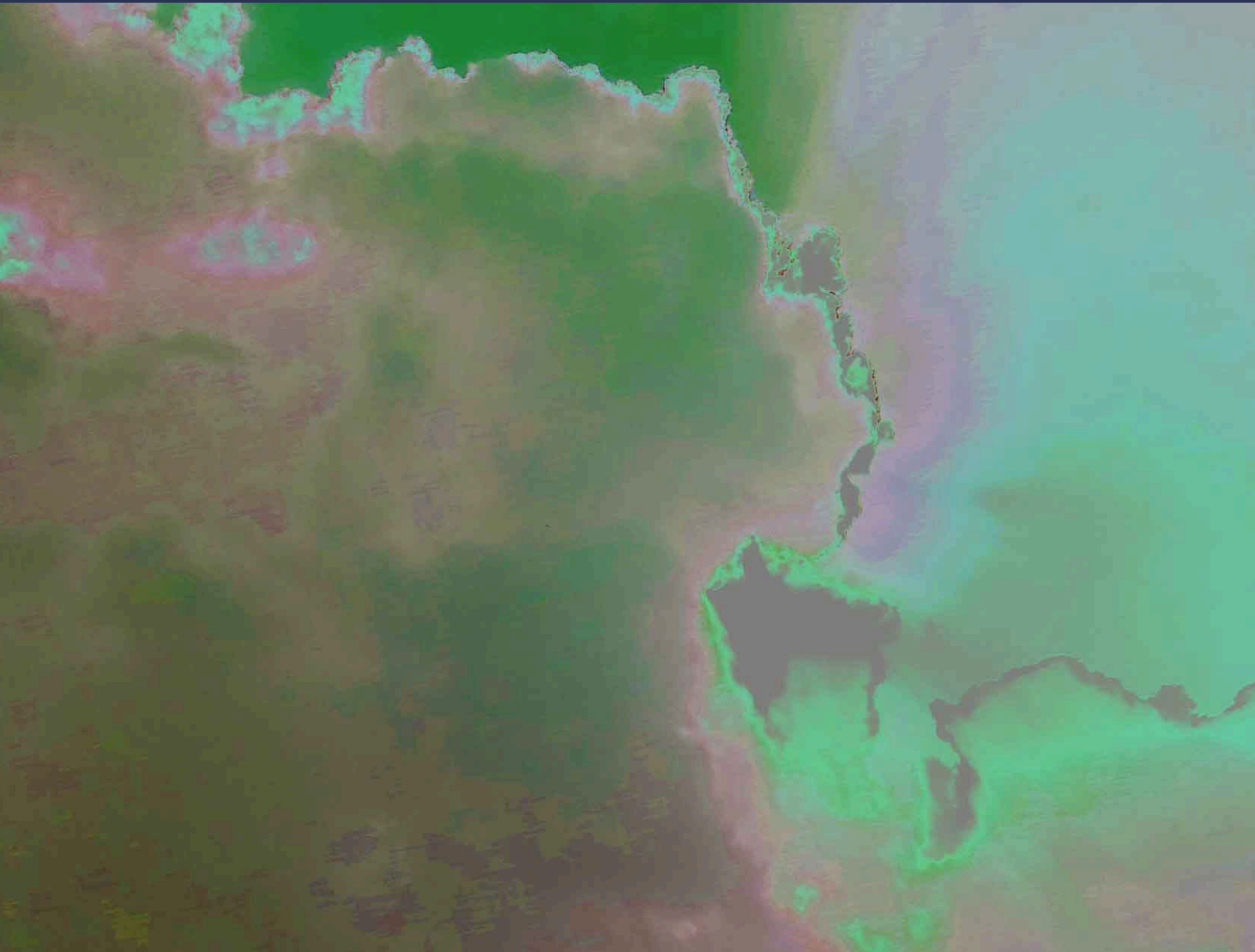


# Guiding your Relationship Deepen or Decide



Self-Directed Crisis Intervention and  
Emotional Intelligence Individuals & Couples

We are an emotional intelligence training business producing digital and paperback self-directed workbooks. Organized into seven developmental areas mirroring the developmental arc of clients in private practice. Includes an Advanced Training Series for professionals who help others.

Workbooks are concise, about 30 pages each, featuring theory, writing prompts and scripts. Use on your own, with a partner or alongside a counselor.

Our mission is to help people who experienced emotional neglect to elevate their expectations, learn skills and feel love more deeply within themselves and in their close relationships.

## How to Use

We discovered this simple ebook format without extra bells or whistles is ideal. I think you'll see it's affordable, private, self-directed and applies to a diversity of situations, whether you're in a relationship or not.

If you are currently in individual or couples counseling, you may want to start with the [Client Workbook](#).

If you need crisis intervention or emotional intelligence training for work or groups, see [Guiding Your Culture](#).

### **Ask yourself, “*How am I feeling?*”**

**Upset:** Am I starting to feel pain and want to avoid it getting worse?

**Heartache:** Am I feeling intense and unexpected heartache and I'm not sure I'll survive intact?

**Numb:** Has disappointment lingered for so long that I've become numb, I think it's “Just the way I am...” ?

**Dread:** Do I feel uneasy, or dread, but assume, “This is normal once you're past the honeymoon stage?”

**In life, there comes a time when your heart hurts.  
Feelings are our teachers.**

Throughout life as you face emotional and physical stressors, you form beliefs about yourself, others and love.

