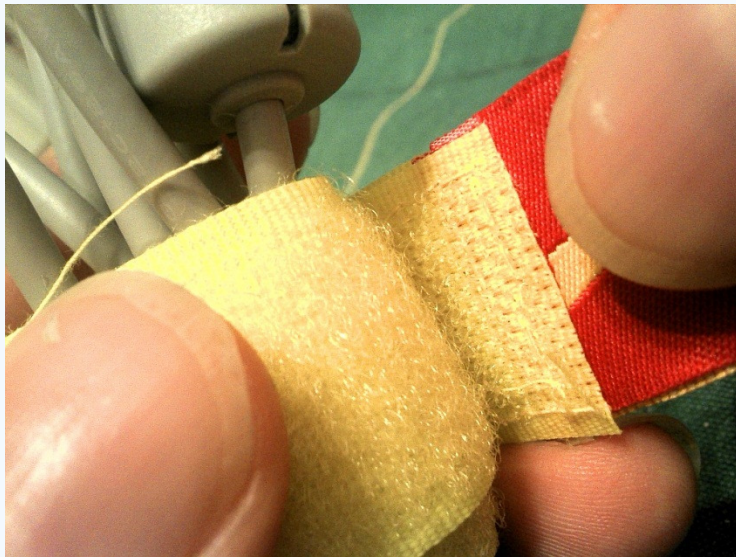


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Trigger Buttons are Like Velcro®



What happens when there are no hooks?



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A stylized landscape illustration. The background features rolling hills in shades of blue and white. In the foreground, there are green hills. On the left, a stylized flower with purple and pink petals grows from a brown stem. The flower has a dark purple top petal, a light pink middle petal, and a dark purple bottom petal. The stem is brown and has some small leaves at the base.

Trigger Button Activation

The Mind-Body Connection



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Domino Sequence 1: Albert Ellis' Cognitive Behavioral Therapy

REACTING TO EVENTS: The Victim Story



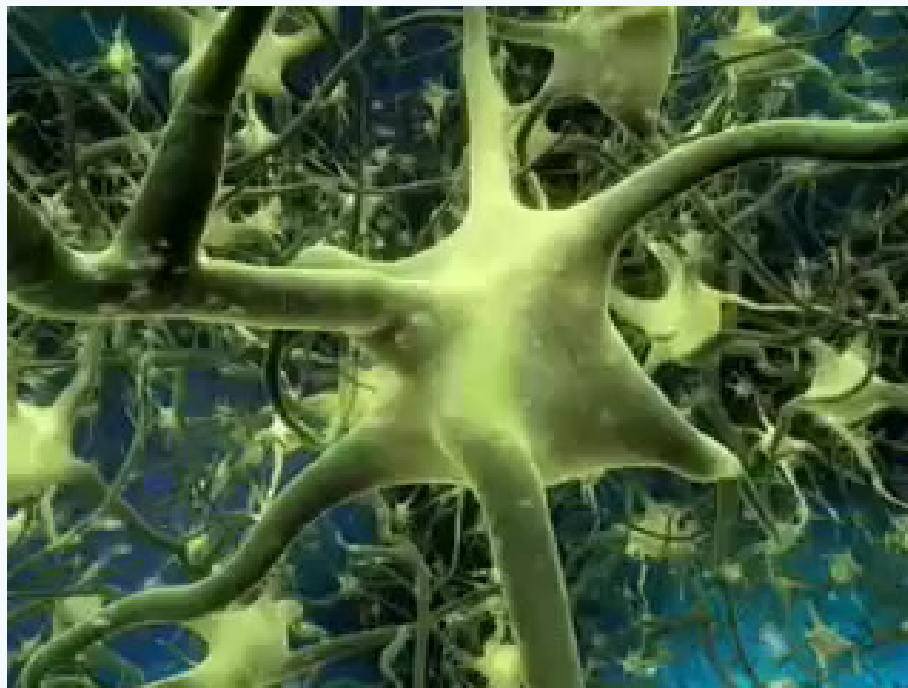
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Trigger Button Activation

- What are Thoughts made of?
- What are Emotions made of?
- What causes emotions?
- What effect do emotions have on our body?
- How do you know if you are addicted to your emotions?



<http://www.youtube.com/watch?v=6Bkl8LD24yo> 5.33 minutes



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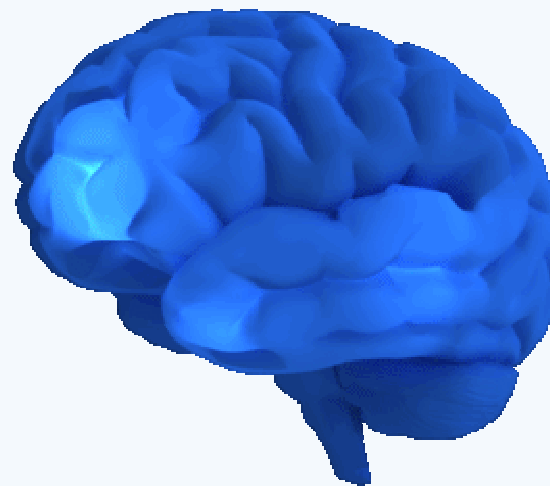
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Trigger Button Activation

The brain contains a vast forest of nerve cells. When you have a **thought**, it creates an **electrical impulse** that fires through the nerve synapses.

--- Dr. Joe Dispenza



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Trigger Button Activation

That thought tells the hypothalamus to manufacture biochemical neurotransmitters, or “molecules of emotion” so you will *feel* what you are thinking about.

--- Dr. Joe Dispenza



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Trigger Button Activation

Your body
assembles and
pumps these
biochemicals
throughout your
body.

