

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

(Formula for Improving Relationship Success Tools)

The 3 Keys to Creating Harmonious Relationships

Created/Presented by
Jody Johnston Pawel, LSW, CFLE



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6 Week Agenda

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- PART I: Practical Tools for Responding in Relationships (Above the surface)
- PART II: Tools for Creating /Healing Relationships (Below the surface)



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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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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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Module 5: Your Role In The Reality Of Your Relationships



- ❖ 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 Use This Knowledge Intentionally, To Create The Reality You *Want*.



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Module 6: Tools for *Healing* Relationships

- ❖ Spirit Does the Healing – You Have a Role, Too
- ❖ Energy Healing Tools
- ❖ Applying what you've learned to ALL areas of your Life
- ❖ Ongoing support



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Spirit Does the Creating/Healing

- **Religion** is the set of rules, regulations, ceremonies, and rituals developed by man to create conformity and uniformity in the approach to God.
- **Spirituality** is God's call in your soul.

--- Reverend Iyanla Vanzant

Science is starting to *prove, confirm, or show evidence of* some of the beliefs, practices, and outcomes we've previously had to accept by faith (or hope) alone.



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What's YOUR Role?

Ask, Believe and Receive

- **Be Grounded, Centered, and Open to Spirit. Then:**
- **Ask :**
 - Focused Intentions, not conflicting intentions
 - Use the Words: “I am...” “I have...” “I verb...”
 - Clear out the junk (limiting beliefs that are blocking Truth and Healing)
- **Believe:**
 - Not wish, or hope. 100% Faith and Trust
- **Receive:**
 - Believe you are worthy to receive it
 - Surrender, Let Go, Release
- **Have an Attitude of Gratitude – You already have it!**



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ASK = Thoughts

- *The Five Agreements*, by Don Miguel Ruiz*
 1. Be Impeccable With Your Word – say what you mean, mean what you say
 2. Don't Take Anything Personally – it's about them or revealing block in you
 3. Don't Make Assumptions – always clarify
 4. Always Do Your Best – strive for excellence not perfection
 5. Be Skeptical, But Learn To Listen – use discernment but be open to new ideas.



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ASK = Thoughts

- Christie Marie Sheldon* – energy clearing statements
- As you become aware of limiting beliefs ... or recognize you are blocked (even if you can't identify the belief)
- Repeat this clearing statement:
 - Delete
 - Un-create (from point of origin), and
 - De-story (drop the story)
 - Anything that ... (fill in limiting belief, behavior pattern or what's being blocked)
 - ... through all time, space, dimensions and realities.

www.LoveOrAbove.com

www.ChristieMarieSheldon.com



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ASK = Thoughts

- Effective Affirmations* are positive, result-oriented statements written in the *present* tense, *as though we already have* what we want.
- “I am ...” (become it)
- “I choose ...” (you have the power)
- “I have ...” (what you desire)
- “I accept ...” (be open)
- “I receive ...” (be grateful)
- Ask, “What would it take?” and see what’s revealed



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ASK = Thoughts

- Practical Tools: *(continued)*
- NLP (Neuro-Linguistic Programming)*
 - NLP explores the relationships between how we think (neuro), how we communicate (linguistic) and our patterns of behavior and emotion (programming).
- **NLP can help you to:**
 - Influence your emotional and psychological states.
 - Replace negative behaviors and habits with positive ones.
 - Improve and enhance your interpersonal communication.



ASK = Thoughts

- Practical Tools: (continued)
- HPT – Cybernetic Transposition *
- Clears blockers (base reframing, rewriting)
- Set & achieve goals
- Sub-personality Negotiation – build internal teams to help you achieve goals, using aspects of yourself (you have *all* aspects available to you.)



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ASK = Thoughts

- Practical Tools: (continued)
- Silva Method* – “Mind over matter”
- Creativity
- Healing
- ESP
- Goals
- Memorization
- Problem-solving



The Discovery that human intelligence can learn to function with awareness at the alpha and theta brain frequencies will go down in history as the greatest discovery of man. This discovery has already started to change our concepts of the mind, psychology, psychiatry, sychoanalysis, hypnoanalysis and of the subconscious.

--- José Silva



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ASK = Thoughts

- Practical Tools:
- Create a Vision Board: visual images of what it will look like



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Believe = Feelings

- 3 Levels Of Faith:
- If you Hope — you have **GREAT** doubt and **NO** certainty it will happen.
- If you Believe — you have **SOME** doubt and **SOME** certainty it will happen.
- If you have Faith — you have **NO** doubt and **TOTAL** certainty it will happen.