**Ask yourself, “*What is my emotional personality type?*”**

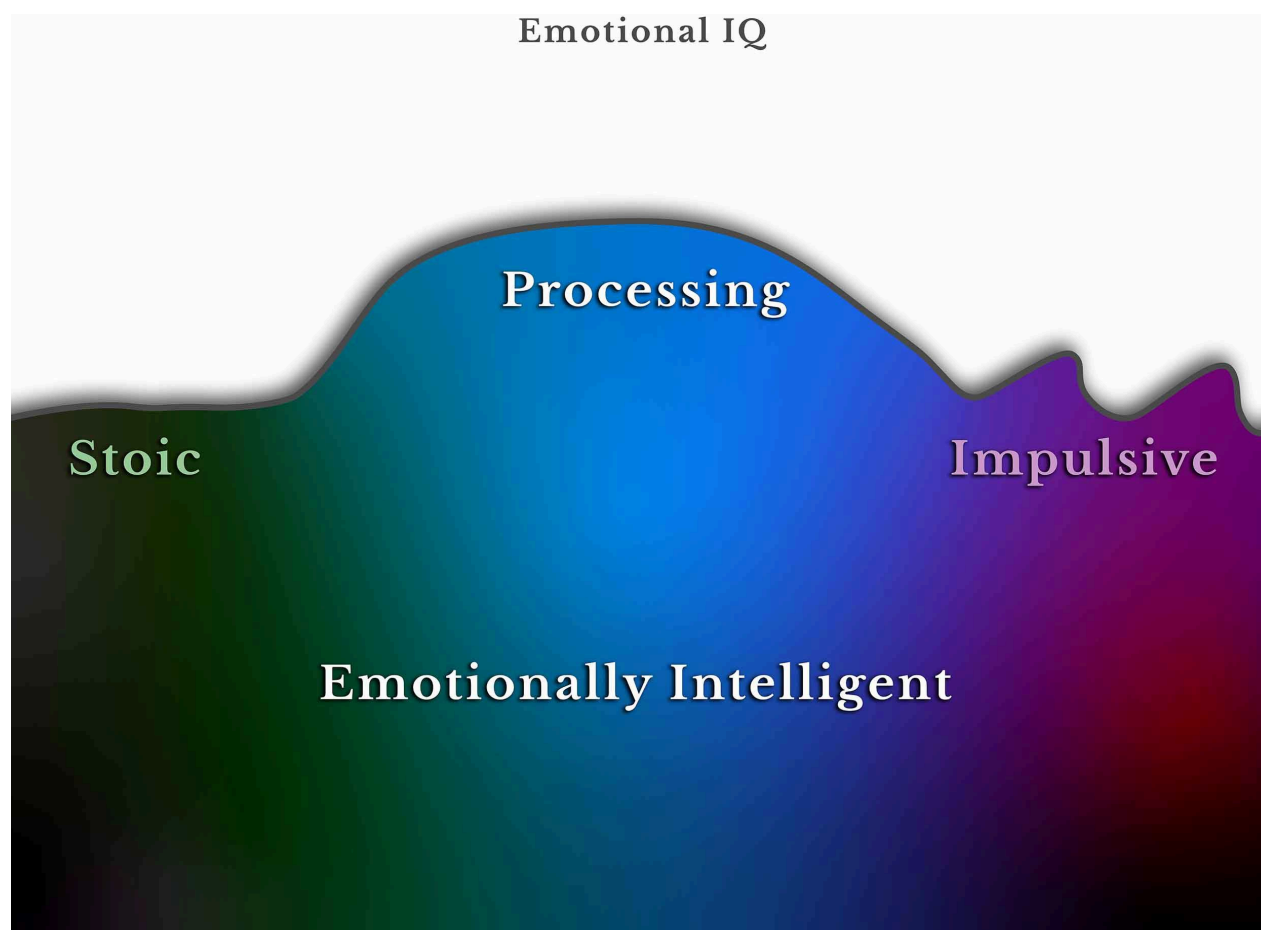
1. Am I a **Stoic type** with a high pain threshold? Do I equate determination and not complaining when in pain with having a strong character?
2. Am I an **Impulsive type**, a martyr with a low pain threshold? Do I have little ability to handle pain, believing others are interested in my suffering and I’m entitled to a pain free lifestyle?

**Stoicism** and **martyrdom** may seem opposite, but they share a common mindset. Both modes are fatalistic. Thinking that life primarily happens to you indicates that you lack **agency, a belief that you can influence outcomes.**

**Ask yourself, “*Am I emotionally intelligent?*”**

*Do I have resiliency? Curiosity about my feelings? Vulnerability when I share with others?*

**Your mindset influences how you develop your self-awareness.**



## Get started on your self-directed process

*Ask yourself, "What do I really, really want in a healthy relationship within myself and with others?"*

A lot of suffering occurs in relationships because people have little or no idea what they are entitled to expect and what constitutes high quality. You may agree, assuming beliefs such as, "All relationships are hard after a honeymoon period," or "True love is a fantasy," or, "I'm solely responsible for my own happiness."

Lack of exposure to positive models and effective tools to build a good relationship are the true barriers.

## Deepening Self Awareness

Date: \_\_\_\_\_

Step One

Accepted stories about yourself. *"This is just the way I am."*

Curiosity

Step Two

Recognizing bullies, within yourself and with others in your life. *"I deserve better."*

Decreasing Shame

Step Three

Unpacking old defensive beliefs and behaviors. *"I feel empathy for myself."*

Disarming Defenses

Step Four

Tolerating increased love from yourself and from those who care about you. *"I enjoy being loved."*

Recognizing Your Oldest Friend (me)

Internalize new story of myself.