--- Dr. Joe Dispenza



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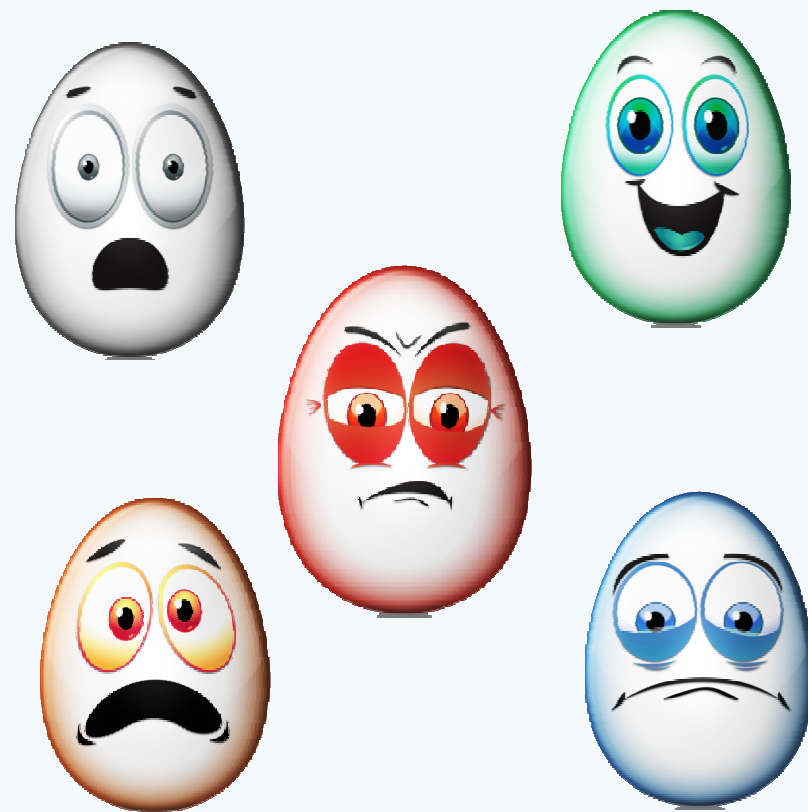
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Trigger Button Activation

There is a unique chemical combination for every emotion, like anger, jealousy, lust, shyness, victimization, etc.

--- Dr. Joe Dispenza



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Trigger Button Activation

These chemical messengers travel to “docking stations” on your cells, which gives rise to emotions.

--- Dr. Joe Dispenza



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Trigger Button Activation

The brain doesn't know the difference between what is happening now and what it imagines or remembers. It's all equally real to the mind.

--- Dr. Joe Dispenza



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Trigger Button Activation

The physical feeling of the emotion reminds you of the thought, belief or story that caused it. Which then stimulates the emotion again, and you get into a

THOUGHT-FEELING LOOP.

--- Dr. Joe Dispenza



1.07 minutes



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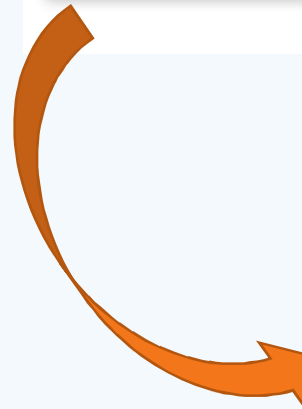
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Trigger Button Activation

The more the loop is repeated, it creates a *new* neural pathway, creating a habitual way of thinking and feeling.

Then, all it takes is a reminder or “trigger” to start this mental and biochemical reaction and you have an outward reaction.

--- Dr. Joe Dispenza



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Trigger Button Activation

The Effects of Trauma



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Effects of Trauma

How Many Times Do You Tell/Remember The Story?



Once?



Multiple times creates
neural pathway



Trauma hot-wires at once



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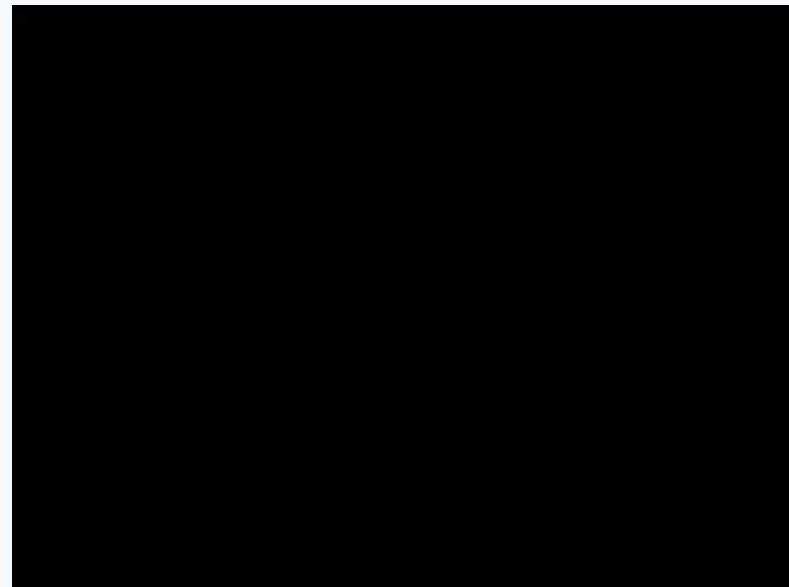
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Effects of Trauma

When an experience is intense, the thought, emotion, feeling, reaction process happens very quickly, the neural pathway mapping and **cellular memory changes can occur almost immediately.**

Neurons that fire together wire together.

