

THE BUSINESS OF

*Being in
Love*

DAUNE THOMPSON

ideserveitnow.com

Copyright Open Mind Consulting LLC

The Business of Being in Love

Merging Two Hearts into One Vision

Why do 80-90% of couples not last? TRUTH... they don't know who they are independently. So, speaking truthfully to another is challenging when you don't know what to tell them about yourself. Our true nature is connection, but we are taught disconnection - from our true selves. We are experiencing an all-time high of emotional and spiritual poverty in our world. The Age of Aquarius is upon us helping us to reset connections during these disconnected times, but we have to reset our long-held beliefs about partnership to do that. We are now waking up and realizing we want both independence and connection, but we are dazed and confused on how the heck that will ever work.

Chapter 1: The Commitment Crisis

There are many fish in the sea, and it only requires a fishing pole to access them, which we have. The sea is right at our fingertips with a simple left or right swipe away: Bumble, Tinder, Hinge, Facebook, Instagram. Take your pick. With the fast food delivery style of ordering up a human being, we have become **technological train wrecks!**

Is technology creating a divide in your relationships? Have Facebook, Twitter, Snapchat, email, cellphones, laptops, and the internet become your happy place? A growing challenge over the past decade is the abundance of technology around us. Yet, all those options haven't improved our ability to communicate. They have left us emotionally drained. The Digital Age raided barriers we haven't prepared for, resulting in relationships that have become disconnected train wrecks. Technology gives us easier access to others but makes us lazy in working on what it takes to develop a deeper connection with them.

When you use technology, are you separating yourself from the people sitting right in front of you who yearn to connect with you? As connected as society is through technology, we've gone to the opposite end of the emotional connection spectrum. Technology is like an unseen veil getting thicker and separating us from truly connecting with others. While we're texting and emailing at hyper speed, we're forgetting the reason we want to connect.

We need to feel another's heart and soul. Passion is lost in cyberspace.

Relationships are now found in the digital candy store. If we don't like this flavor (as presented by the sales rep, also known as the person we meet during the initial dating stages), we can easily taste a new one for a short while. We rarely give the person time to evolve into a taste we might like. Technology has granted everyone access to dating but in a way that we don't have to get vulnerable and real with another human being when face-to-face.

Almost nothing seen on social media is authentic until we're faced with the other person's dark side and insecurities. The sales rep is nothing more than a piece of digital candy filling a need for something sweet in the moment. We're unaware that what we're searching for is the sweetest part of a person — their heart and soul, which is rarely revealed through their social media. Instead of being truthful with others, we sell them a grand version of who we want them to see. We give others the storybook version we've created rather than the authentic version of us.

Can technology support a relationship? Yes, a cellphone is ideal, but in building a relationship, it should only be used to talk. Use the tools it offers, such as Facetime, which engage two of the senses we've forgotten to use in our relationships. Our phones engage us in seeing and hearing those we love. Use texts and emails for the fluff, but don't rely on them as a primary source of connection. You'll be disappointed every time. If you're truly looking for love and healthy relationships, do you want a superficial candy-store partner or a deeply connected partner? It's time to come clean and realize who you are and what you really want.

We bombard ourselves with stimuli and input, yet we wonder why we're miserable and dissatisfied and not committing. We wonder why nothing lasts and everything feels a little hopeless. It is because we have stopped committing to see our own lives for what they are, instead of what they aren't. We have stopped committing to growing our confidence within so that no form of communication can trip us up when we are making connections.

3 T's to Determine Your Level of COMMITMENT

THINGS: What type of relationship do you really want?

THOUGHTS: What must you believe about yourself to magnetically attract the right person effortlessly?

TRUTH: Does your TRUTH change when you think about committing to another?

Chapter 2: Talking. Is It That Easy?

How are you?

A simple question like “How was your day” makes all the difference. Yet, we neglect to see the simple solution to most conflict is to ask another “How are you?” and mean it. Not, what you believe and then crush them, but truthfully ask: “How are you?”

Do you want respect or attention?

We command respect when we show compassion for others. Attention is simply a show that ends immediately.

What is happening to us?

We have stepped into a time when we have the least amount of self-responsibility and the highest level of judgment and irresponsible behavior. If we want to build unity, it comes from a simple task! Get to know yourself. No money necessary.

Self-Awareness

The term conscious, or self-aware, is used to describe a person who is fully aware of his or her thoughts, feelings, perceptions, beliefs, and opinions. Someone who can stand in his or her truth and not be afraid to express the soul – who they are at the core. They aren't afraid of their masculine or feminine energy and work to find balance in both.