Gaining perspective, no longer stoic or martyr identity.

Resolving trauma and shame.

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**Solid guidance is the key to answering these questions about your closest relationships:**

“What does good mean for me?”

“What’s possible?”

“How do I create it for myself?”

# Choose your self-directed training path.



## What is corework?

Ask yourself, “What’s blocking me from implementing new skills?”

Trickier, subconscious issues are often the culprit to implementing change.

You may assume, quite confidently, that procrastination, perfectionism, financial or situational constraints are to blame. Or, default to the old standard, “It’s just the way I am.”

**Start by assuming all of these reasons are wrong.**

Exploring deeper issues of “why” you’re having trouble staying consistent with positive habits is your self-directed path to find gold. As you understand yourself more, new habits and skills will stick, building a solid foundation for your ideal life.

## What is coaching?

There are lots of times you need an immediate answer, “What should I do about \_\_\_ right now?”

As humans, when we encounter something that’s stressful, confusing, or painful, we have an immediate impulse to share our story with others. When people in your life aren’t necessarily experienced or kind, sharing complicated issues with them isn’t that helpful. You may even end up feeling much worse.

**Start by being a good friend to yourself by directing yourself using trustworthy advice.**

Workbooks are designed for you to do as much or as little as you want, it’s all good. There’s no incentive if you accomplish more or less -- we don’t care. It’s totally up to your own judgement about what you need.

# Coaching: Next Steps

## Coaching

Download the first book in your developmental area of focus.

Continue with other titles, as needs arise or via an immersive or focused training program.

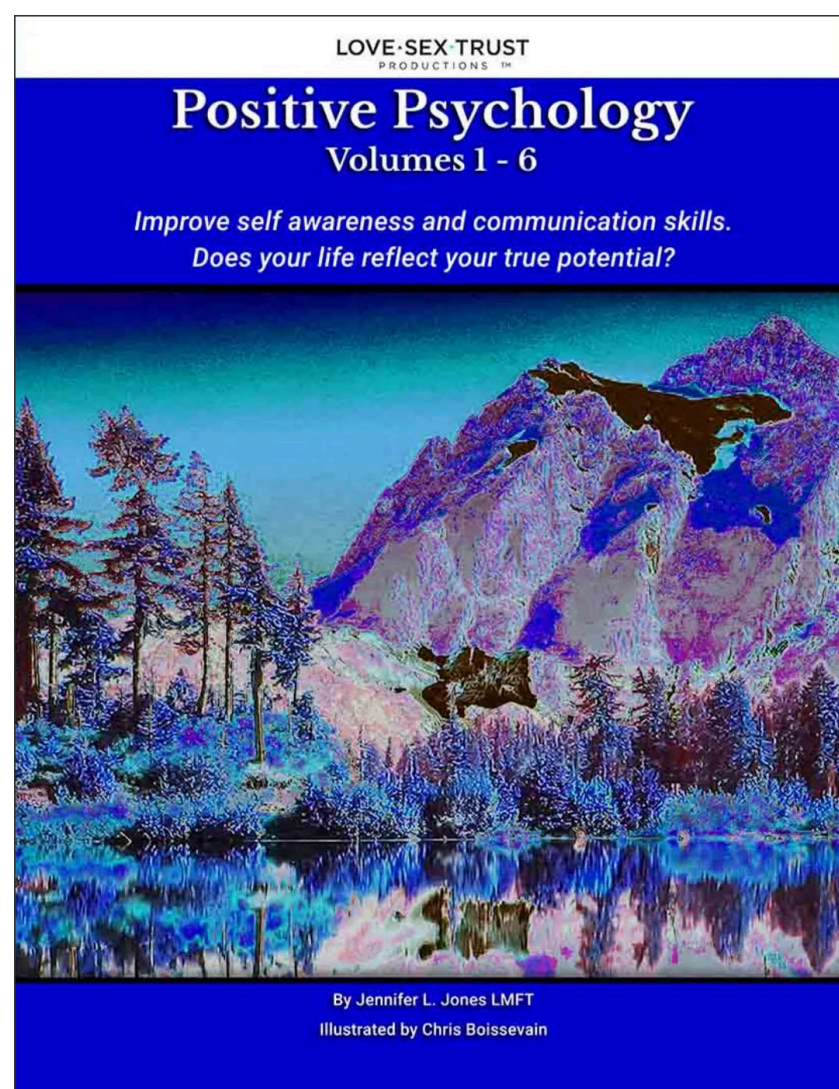
Complete the worksheet on your own, with a partner or helping professional.

Estimated time, 2.5 hours

## Build Skills

Develop and hone concrete skills in communication, goal setting, emotional regulation, leadership training, empathy building, trauma recovery, sexual empowerment.

Comes with a free PDF workbook and quiz to find your profile in 6 areas of emotional IQ.



# Corework: Next Steps

## Corework

Start your first entry in the JOURNAL.

Take your Rate My Emotional IQ Quiz.

Purchase all the developmental series paperbacks, or start with your most immediate developmental area of focus.

Use Getting What I Want and Tracking Myself in Positive Psychology. Plot a self-directed training schedule that's immersive, focused or as needed.