--- Dr. Joe Dispenza



1 minute



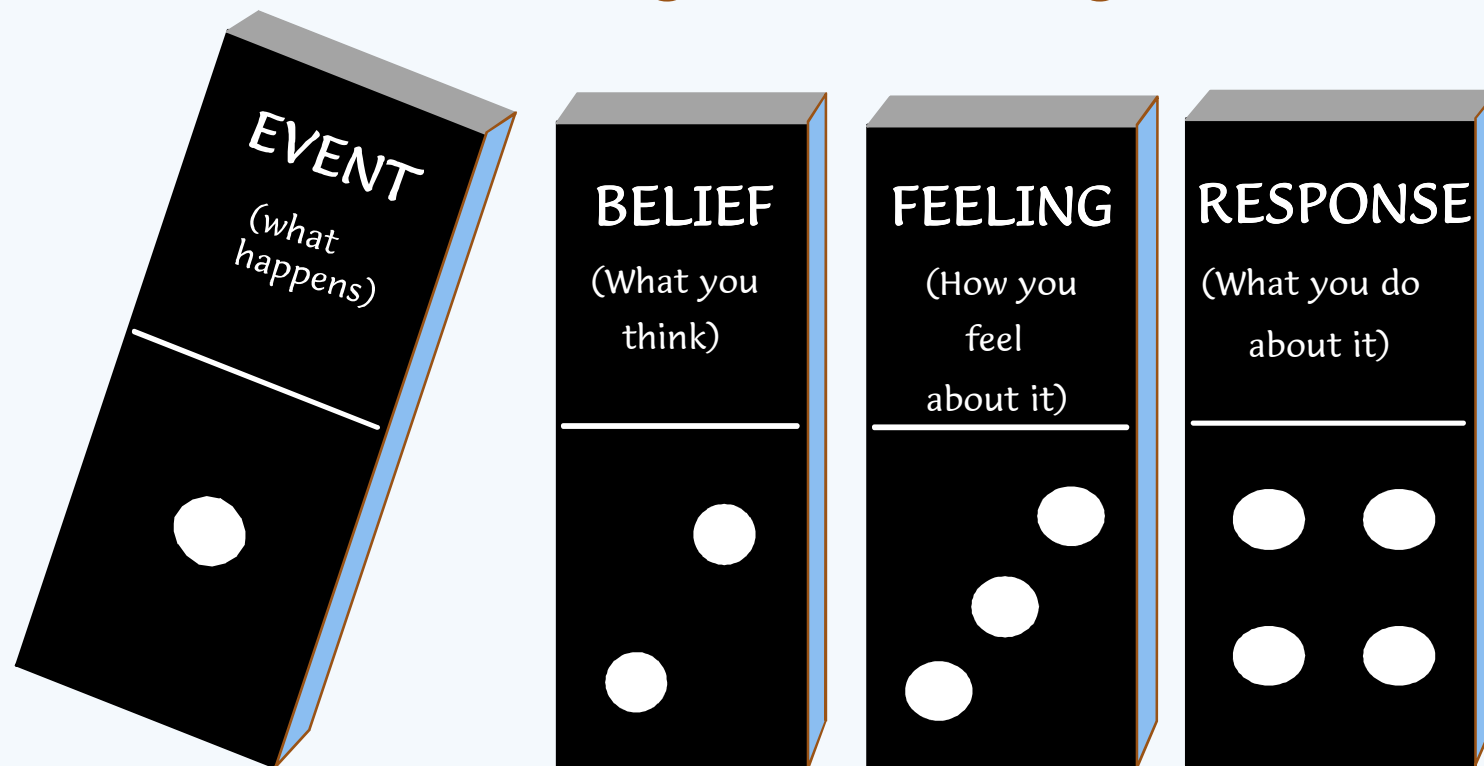
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Domino Sequence 1: Reacting or Responding To Events

Repetitive replaying or trauma programs in pattern.



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A stylized landscape illustration featuring rolling green hills in the foreground, a blue sky with wavy bands of light blue, and a single tree with a dark brown trunk and a large, rounded canopy of purple and pink leaves. The tree is positioned on the left side of the frame.

Creation of Cellular Memory

The Mind-Body Connection



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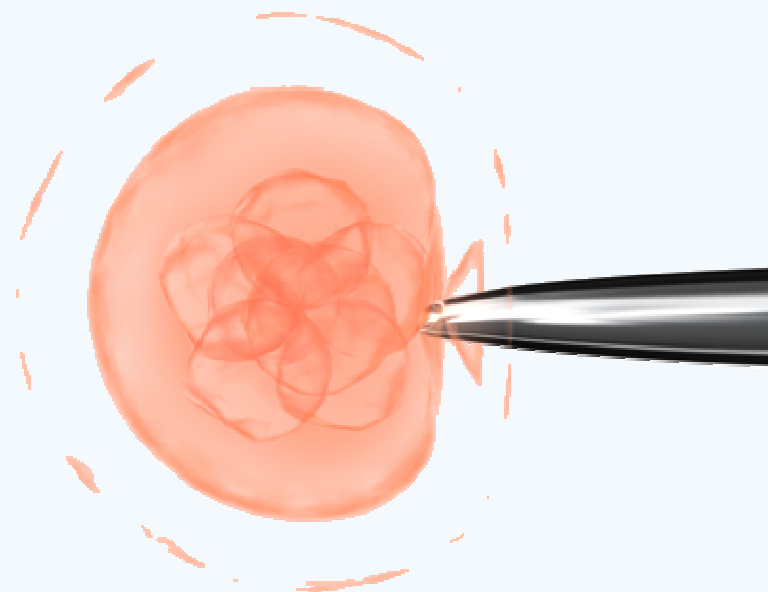
Creation of Cellular Memory

Your body's natural state is calm, peace and joy.

Your body's cells are designed to absorb nutrients, proteins, etc.

The body is able to naturally **heal itself IF** the cells receive proper nutrition and are devoid of toxins.

--- Dr. Joe Dispenza



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Creation of Cellular Memory

There are receptor sites in each cell designed to absorb nutrients, proteins, amino acids, etc.

When emotional peptides reach the cell, they “dock” or enter and lock themselves in, like a key. Then they deliver the biochemical of the peptide.

--- Dr. Candace Pert



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Creation of Cellular Memory

This constant bombardment changes the cellular structure. Instead of having receptor cells that receive nutrients, proteins, enzymes and other life-nourishing biochemicals, it must mutate the receptor sites in the cells to accommodate the emotional biochemicals.

This is called “cellular memory.”

--- Dr. Candace Pert



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A stylized landscape illustration featuring rolling green hills in the foreground, a blue sky with wavy bands of light blue, and a single tree with a brown trunk and a large, multi-colored flower head (purple, pink, and white) on the left. The text is centered on the right side of the image.

Creation of Dis-ease

The Mind-Body Connection



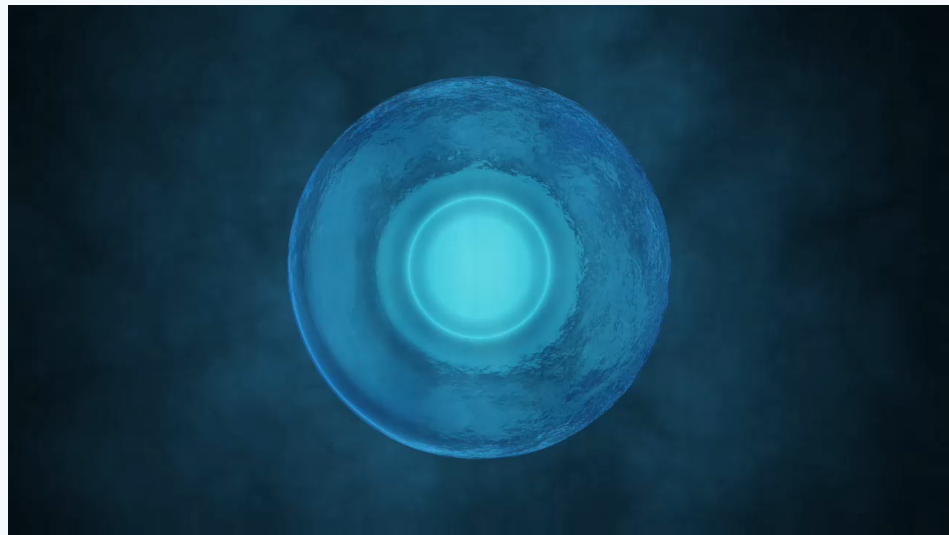
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Creation of Dis-ease

Then, as the cell changes, grows, and splits, the new cells have these mutated receptor cells so they can handle the emotional biochemicals it is used to having.