On Being: The Creator of Your Own Destiny,
by Peggy McColl*



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Believe = Feelings

- *Pretending is the fastest way to believing, and believing is the fastest way to receiving* --- Notes from the Universe*
- Fake it until you make it!



Believe = Feelings



To deal with upsetting feelings or traumas:

EMDR: Eye Movement Desensitization Reprogramming*

- Thoughts and memories are stored in the brain, including each sense that's associated with it, which creates a “body memory” or “cellular memory.”
- Eye movements, while recalling a memory, access all the areas the memory is stored and neutralize the fight/flight, panic, phobia, or trauma without erasing the memory.
- In countless research studies, it achieves between 75-90% success rate after *one or only a few sessions* ---even in cases where people engaged in “talk therapy” for *decades!*



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Believe = Feelings

EFT: Emotional Freedom Technique (meridian tapping) See diagram handout *

Top 10 Benefits:

1. EFT instantly relaxes you
2. EFT reduces your pain
3. EFT is effective for anxiety disorders
4. EFT reduces your stress
5. EFT aids in your weight loss
6. EFT helps reduce your phobias
7. EFT positively modifies your DNA
8. EFT dramatically alleviates your Post Traumatic Stress Disorder
9. EFT helps overcome your fear in children
10. EFT significantly reduces your pain and depression



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Developed by Gary Craig
www.EFTuniverse.com



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Believe = Feelings



LIIFT is the 'Life Improving Internal Focus Technique.'

- **FINDS the unhelpful belief** – following protocol and applied kinesiology* that allows your subconscious to tell you what needs healed --- so you don't have to guess or wait until you figure it out to clear it.
- **De-programs the negative belief while simultaneously programming in the new helpful belief**, which it provides, so you don't have to figure that out or how to word it.
- **Clears cellular memory and reprograms at a subconscious level**, because it uses tapping and other physical anchoring techniques.
- **You do not need to TALK about anything!**
- **Can heal** grief, trauma, stress, childhood programming, emotional difficulties.

Developed by Brian Eastman

www.LIIFT.info



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Receive = Take Action from State of Being

Meditation*

- Perhaps the best treatment for stress.
- Brings the mind from busy thinking, to concentration, to contemplation, to a state of consciousness that brings serenity, clarity, and bliss.
- Deeper meditations result in higher states of consciousness that bring biochemical changes that can heal, reveal insights, raise energy vibrational states, etc.
- See handout for directions.*



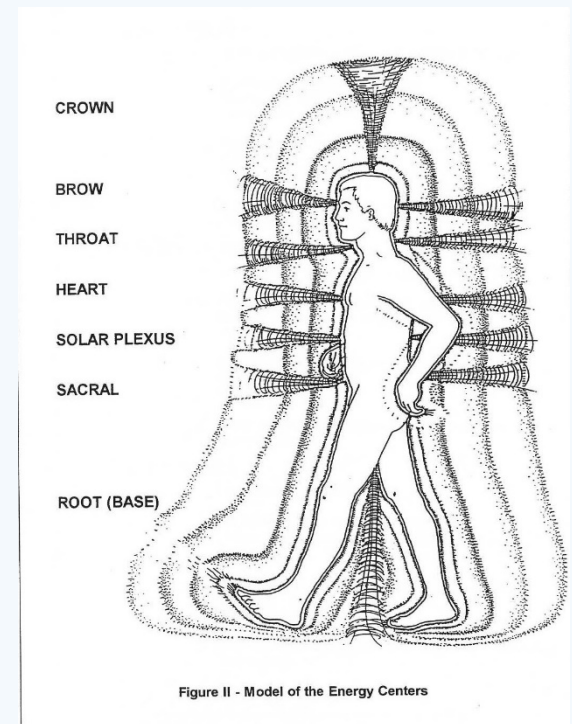
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Receive = Take Action from State of Being

Chakras*

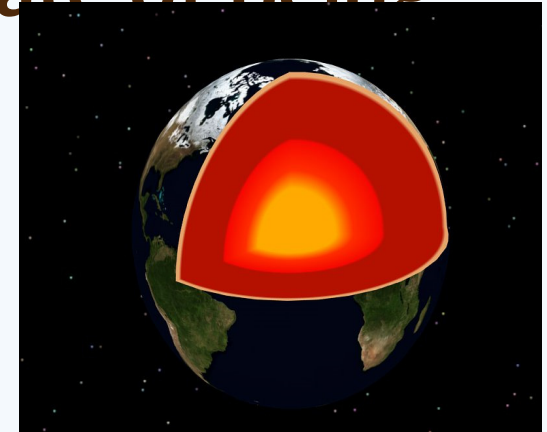
- The body has 7 energy centers, called chakras, that relate to certain organs and types of emotions.
- Activating and balancing these energy centers raises the energy body's vibrational frequency.
- When balanced & aligned, the energy flow allows the body's frequency to be aligned with that of the Higher Self.