Estimated time, 20 minutes

*Are you or your partner reacting by saying, "I don't know what I'm supposed to do with all of this?"*

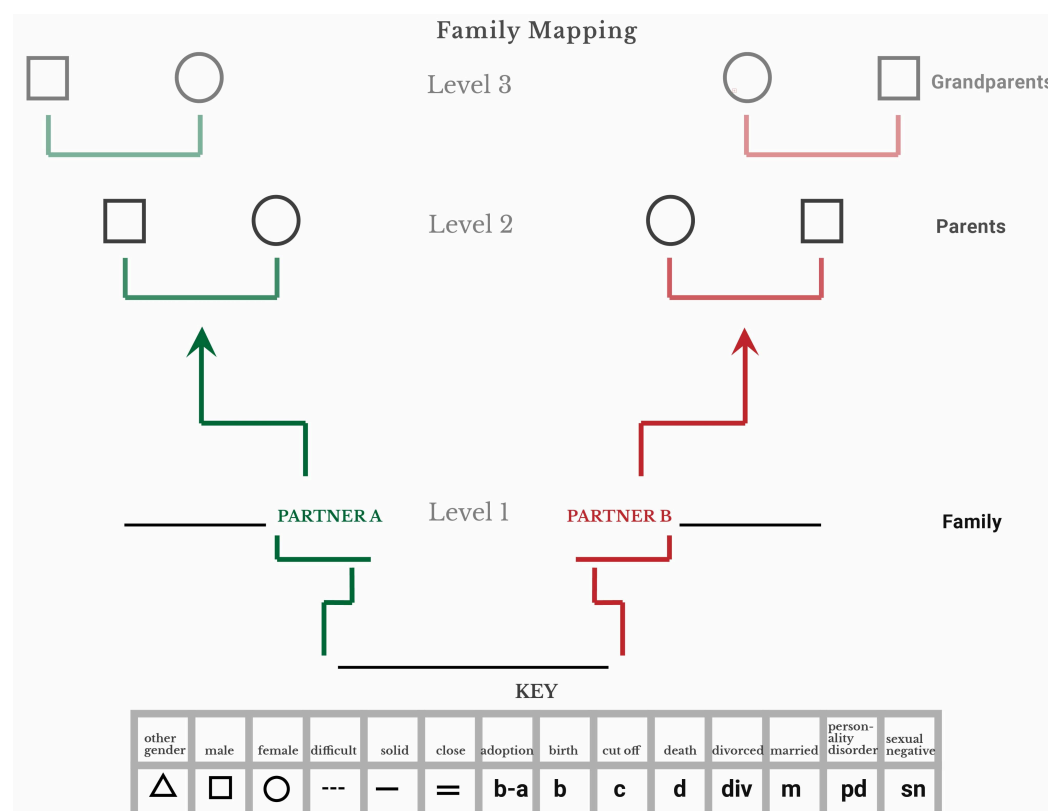
Take a breath, ask yourself instead, "What feelings are being elicited as I think about this topic?"

## Step One: Exposition

Identify core, subconscious beliefs that started in childhood that underlie your subconscious motivations in adulthood.

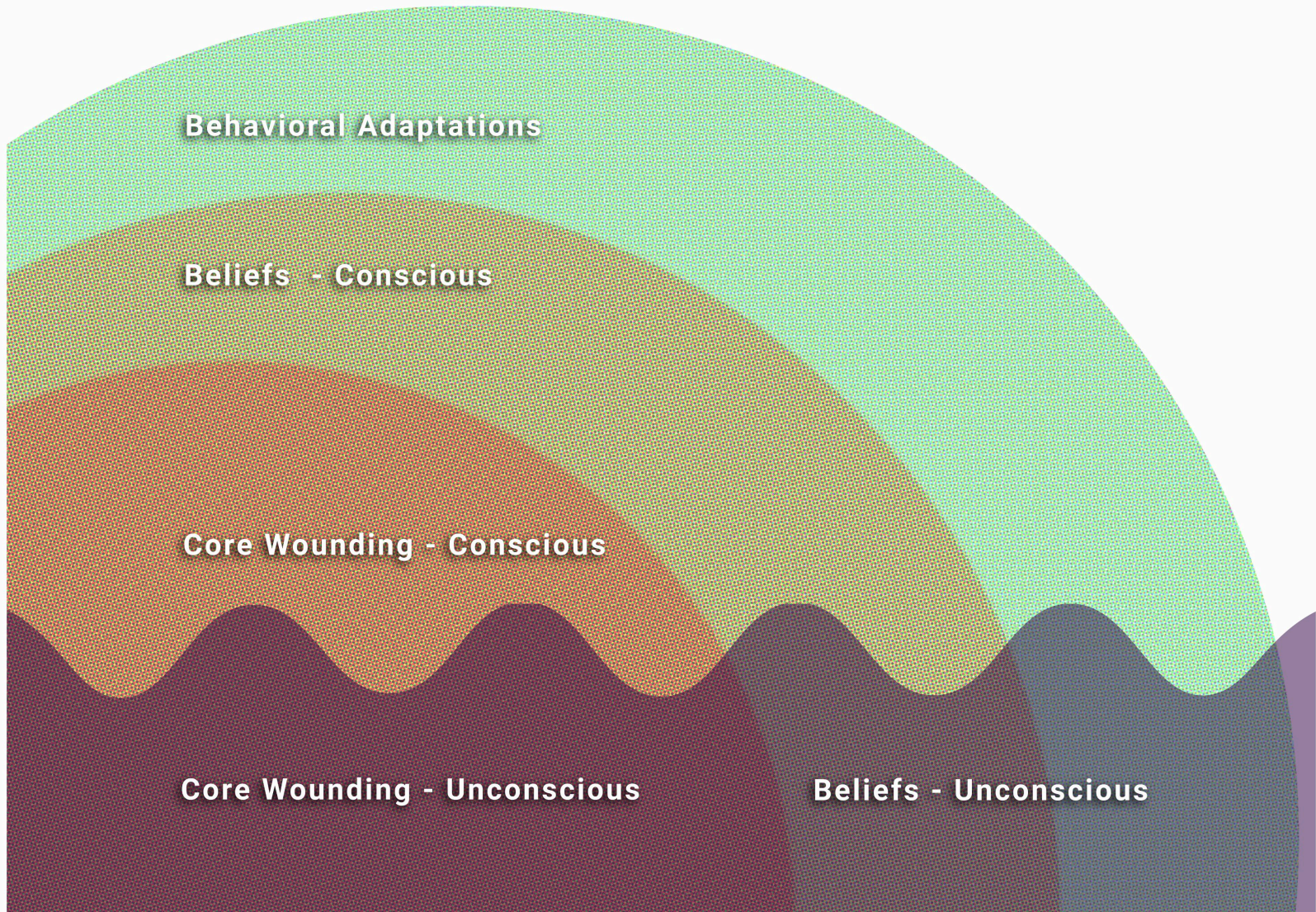
**Read** Interpreting Trauma Responses and Negative Habits.

