

Stephanie McWilliams presents . . .

Unstoppable You[®] Inner Circle

For Women Destined to Change the World.

**FEBRUARY
2015:
The Truth
About Real
Love**



How to Feel True Love

In the lines below with as many answers as you wish to the following statements:

My (current or ideal) Partner should...

My (current or ideal) partner shouldn't...

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

My (ideal or current) partner is... (use adjectives to describe them - the good, bad and ugly) _____

Now rewrite the statements above, but replace "my partner" with "I" = to get your prescription for how to live a happy, fulfilled, and loving life! (And if you're not doing these to 100% for yourself yet, you may want to cut your partner some slack for not being able to do it perfectly yet, too!)

I should...

I shouldn't...

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

I am... (You can put "sometimes" after each word to soften its impact -- but until you can find, and embrace, these things within yourself your spiritual work isn't done.) _____



Your 3 Non-Negotiables

Determine the 3 things that are deal-breakers in your love relationships. Brainstorm a long list first, exploring all ideas that come to mind. Then play out various scenarios and combinations until you find your sweet-spot for what truly matters most for you. Don't rush the process - sleep on it, step away for a few days and come back to test out your top 3 traits. Make sure there aren't other traits that are MORE precious to your heart and Soul. You may be surprised by what you discover!

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

My 3 Non-Negotiables Are:

- 1. _____.
- 2. _____.
- 3. _____.

NOTES: _____



The 10 Biggest Love Lies

- 1. We believe our partner is here to fulfill us, and love us unconditionally.
- 2. We believe that war (anger, judgement, frustration, etc.) works in our relationships.
- 3. We believe we need to make our partners happy.
- 4. We believe that we always should do what our partners want.
- 5. We believe that we have to sacrifice ourselves for love.
- 6. We believe that our partner dictates our sexuality/sexual feelings.
- 7. We believe we need our partners to be a certain way in order for us to be happy (ie. neat, generous, open, sensitive, connected, happy, kind, positive, unconditional, organized, rich, handsome, tall, strong, protective, providing, etc.)
- 8. We believe we always should get what we want in love.
- 9. We believe that partnerships should be pleasant and loving all the time.
- 10. We listen to (and believe) our thoughts about our partners, love, etc.

NOTES: _____



10 Truths About Love

- 1. Only God/Source and self-love can ever truly fulfill you.
- 2. You do NOT need the love of your partner. Ever.
- 3. You are always with the perfect partner.
- 4. Love doesn't stick around for physical or emotionally abusive behavior.
- 5. Your partner NEVER dictates your happiness (and you never need your partner to be happy in order for YOU to be happy!)
- 6. It is your job to be the LOVE you wish to see in the world.
- 7. Only until there is true peace and love within yourself will war end on the planet.
- 8. Anger, war and violence can NEVER EVER bring peace or love to a situation.
- 9. Your partner is ONLY the stories you tell yourself about them (which have nothing to do with "truth".)
- 10. "Good Partners" can actually be BAD for you.

NOTES: _____



The Patterns from Your Parents

On the following pages, fill in the answers to the following questions on the left column of the page. Then in the right column list traits from your own love relationships, and experiences/feelings with potential partners. Then compare both columns. What similarities do you notice? Write your observations in the "Notes" pages at the end of this handout.

Your Mother

1. How did your mother show up in love relationships, or handle love in general?
2. What do you think your mom believed about love?
3. What did you learn from your mom about loving a partner?
4. What did love feel like to her?
5. How did she love her significant other/s?

Your Father

1. What did you learn about love from your father?
2. How did your father love your mother?
3. How did your father love you?
4. How did you feel during the most painful moments with your father?
5. What did it feel like when you did feel love from your father?
6. What was the overall dynamic with your father?

NOTES: _____