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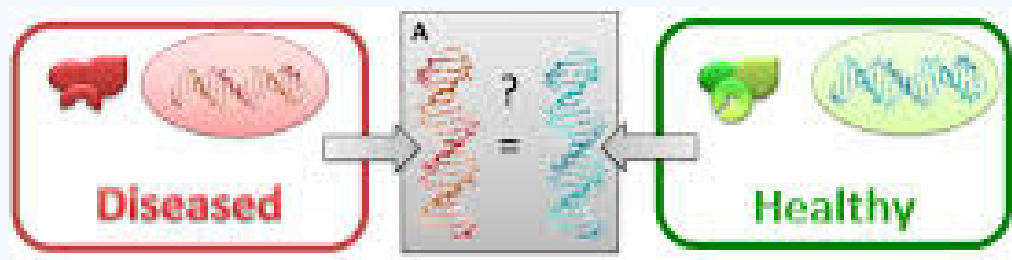
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Creation of Dis-ease

Over time, this cellular mutation causes “dis-ease.” This is why you’ve probably heard that most diseases are related to stress.

In fact, there are studies that have found that certain diseases can be directly traced to the type of biochemicals produced by certain emotions and beliefs.



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Creation of Dis-ease

Also, because so many cells now have receptor sites for the emotional chemicals, **these cells now need the emotional biochemicals to survive and create an addiction to it.**

This then leads the mind to replay or even *create* situations to meet the cells' emotional and physical needs/addictions.

--- Dr. Joe Dispenza, a neuro-scientist and chiropractor



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Creation of Dis-ease

How do you know if you are addicted to an emotion?

“Like any other addiction, if you can’t control your emotions, you are addicted to them.”

--- Dr. Joe Dispenza, a neuroscientist and chiropractor



4:45 of Bleep clip

<http://www.youtube.com/watch?v=6Bkl8LD24y0>



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Reprogramming Cellular Memory

The body is instinctively capable of healing itself.

Our beliefs are the biggest barrier.

Consider the placebo effect --- or the NO-cebo effect!



[Placebos & Nocebos: How Your Brain Heals and Hurts You](#)

3:43 minutes



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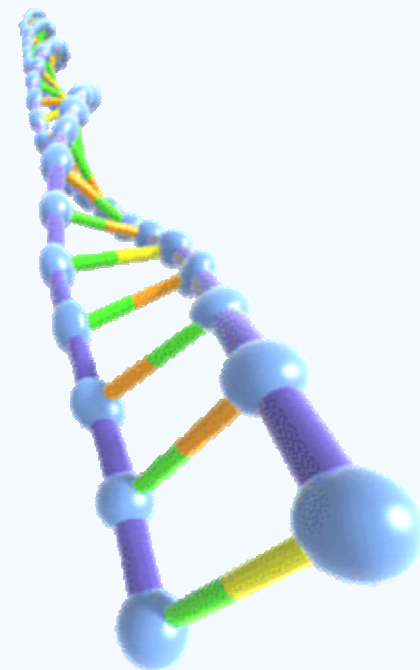
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Creation of Dis-ease

Epi-Genetics – means “above genetics”

- Beliefs can even effect genetics.
- Stem cells have same DNA. The environment they are in determines what they turn into.
- “Heredity” is programmed in... beliefs → biochemical environment → cells split, etc.
- Thoughts can change the directions sent to the DNA genetic blueprint.
- Your mind is the contractor.



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The Mind-Body Connection

FEAR =

False

Evidence

Appearing

Real

**The Brain Doesn't Know The Difference Between
What It *Sees* And What It *Remembers*.**

from the movie *What the Bleep Do We Know?!*



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Creation of Dis-ease

Are Fears Inherited?



Minute
Earth

[Epigenetics: Why Inheritance is Weirder Than We Thought](#)



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Reprogramming Cellular Memory