Illustrations are available in Developmental Series paperbacks and digital workbooks.



# Adaptations

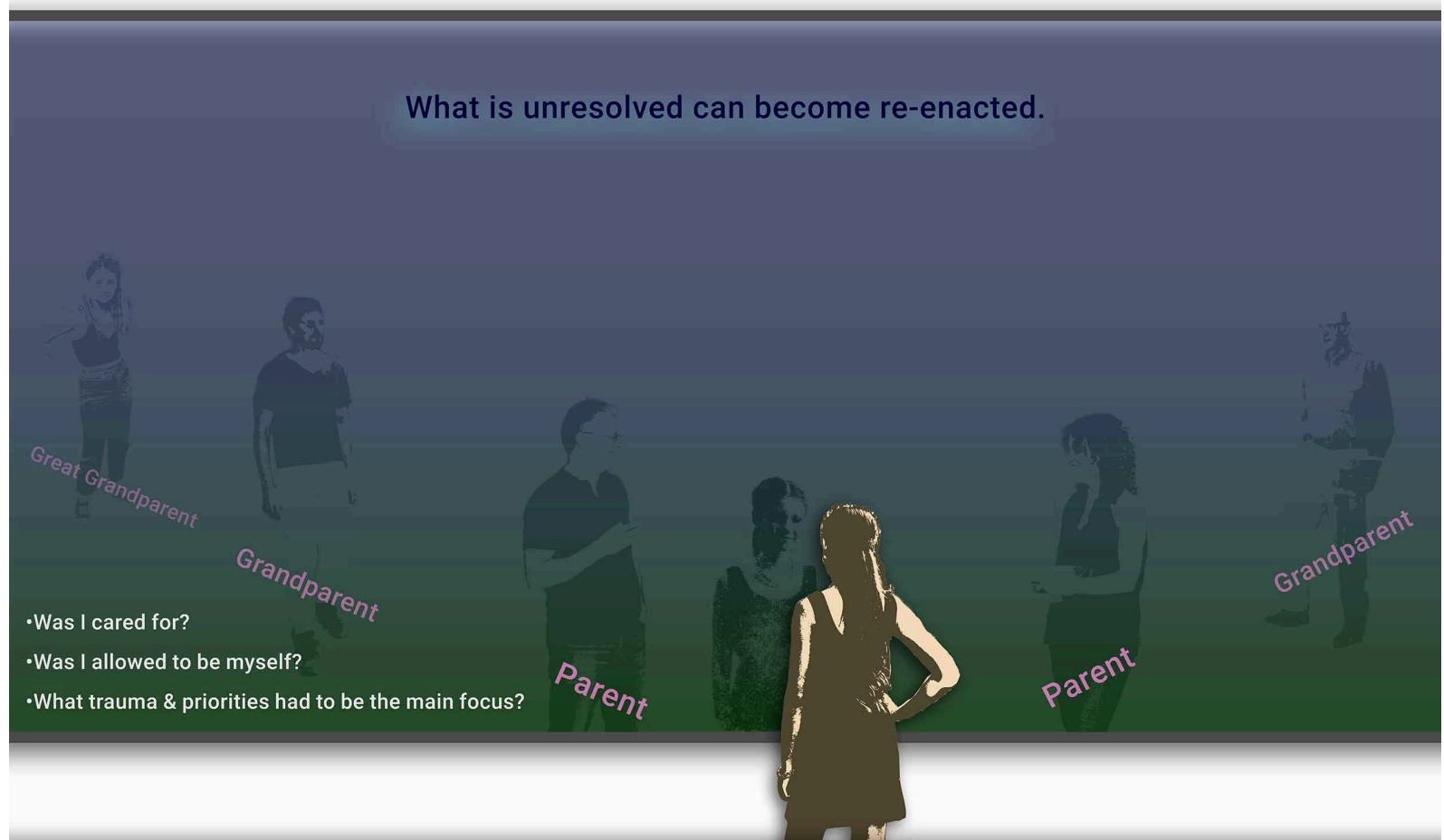
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## Unresolved Intergenerational Adaptations

What is unresolved can become re-enacted.