This is where many have stopped evolving. People have lost awareness of who they are and how their presence affects others. People have disconnected from responsibility of their own actions. They decided that if others don't behave in certain ways, then simple acts of respect and kindness are unnecessary. They've neglected looking into their own characters, evaluating whether they're acting out poorly or childishly. It's as if standards are being reduced to the lowest level. This pattern is appalling to me, given it's such a simple fix. Go within to ask yourself ...

Do I ...

Love and value myself?

Have confidence?

Respect where others are in their journeys?

Take responsibility for my own life?

Create a safe environment for others to communicate?

Address my mistakes and find solutions?

Stay true to my word?

Welcome constructive criticism?

If these aren't qualities you possess, it's OK. This is why you're trying to make a mental shift in how conscious you are. Simple awareness is the first step.

Start with these questions. Write your answers down to see where your awareness is right now:

1. What's my current self-awareness on a scale of 1 to 10?
2. What qualities do I exhibit, or am I even aware of the impact I have, when I walk into a room?
3. What energy do I give off when others are around me?
4. Am I aware of how I make others feel?
5. Am I aware of the impact I have on everyone I meet?

Self-awareness changes the climate in every environment. It gives you power to change, improve, and connect to any person or group at any moment. Influencing others is impossible until you're aware of how you affect them, so deciding what you want and how you want to appear to others is crucial to your internal confidence. Find out whether you're making that impact. Become aware of how others feel after they meet you. You'll increase your ability to make meaningful relationships by making yourself more loving, kind, understanding, compassionate, and respectful. It happens simply by becoming self-aware. Do you want healthier relationships? Quit reviewing others and start self-reviewing today.

3 T's to TALKING

THINGS: What do I talk about most?

THOUGHTS: What beliefs do I associate with communicating? *(i.e. If I speak my truth, they will think it's about them, If I say what I want, they won't understand. If they know my truth, they will leave.)*

TRUTH: Are you confident speaking your TRUTH, or do you need others to change their truth for you?

Chapter 3: The Rules of Love

When love arrives, it is essential that you cherish it! Don't throw it away because you're paranoid. Whatever you accept, you will get. In other words, whatever love we think that we deserve is the kind of love that will find us. Love is like a mirror. It will show us who we are if we allow it to. Realize that only we can make ourselves happy. It is not the other person's responsibility. It's important that you each learn from your past and grow from them. Don't use your pasts as an excuse to try and change one another. Growing is not manipulating. Listen to one another, and communicate openly and honestly without judgement. Listening allows for acceptance and forgiveness. Open the door for honest criticism that can be used to make changes where they're necessary.

The moment you release your control is the moment everything becomes easier. When it comes to love, the aim should never be power or dominance over one another. Rather, look for balance. It's okay to admit when you are wrong. Although disagreement and differences are a healthy part of any relationship, you must not let drama overtake the love. Hurtful words never helped anyone, and you should not want to punish the ones you love. Mind games and comparisons never helped anyone either, so don't start now. Leave the past where it belongs, and live in the present where your love really matters.

Although times may get tough, you can expect them, it is essential that you support one another and are never too busy to give each other love and respect. Remember, you may not like your partner's challenging situation, but it's his or her journey and you can only support and encourage them. That's it. Space may be needed here and there in order to grow to your fullest potential, but don't waste your energy on any negativity. Disagreements are how we learn to communicate and grow intimately and emotionally. Trust is not built from easy times, trust is built brick by brick and consists of careful discussions on topics that often scare the crap out of us. Never leave challenges open-ended. It's a commitment to closure that builds trust. Falling asleep after a fight should never happen. This disconnection leaves the door open to despair and kicks positive change out. If a discussion requires talking until three in the morning, then do it.

Just being there for the other person can make all the difference between healthy and toxic love. Have fun, laugh, and play a lot! One thing I have found in healthy relationships is they are not afraid to be mushy, embarrassed, and laugh together. Even at the hard stuff. It's ok to laugh it off, and lavish your partner with kindness and affection. Remember, we are in an emotional poverty, and the only way out is to express your emotions more. Not to become the victim, but to become emotionally available and capable of respecting your partner's emotions as well as your own.

There is absolutely nothing wrong with frequent compliments or being each other's best friends. You should want to discover one another with romantic acts such as walking together, cooking together, picnics, or sleeping under the stars. Do at least one romantic gesture every day, and don't fear showing your love, no matter what form that may take. A sweet text, note on the mirror, coffee in bed, or just an "I Love You" more than once per week. Remain grateful for one another, no matter how long you've been together. Everyone changes, even you. Remain committed, and don't be afraid to surrender to your feelings.

3 T's to the Rules of LOVE

THINGS: What is non-negotiable during disagreements?

Silent Treatment, Yelling, Abandoning the discussion, or Aggression.