The Mind-Body Connection

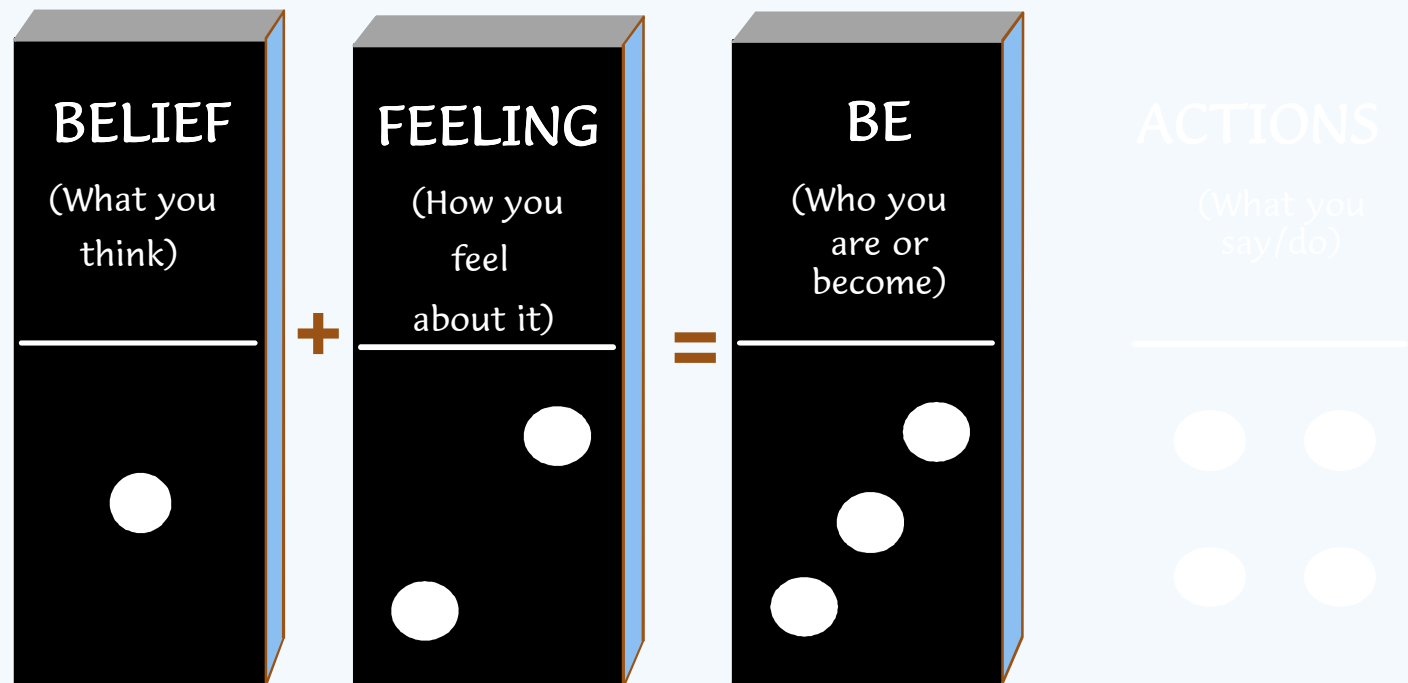


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Reprogramming Cellular Memory



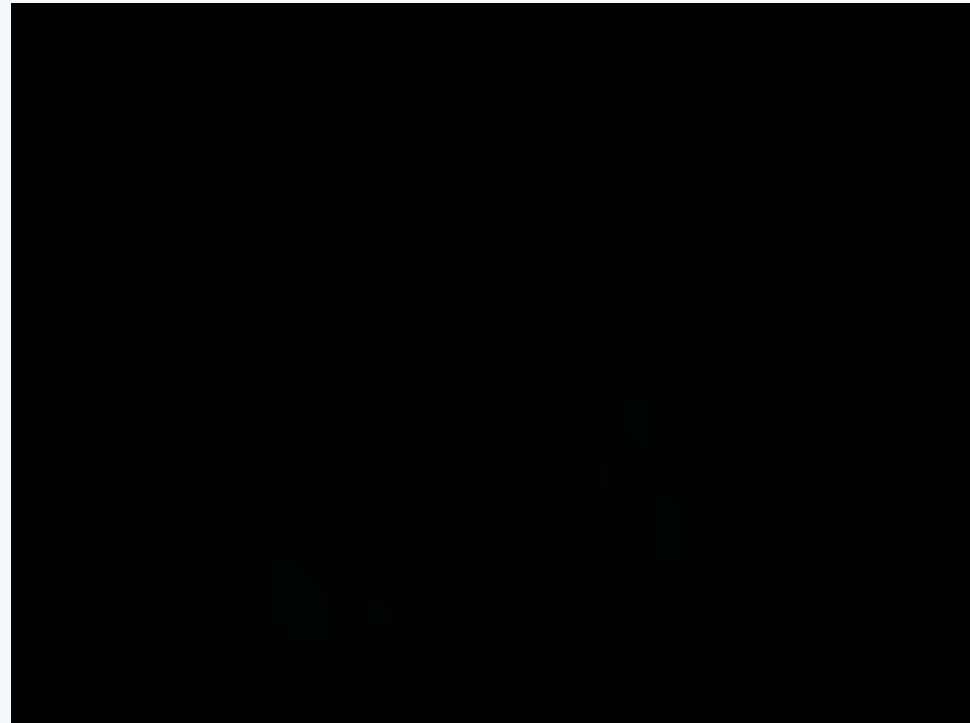
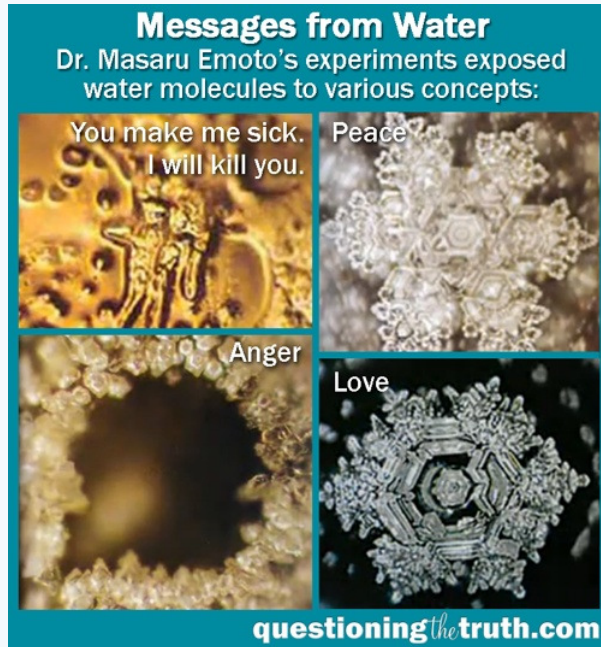
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Thoughts & Emotions Alter Water

Your Body is Mostly Water



Dr. Masaru Emoto

2:19 minutes <http://youtu.be/MMfCvdyaNGQ>



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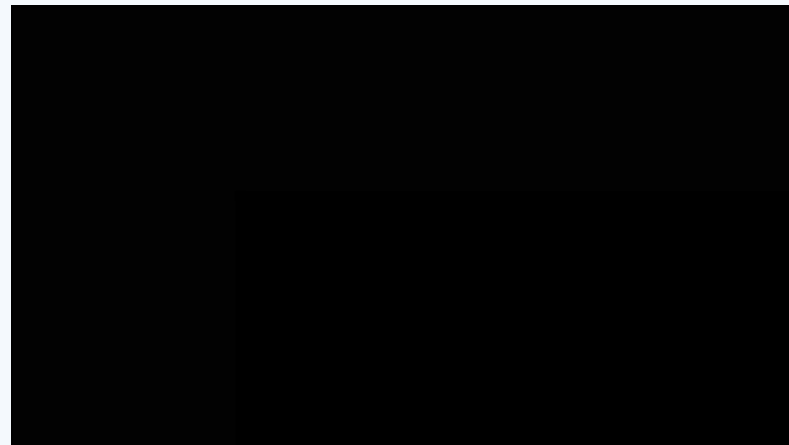
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Neuroplasticity

We all have the ability to rewire our brains, create new habits, and reprogram old thought patterns.