- Was I cared for?
- Was I allowed to be myself?
- What trauma & priorities had to be the main focus?

*There's a larger story about my issues.*

## Historical & Preferred Beliefs

| Historical  | Preferred, Ideal Beliefs   |
|---|--|
| <p><b>Childhood Core Wound:</b></p> <p><b>Child Beliefs (Conscious/Unconscious):</b></p> <p><b>Child Beliefs Resiliency:</b></p>  | <p>For example, "I was confused before because of life experiences that I encoded based on my ability to understand at that time. I can update my filing system now with more accurate information. It may take a minute before it's second nature, but I can believe: _____."</p> |
| <p><b>Primary Defense Mechanisms: HIDE, APPEASE, FLEE</b><br/> <i>Fight (Assert), Flight, (Avoid, Hide, Dissociate), Fawn (Coach/Parent), are all primary defense mechanisms.</i></p> | <p><b>Primary Strategies:</b></p>  |

## Understanding Adaptations, Habits and Default Mindsets

Explore how you historically adapted to difficult situations, which reinforced your abilities to cope with disappointment, leading to lower expectations about what you think you could expect from yourself, others, love, monogamous relationships.

**Defenses Inventory**      Date: \_\_\_\_\_

**Defense Mechanisms**

**When do I rely on this?**

**What age did I develop this tactic?**

**Who did I learn it from?**

**Why did I need it?**

**Appreciating Defenses** (writing to yourself and/or to your partner's defenses)

*Dear Defense Mechanisms* (writing prompts)

Thank you for \_\_\_\_\_

You started at \_\_\_\_\_ time in my life.

I understand why you are \_\_\_\_\_  
(trying to protect me)

If I didn't have you in my past \_\_\_\_\_ might have happened.

I appreciate \_\_\_\_\_ about you.

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When you have early caregivers who are inconsistent at or unwilling to express approval of you, it creates anxiety. You start **striving** to overcome this anxiety, performing in a way you think will please others, less by your desire to freely express yourself.

When your actions don't elicit the approval you need, you feel you've failed. **This Shame and Redemption Cycle** becomes a habitual feedback loop.

This cycle—which you may have been experiencing your whole life—keeps you more emotionally distanced from others. Your focus is on protecting yourself from perceived criticisms, rather than on being vulnerable and open.

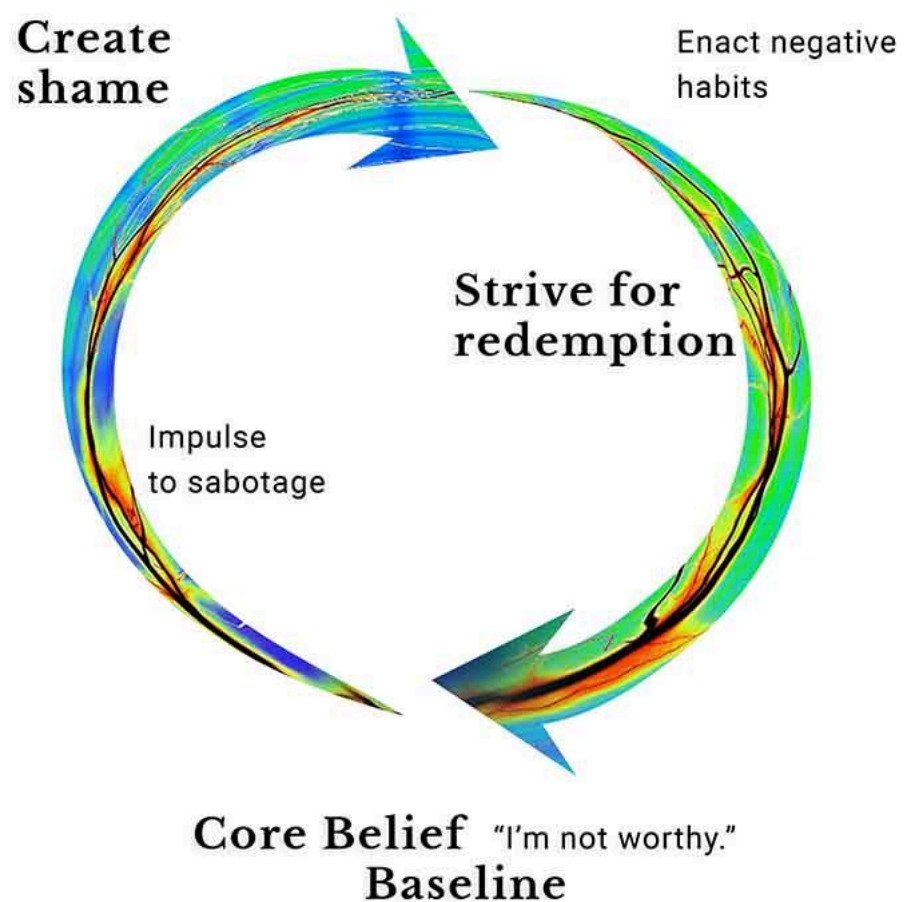
It dilutes **intimacy** with others--meaning how much you allow others to love you and get close-- and how much you can be interdependent with them.