Receive = Take Action from State of Being

Grounding & Centering*

- The process of releasing excess energy of the body, emotions, mind, etc. (like grounding our home's electrical circuits to prevent surges).
- Events and other people's energy can throw us off balance. Grounding and centering can stabilize us. Expanding our energy (energy movement through chakras) can protect us (in addition to other benefits already mentioned).



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Receive = Take Action from State of Being

- Even when we do all the other steps (thoughts, feelings, actions), if we are not open to receiving, we are blocked.
- Blocker Beliefs:
 - “It’s better to give than to receive.” “I have to work hard to make this happen.”
 - “What if I fail?” “What if I succeed? Can I handle it?” “I’m not worthy.”
 - “People won’t like me.” “People might be jealous.” “There’s not enough for me.”
 - “I want to appear humble and not appear proud, greedy, etc.”
- There is *unlimited abundance of everything --- infinite possibilities!*
- Ask, “What if I were open to receive endless possibilities for *how* this could happen?”

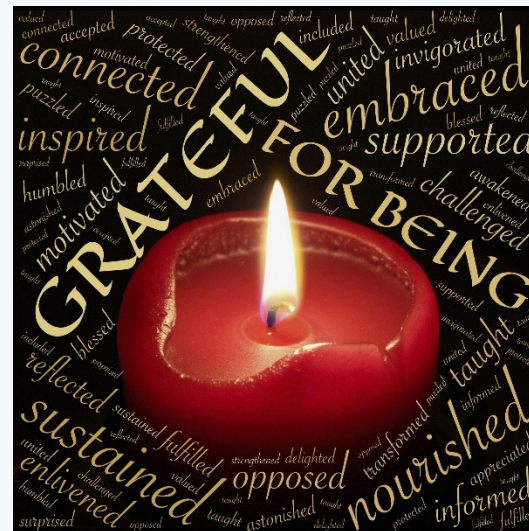


Surrender, Let Go, Release, be Grateful

Gratitude is an emotional vibration that makes it easier to manifest those things that we want.

Gratitude has been scientifically proven to improve mental, emotional, and physical health. Here are ideas:

- Write a thank-you note.
- Thank someone mentally.
- Keep a gratitude journal.
- Count your blessings.



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Part II: Applying These Tools to Your Life

RELATIONSHIPS

Clear Beliefs That Create Blocks In *Relationships*:

- “I have to be right or others have to agree with what I believe.”
- “Others should be there to meet my needs and put them first.”
- “I need should put their needs before my needs or meet their needs.”
- “I need to help them... fix them... correct them... they aren’t capable.”
- To Invite Healing:
- While in meditation or prayer:
 - Surround the person or your relationship in a column of White Light (symbolic of pure Divine healing energy). “I see you as a Child of God and send you love.” (not *in* love, unconditional soul love.)
 - Ask permission to talk Soul-to-Soul. Be open to revelations.



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Part II: Applying These Tools to Your Life

HEALTH

THOUGHTS/BELIEFS → EMOTIONS → ACTIONS

Your Body Is Made Of Energy; You Have A Relationship With Your Body.

Clear/Balance Beliefs	→	Clear/Balance energy	→	Fill with positive
<ul style="list-style-type: none">- Clear toxic beliefs- No new toxic beliefs- Neutralize acid		<ul style="list-style-type: none">- detoxify the body- Exhale carbon dioxide- Alkalinize the body		<ul style="list-style-type: none">- nutrients/energy- inhale oxygen- eat/drink alkaline

The body has an innate capacity to heal itself if the above occur.

Even the genetic map of the DNA can change, switching on and off chromosomes.