Here's how it works.



<https://www.youtube.com/watch?v=ELpfYCZa87g>



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APPLICATION

What Story are you Telling?
What is that Story Creating in your Life? Your Body?



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What Is Your Story?

- We often operate as if today were yesterday, retelling our story.
- We tell ourselves stories about what the world is like, based on our experiences.
- We screen, select and interpret events to perpetuate our stories.
- Our memories and interpretations of current events creates our current reality, but a different interpretation could create a different reality.
- When we observe and are aware of our thoughts, we can break the emotional reaction cycle.

from the movie *What the Bleep Do We Know?!*



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“Problems” Are Illusions... Stories

- All Problems Are Illusions of the Mind
 - There are no problems...only situations to be dealt with now or to be left alone and accepted as part of...the present moment, until they can change or *can* be dealt with.
 - It is impossible to have a problem when your attention is fully in the Now. A situation that needs to be either dealt with or accepted — yes. Why make it into a problem?
 - “Problem” means you are dwelling on a situation without a true intention or possibility of taking action now and are unconsciously making it part of your sense of self.
 - Instead focus your attention on the one thing that you *can* do now.

THE POWER OF NOW, by Eckhart Tolle



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You Are Not Your Story

- Are you willing to stop telling your personal story? Are you willing to tell the truth about [who you *really* are]?
- Stories appear, change, and disappear. The truth of who you are is not a story. The final truth [about Who You Are] has nothing to do with emotions, biochemistry, or changes in circumstance. It is unchanging and unconditional.
- You cannot experience [your True Self] if you continue to tell your story, and you cannot continue to tell your story if you are [expressing your True Self].
- All effort, all difficulty, and all continued suffering are in the resistance to stopping [your story]. That resistance is fed by the hope that ...if you can just fix the story, make the necessary changes, you will get what you want.

<http://www.gangaji.org/>



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Who Are You Really?

- You are the creator of the *meaning* of your life, which determines what you feel/do. Say aloud, “I create my beliefs so I can change them.”
- If you eliminate all beliefs you’d still exist --- or get rid of who you *think* you are --- you will still be who you *really* are.
- Be the *creator* of your life, not the beliefs. It’s like you are the sculpture, not the sculptor.
- The “I” created the beliefs. Get rid of the beliefs and you are left with the “I,” which is your true self.

Marty Lefkoe Method

<http://www.recreateyourlife.com/free/>

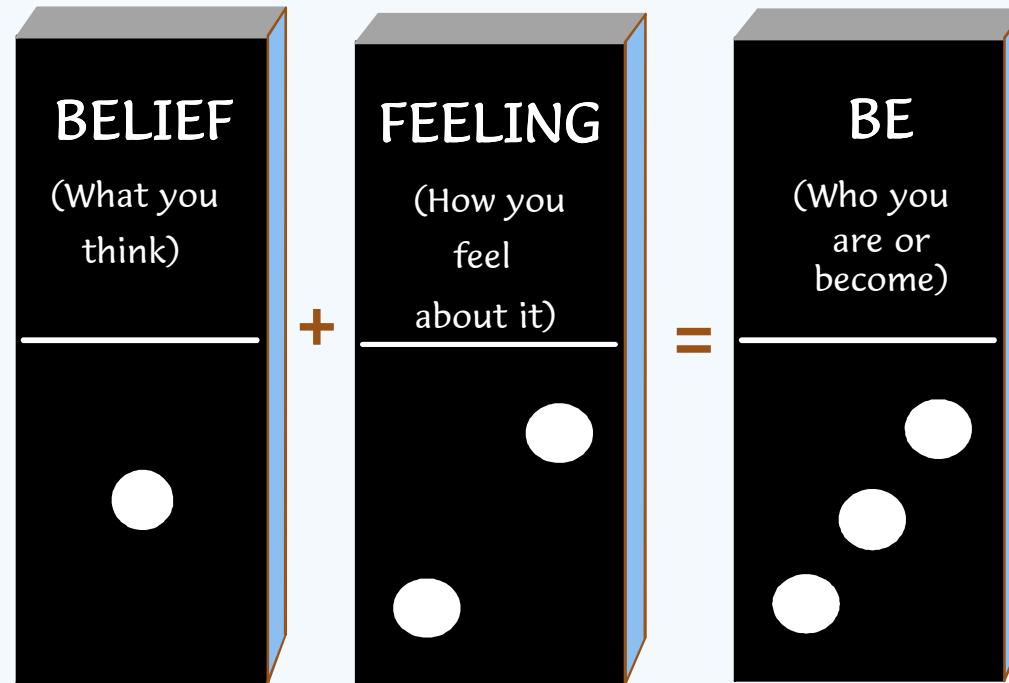


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Who Are You, Really?



What you think, say and do is what you become.



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Practical Tools for Calming the Mind & Consciously Watching Your Thoughts



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Stop/Drop Your Story

- You can stop telling your story in less than an instant. Stop telling your story *right now*. Not later, when the story gets better or worse, but right now.
- When you stop telling your story,... you can know in less than an instant the true depths of what it means to *be* who you are. Then whatever story appears or disappears, it doesn't touch who you are.
- Exposing the story is not for the purpose of getting rid of it or following it. The purpose is to see what stories you are telling about who you think you are, or who you think you should be.
- It is not right, it is not wrong, it is not *real*. Drop your consciousness back into the space where there is no story, where there is no thought. If a thought arises, see that it is just passing through. It is neither wrong nor right. It is just a thought, having nothing to do with the essential truth of who you are.

<http://www.gangaji.org/>



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Stop The Monkey Mind

- We listen to it all day, every day. The voice in our head that interprets, judges, thinks and basically talks to us about everything. Aside from getting quiet in meditation, this voice never really shuts off – and even during meditation it can be a challenge.
- That's not you. **You are not the thought. You are the one watching it.** Similar to a lucid dream, where we are dreaming, but are aware we are in a dream.
- So how do we handle problems in our life as they arise? We can do one of two things – lean into the problem and get involved or lean away from it.
- *The moment that chitter chatter in the mind starts, relax and lean away from it. You will start to get some space, and it will pass right through.*
- In doing this, you are operating from the seat of the self. You begin to realize **you are causing the majority of your problems due to your own mental reactions to life. You have the right to choose not do this.**
- Still go to work. Still take care of the kids. But lean away from this mess that the mind is doing to amplify and overemphasis or over exaggerate whatever is going on ... what will happen is when you let go of the noisy mind, you end up in the seat of quiet – because what is back there is quiet. My experience is that now you can look at reality and you will know what to do.