## Step Two: Grief Consolidation

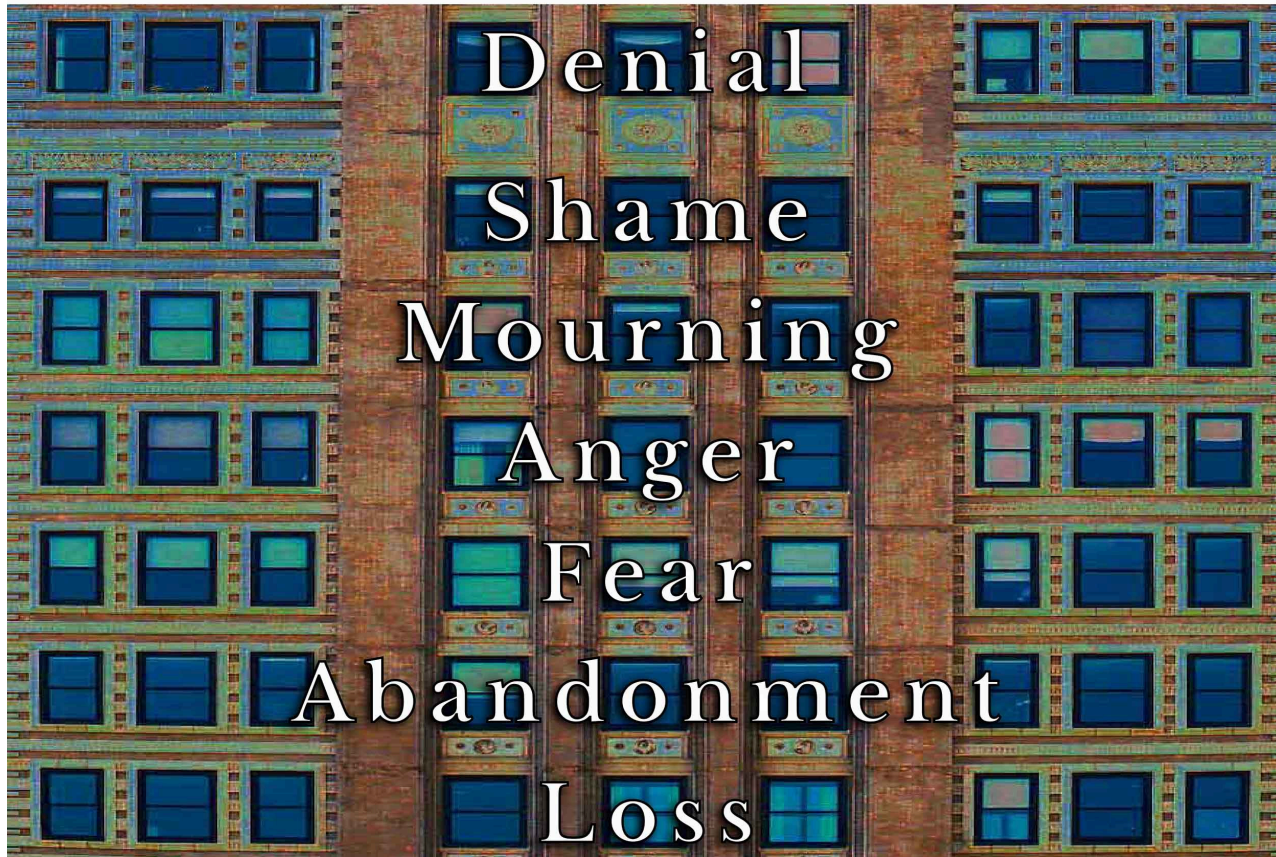
**Read** series Feeling Grief, Loss, Anger (or individual ebook titles: Resolving Abandonment, Retrieving My Childhood Self).

**Create** a chronological **Loss History**, including significant events and accompanying beliefs about yourself, trust, love. If this is hard to do on your own, ask a partner you trust to interview you. Start with childhood, continue with romantic relationships.

**Rate on a scale from 1-10:** how emotionally difficult the event was, noting who helped you or didn't help you process emotions, how you coped with emotions, how you acted out or internalized accompanying emotions.



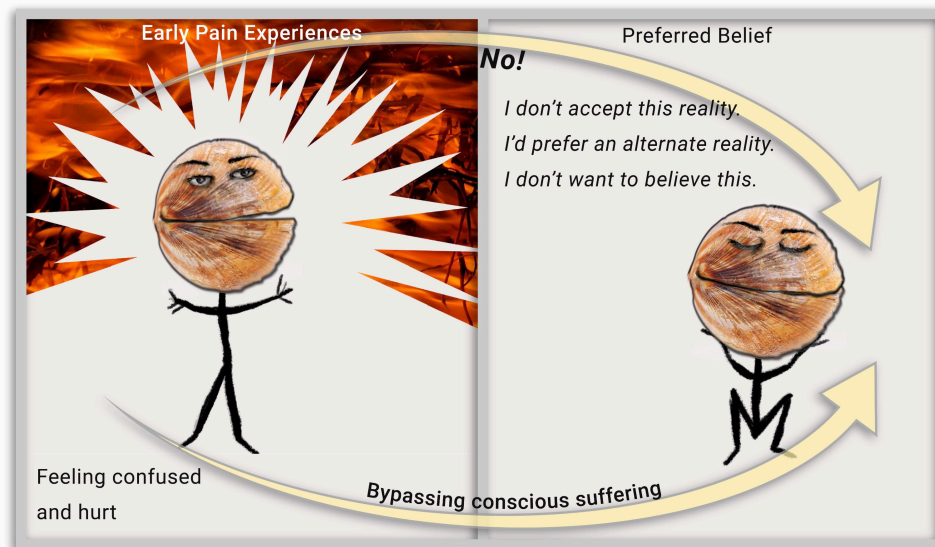
# House of Grief



## Untangling the Knot of Abandonment



## Building Denial as Defense



### Confronting Denial

If I believe it, then I am \_\_\_\_\_ . If I believe it, (the person) \_\_\_\_\_ is \_\_\_\_\_ .