THOUGHTS: List your rules about respecting your vulnerable feelings.

Ex: (don't kick your partner when they're down. Don't use your partner's feelings against them. Allow their feelings to be theirs...no fixing! Just respect them, and believe in them to dust off and get back up.)

TRUTH: Can you speak your TRUTH without expecting your partner to fix you. Can you ask for your needs to be met and not feel guilty for it?

(You didn't feel guilty about living your truth before you met them and shouldn't ever feel guilty living your truth with them in it.)

(Read EU & Sonar chapters: Balls –Building Balanced Relationships to learn your personal love rules.)

Chapter 4: Habits

You may be in a relationship, but it's not the kind of life or partnership you want. This is due to habits that we all adopt throughout our lives. In order to make a change, you must wake up and realize what those habits are.

I have clients who say they get it and put in the effort, then go out the door only to return to those same old habits.

Ask yourself:

What are you in the habit of attracting when it comes to relationships?

Do you exhibit masculine or feminine traits?

Do you know how to flow with both?

Do you know how to give and receive?

I've been relationship coaching for 20 years, and one thing I have found to be consistently helpful are two people who are committed to not only the relationship but to growing themselves as individuals. That means growing your commitment to what your partner needs as well as what you need. Owning that they can't make you happy, but you can do four things to improve your chances of building a stronger emotional connection.

Those four things are:

1. Apologizing no matter who is wrong.
2. Commit to learning what you need to feel loved.
3. Commit to self-awareness
4. Commit to a vision both of you can agree on.

When you are committed to a final vision no matter what bumps or boulders arise in the road, you will continue to grow your emotional connection with each other. A lack of vision together is the reason we are all still searching for an emotional safe space with another person. It's the reason I suggest all couples stop loving your partner your way, until you learn what healthy love really is.

If either of you didn't learn healthy love growing up, then building healthy love will be challenging. You're giving your partner conditions. This spells catastrophe for sure. Conscious love is awake and aware of your part in the vision. Zombie love is sleep walking to old bad love habits and repeating unproductive, unkind, unloving behavior.

Do you want consciousness love or zombie love?

Your success in life has direct correlation to your relationships. Do they bring out your superpowers or make you powerless?

3 T's to Learn Healthy HABITS

THINGS: What type of relationship do you keep attracting? *(Love, Work or Friends)*

THOUGHTS: What unhealthy love habit did you learn from your parents?

TRUTH: Do you want to let go of a habit you know is blocking healthy love?

(Design a relationship vision with Marriage Mission tool on my website.)

Chapter 5: Three Tools That Create Respect

Three C's are essential to teach couples to speak TRUTH. Have weekly discussions on what's on your mind, your schedule, or your heart:

1. Creativity - Write it
2. Curiosity - Invite it
3. Commitment - Own it

Stop glamourizing love! It's not a fairytale. In every successful relationship, the work is done before you start. Clear your control issues, and stop trying to fix your partner. If you can't speak your truth, you won't get your needs met. You are 100% responsible for your own needs. You are 100% responsible for expressing your own TRUTH.

Marriage is not dead but the white picket fence is. Asking the question "why" more often is so important. Avoiding the truth on potentially challenging topics is why relationships are doomed. What isn't being discussed is more important than what is. You must decide if you will address, avoid, or attack the problem. Are you battling and looking for ways to take your partner down, or are you yourself searching for ways to benefit from your partner's gifts and kindnesses? Do you know how to say "I'm struggling, overwhelmed and need your help to make myself see this from a better angle." Be honest. How do you express yourself? Do you use the battle or benefit mode? If it's battle mode, what does that look like? How can you use the benefits from the challenges instead?

Have difficult conversations...even if you suck at communicating. Write out your feelings. This one is the Golden RULE if you aren't good at communicating. It catapults tricky conversations to new levels between two people who really want to connect but are just struggling to get out of their unhealthy love habits.

Write it down first! Then re-read it for any vinegar-making, stinging, or sour remarks that aren't going to get you two closer but push you further away. Then send it or personally read your feelings to your partner, if you need to. Talk about you! No finger pointing. Use "I" statements. Get responsible for your inner anxiety. When you write your feelings out in the "I" form, you take responsibility for the part you play in your own life and show what you will do to improve it. Such as, *"I need more affection and I need to tell you when I need that more. I can't expect you to read my mind when I'm needing to feel connected to you more than normally."* When you speak from the "You" voice, it stops you from having responsibility for solutions and puts your partner in the reactive, or defensive mode, instead of receiving and supporting mode.

Stop trying to love your partner and start trying to understand them. Did they really let you down? Or did they just honestly forget? Is it really because they don't love you? Or do they not think about things the way you do? Did you give them the blueprint on how your user manual works? Or are they just walking on eggshells hoping to not do you wrong?