The Untethered Soul, by Michael Singer



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Live in the NOW

You are not the thinker.

Watch the thinker — and do not judge.

- You cannot find yourself by going into the past. You find yourself by coming into the present.
- The present moment is all you ever have. There is never a time when your life is not “this moment.”
 - Nothing ever happened in the *past*; it happened in the Now
 - Nothing will ever happen in the *future*; it will happen in the Now
 - What you think of as the past is a memory stored in the mind of a former Now.
 - The future is an imagined Now, a projection of the mind.
 - So the past/future (time) are realities borrowed from the Now.

THE POWER OF NOW, by Eckhart Tolle



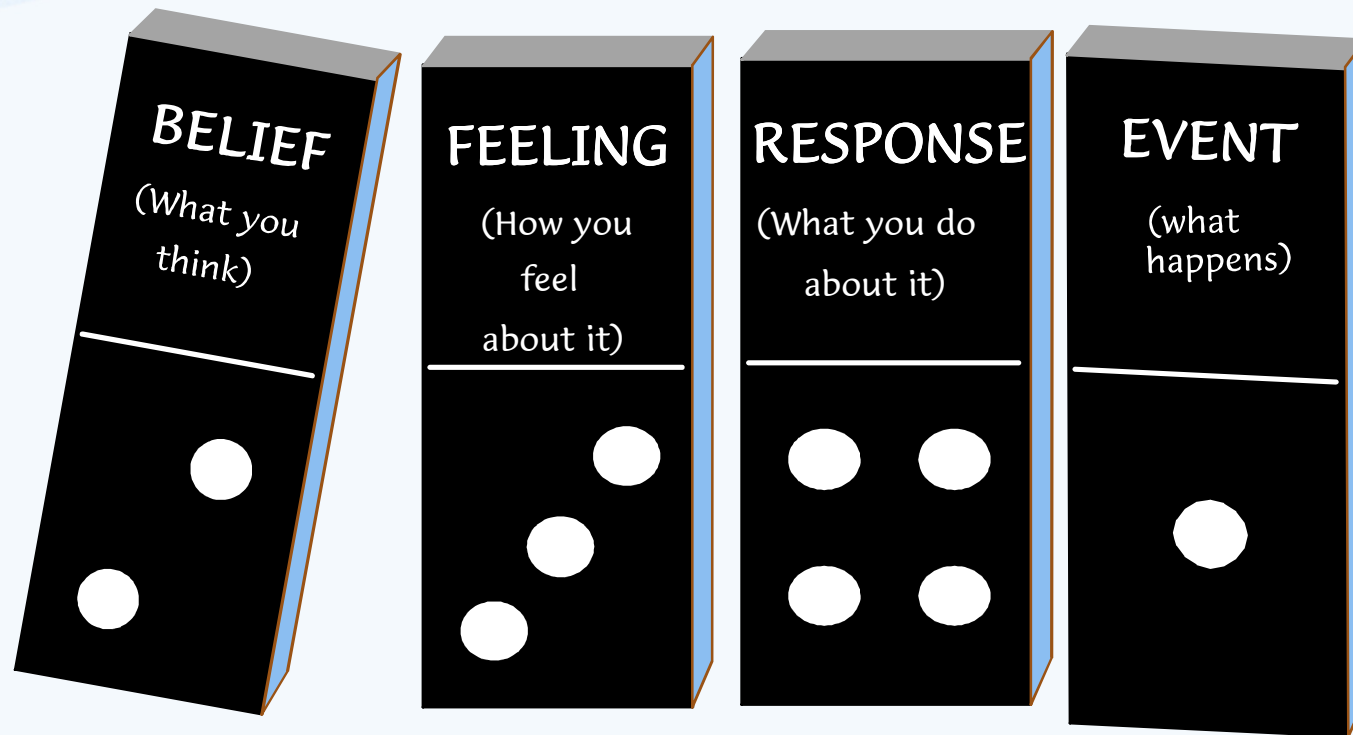
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WHAT IF?...

You Could Rearrange The Dominoes/Steps?



