

STEPPING INTO SELF LOVE

MODULE 4 *You Say What?*

You have identified your top ten areas of concern; you have expanded on them – now lets transform them into the positive.

Remember energy goes here attentions flows – so if we keep repeating all that we don't like we will keep finding more of it in our relationship.

Lets go back to the list:

This represents the top 10 issues you have in your relationship – so it is fair to say that if these were resolved you believe that your relationship would begin to be transformed, and you believe it would become a happier place to hang out with your partner.

So lets get transforming:

Take each paragraph, which is created using your own words, and ask the following questions:

- 1. If this wasn't happening how would my relationship look?*
- 2. What would be happening instead?*
- 3. How would my relationship look if this was not happening?*
- 4. How would I be feeling/what would I be saying?*
- 5. How would we be communicating?*
- 6. On a scale of 1 – 10 how much do I believe this particular area is affecting my relationship?*

(Make sure you watch the video to get some ideas on how to create this shift.

Work through each of your paragraphs asking yourself the same questions until you have a completed the list.

**This course is made up of 7 modules to be accessed when you have completed the previous one.*

There are no correct timescales – this is your journey and you will know when you have truly completed each module.

email: allison@allisonreiner.com