Consider your partner as your "Love Business" partner. If you had to make your company successful, what would you do? Compatibility is more important than chemistry because you have to be in this business together. If you approach your relationship with the respect that you would have in a business, you will succeed more than you will fail. You will approach important discussions like you would a weekly marketing meeting.

Each of you would be committed to make the company run with both of you trying to achieve your vision together. Your focus would become the vision and not your partner's faults. Most couples try to bring their own beliefs and sets of standard operating procedures they learned about love growing up. "This is how I learned to love," and this business of "our" love will be run my way", because I have no idea what to do if it's not "my way." If one you screws it up, you're in the dog house, even though you have no clue how to love "their" way.

This is why I suggest marriage marketing meetings. What creative ideas, can you bring that creates curiosity and commitment to your partner to stay on your agreed mission?

We rarely ask our partners for a convenient time to discuss something that is bothering us like we would at our job. We have all been there... after getting home from a long, painful, exhausting day at work, we get clobbered by our spouse with what we are or aren't doing for them. Zero courtesy and no preset time to discuss or prepare. Isn't it funny how we find ourselves giving more respect and commitment to those we work with rather than the one we want to share our heart with.

3 T's for RESPECT

THINGS: *Creativity* **Write down** what you need more of. *Curiosity* **Ask** when it would work for them to talk. *Commitment* **Commit** to owning why you're upset, and ask for solutions instead of slashing your partner emotionally

THOUGHTS: When you feel let down, can you ask yourself if you were clear about your needs or are you diluting your words?

TRUTH: No one knows your TRUTH better than you.

(If you want to fish, relax, nap, exercise, work, hang with friends, have sex, read, etc.... say it!)

Chapter 6: Want a Partner Map? Ask Questions...

How was love expressed in your childhood?

If you were a survivor of abuse, how have you done your healing work?

If addiction was present in your family, how has it impacted you?

How do you want your relationship to mirror that of your parents, and how do you want it to differ?

If someone disagrees with you, how do you face it?

When things don't go the way you want, how do you handle disappointment?

How do you express emotion, most especially anger?

What was the best thing that ever happened in your life?

What was the worst thing that ever happened in your life?

How do you deal with change?

What brings you joy and satisfaction?

What are your values—particularly social?

How do you take care of yourself physically, emotionally, mentally, and spiritually?

What is your take on child raising when it comes to discipline and consequences?

How do you face loss?

When the inevitable dark nights of the soul occur, what sustains you until the morning comes?

What are your spiritual beliefs? (For some who see themselves as atheist or agnostic, what enlightens and enlivens you, and from where do you get your sustenance?)

Let's talk about our sexual desires, experiences, and needs.

I am a big believer in full disclosure; knowing that there is a difference between secrecy and privacy.

Chapter 7: Final Notes

Simply said, love is a business two people decide to make successful or a hot mess. This business can make you feel like a superhero or implode every aspect of your life financially, emotionally, physically, and spiritually.

So, it would seem beneficial to look for partners, or present to a current partner a business proposal which consists of two people open and willing to add very simple tools to their personal tool box.

When their “Love Business” gets rocky, and it will, we can grow by having meetings that utilize these simple tools.

Run a self-check and watch your “Love Business” explode with productivity.

Simple Vision Steps:

- Curious not Curt Communication
- Hatchet old Habits
- Respect Regulations
- Self-Awareness – Know Thyself.
- Forging Forward to an Agreed Vision at all times.

As I suggest to all my couples, use the relationship Toolbox on my website to guide you through 12 tools you can add to your own toolbox. Do the work before the fights and you will become a power couple in the business of love.

Wishing you Great Love,

Daune

Copyright © 2020 by Daune Thompson

idi coaching does not dispense medical advice or prescribe the use of any technique as a form of treatment for physical or medical problems without the advice of a physician, either directly or indirectly. The intent of idi coaching/training is only to offer information of a general nature to help you in your quest for emotional and spiritual well-being. In the event you use idi coaching principles for yourself, the owners of idi coaching (Open Mind Consulting) assume no responsibility for your actions.

All rights reserved. No part of this book may be in any form or by any means without the prior written consent of the author or publisher.

Also by Daune Thompson

∞

Balls:

Building Balanced Relationships

Drama Detox:

Stop Self Sabotage Before It Stops You

I Deserve It Dream Book:

Adults Edition

I Deserve It:

Speaking, Training & Coaching

For information about Daune's speaking engagements, seminars or other idi motivational materials, please contact Daune Thompson at:

www.ideserveitnow.com

info@ideserveitnow.com