**When you react to events, you are a character in your
Life Story, following a script.**

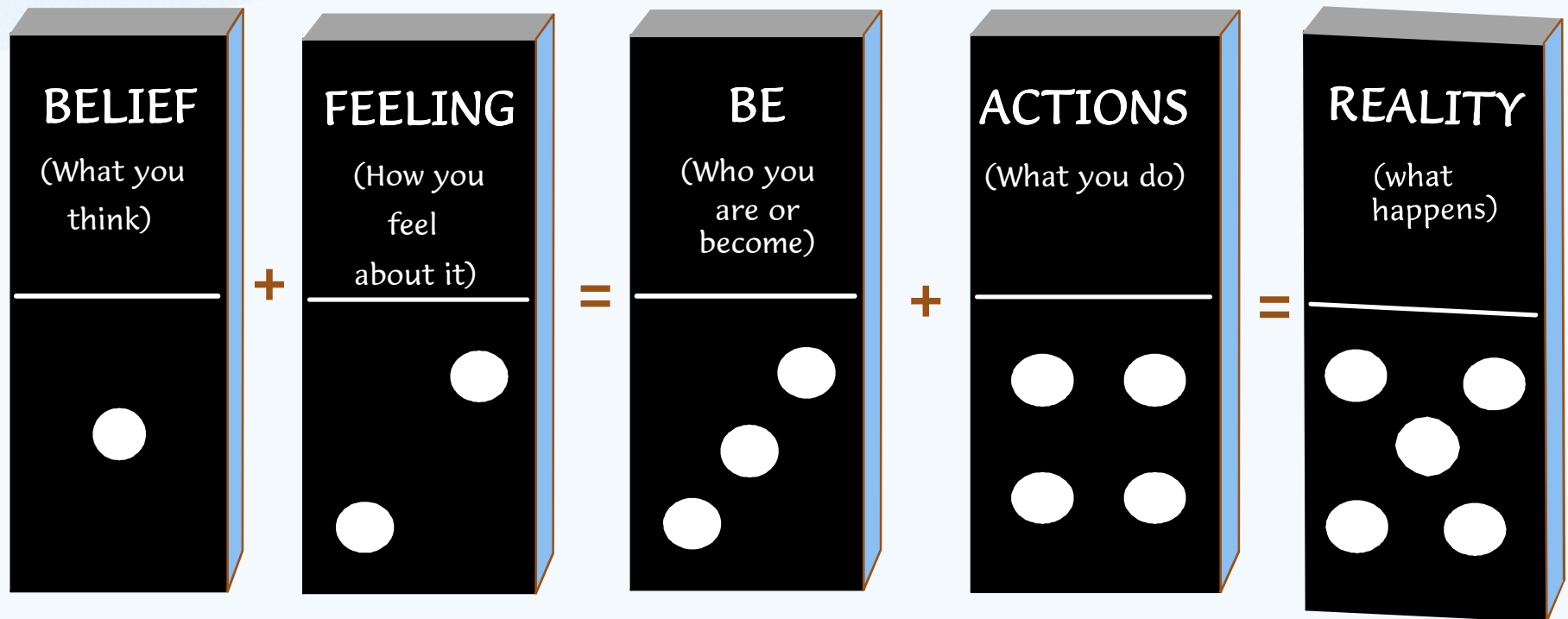


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Your Reality is a Reflection of Who You Are



Become the *Director* of Your Life Story,
not the main character following a script



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Module 4: Summary

- ❖ **Biology of Emotions.** Emotions are made of chemicals and are caused by your thoughts.
- ❖ **Are you addicted to your emotions?** When your cells are addicted, you create drama to get the fix.
- ❖ **What are your emotions creating in your life?** When your cells repeatedly are fed toxins, they mutate. Then split. This causes dis-ease
- ❖ **What is Your Story?** Every time you tell it you program your mind and body to make the story real.
- ❖ **You Are What You Think.** Change how you think and re-create your self.
- ❖ **You are *not* your Story!** If we identify with it, it becomes Who we are. Drop your Story and Be Your True Self.
- ❖ **Calm the Monkey Mind & Live in the NOW.** Stories are about the past. Worries are about the future. You can't control either, only your thoughts right NOW.

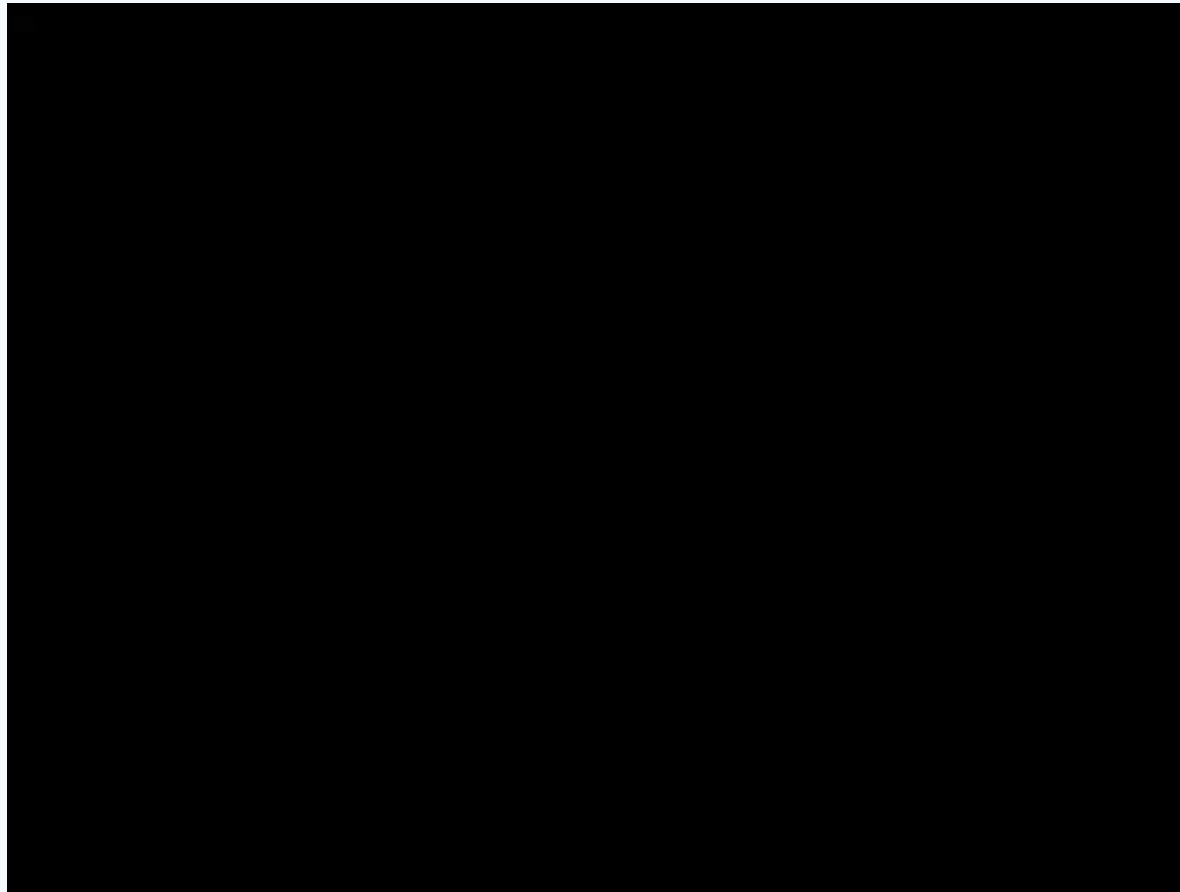


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Breaking the Habit Creates Unlimited Possibilities!



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from the movie *What the Bleep Do We Know?!*

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Module 4 Lesson/Assignment

1. Identify 1 relationship you'd like to improve.
 1. Pay attention to your thoughts about and around this person
 2. Identify negative beliefs & patterns that mirror something in you that needs healed or cleared. Then ask that it be cleared and replaced with Truth!
2. List all the positive qualities you can think of that this person has.
3. Write a story of what an *ideal* day/week with this person would be like.
 1. What do you want it to be like? (not what you *don't* like, but what you *do* want)
 2. Include every sense: what do you see, hear, touch, smell, taste?
4. Visualize, *every day*, having the ideal relationship with this person.
 1. FEEL what it is like to be in this ideal relationship...as though it is that way *NOW*.
5. *Practice Living in the NOW*. See directions on blog post for this module.



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