What If? The Movie



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Part II: Applying These Tools to Your Life

HEALTH

- Beliefs that create blocks in *health*:
- “I need doctors and medicine to heal my body.”
- “I have been given a diagnosis of _____, therefore I must accept that I have that.”
- “_____ is preventing me from being whole, complete and healthy.”
- “I am ... sick and tired.”
- *You Can Heal Your Life*, by Louise Hay.* Certain thoughts/beliefs correspond to certain dis-eases.*



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Part II: Applying These Tools to Your Life

HEALTH

Weight loss –9 Fat Triggers (clear them & body naturally gets to ideal wgt.)

1. **Nutritional starvation** – starve your way to obesity or eat your way to slimness with live nutritionally-dense foods
2. **Chronic yo-yo dieting.**
3. **Digestive problems** – nutrients not getting in.
4. **Toxins** – stored in fat, won't release fat or toxins get in.
5. **Mental Stress** – creates cortisol
6. **Emotional Stress** – feel safer fat
7. **Medications** – side effects and toxic
8. **Limiting Beliefs** – “can't lose weight” “have to diet/deprive”
9. **Sleep apnea** – elevates famine hormones, don't get good sleep

*The Gabriel Method,**
no-diet weight loss program by
Jon Gabriel

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Part II: Applying These Tools to Your Life

HEALTH

4 Factors of Spontaneous Healings (Dispenza handout*)

1. An intelligence within me loves me so much it gives me life and makes my body function without my thinking about it. (heart beats & breath w/o thinking)
2. If I could make contact with this intelligence, it could do the healing.
3. My attitude and thoughts contributed to my condition, so I don't blame other people or things. I accept responsibility for my role in my health and healing.
4. I need to change my current thoughts and habits to heal, so I will reinvent myself and become someone else who thinks and acts differently.



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Part II: Applying These Tools to Your Life

HEALTH

- Oxygen promotes healing, which promotes weight loss.
- Oxygenation breathing techniques, i.e. Zna Trainer – O²
- Alkaline body environment: cancer, parasites, etc. can't live in an alkalinized environment.
 - Eat alkaline foods (fruits, vegetables, legumes)
 - Take herbal supplement (AlkaBalance)
 - Add sachet to water (Xooma)



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Part II: Applying These Tools to Your Life

HEALTH

Genetics – *What If?* movie trailer*

- Beliefs can even effect genetics.
- “Heredity” is programmed in... beliefs, biochemical, cells split, etc.
- Thoughts can change the genetic map of the DNA, by switching on and off chromosomes.



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Part II: Applying These Tools to Your Life HEALTH

Energy Healing Methods that Heal *Physical* problems:

- Healing Touch* (actually don't touch you much. hands hover.)
- Quantum Touch* (can even move bones with thought)
- Body Talk* (asks body what it needs)
- Lots of research backing them all.



Part II: Applying These Tools to Your Life

WEALTH

MONEY IS ENERGY;

You Have A Relationship With Your Money

- Take care of it. Have fun with it! Be responsible.
- The only thing preventing you from having *wealth* is your beliefs (and everything that comes after that!)
- T. Harv Eker, *The Millionaire Mind**
- Christie Marie Sheldon, *Unlimited Abundance Journey*.*
- Debbie Bermont, *Money Magnetism**



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Part II: Applying These Tools to Your Life CAREER

- **Your career is the expression of Who You Are and your Life Purpose. It is the process of being paid to be YOU!**
- Beliefs blocking your *career or finding/pursuing your Life Purpose*:
- *Excuses*: disempower you and dishonor your potential
- *Complaining*: focus on solutions & gratitude
- *Lack of Motivation*: If you are totally committed to something, it's easy to be motivated.
- *Procrastination*: reveals your blocks.

*Change your Life in 30 days,
by Rhonda Britten*



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Assignment

1. Create Your Own Meditation/Visualization Tape (see details on lesson post)
2. Establish a Daily Routine that involves centering, grounding, setting intentions, ASK, BELIEVE, RECEIVE & BE GRATEFUL for what you have and are NOW!
3. Use EFT on your Top 10 Stressors.
4. Check out the on-line resources – a *very* comprehensive list!



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Take-Away's & Testimonials

Share:

- What is at least one major “take-away” from this course
- What are some changes you have seen in yourself or your relationships and/or what results have you gotten?
- Would you like ongoing support applying what you’ve learned? What? When? How?



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International Training Insittute, LLC**

P.O. Box 343

Springboro, OH 45066

937-748-4541

www.RelationshipToolshop.com

RelationshipToolshop@gmail.com



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