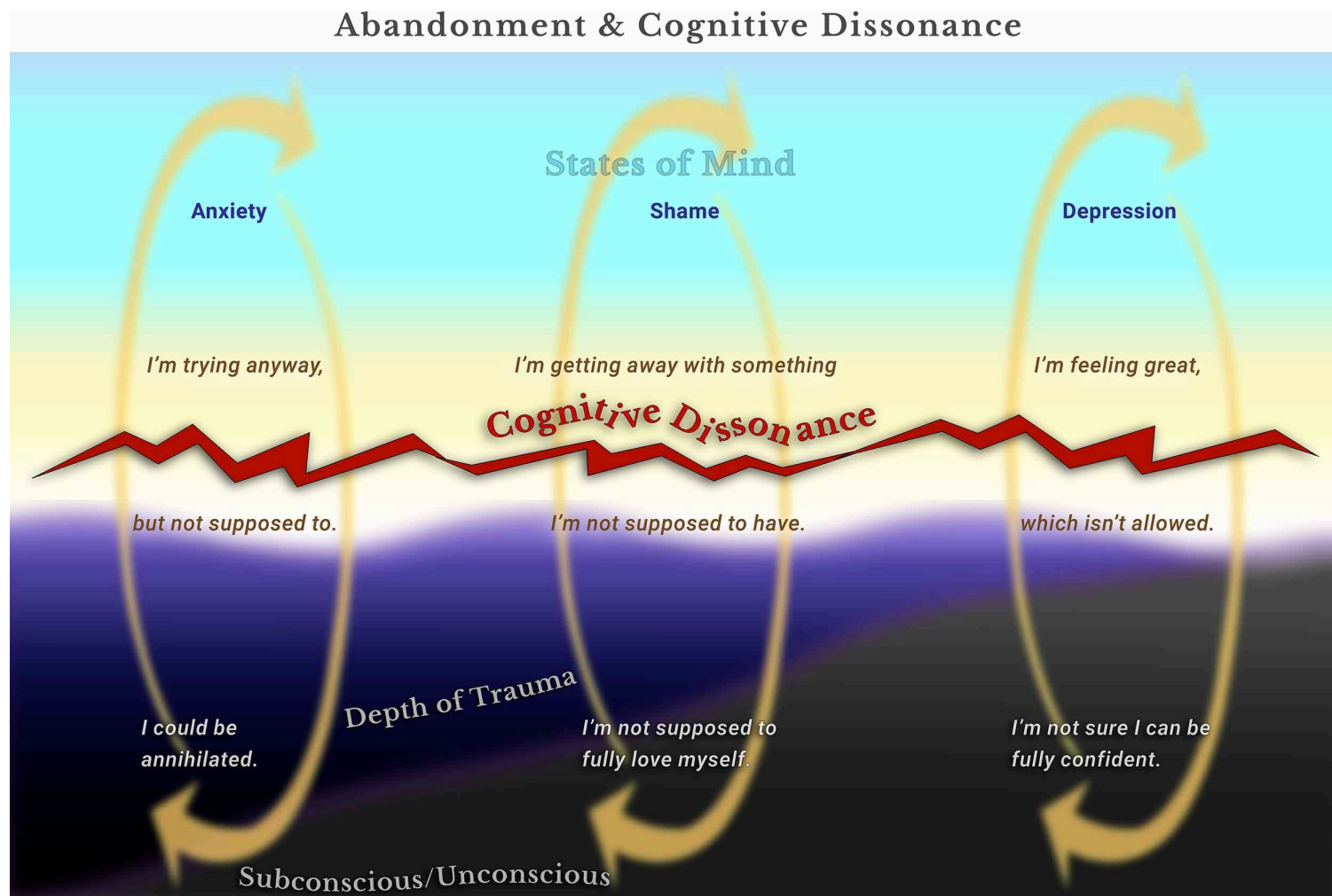
If I admit it won't change, then I am \_\_\_\_\_ and (the person) is \_\_\_\_\_ .

### Telling Myself the Truth

Pros

Cons

See how you projected beliefs subconsciously into present situations. These become your default assumptions and interpretations, wired into your nervous system.



### Relationship Perceptual Filters

Date: \_\_\_\_\_

PARTNER A \_\_\_\_\_                      PARTNER B \_\_\_\_\_

| Beliefs<br>Current Relationship   | Bonding and Conflict Themes  | Beliefs<br>Current Relationship  |  |  |  |   |         |          |  |  |
|---|--|--|--|--|--|---|---------|----------|--|--|
| <input type="checkbox"/> CONFIRMED<br><input type="checkbox"/> CHALLENGED<br>Self: "I am _____"<br>Others: "You are likely to _____"<br>Love: "I expect _____"  | <div style="border: 1px solid black; height: 100px; width: 100%;"></div> | <input type="checkbox"/> CONFIRMED<br><input type="checkbox"/> CHALLENGED<br>Self: "I am _____"<br>Others: "You are likely to _____"<br>Love: "I expect _____" |  |  |  |   |         |          |  |  |
| <b>Past Relationships</b><br><table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; text-align: center;">Bonding</td> <td style="width: 50%; text-align: center;">Conflict</td> </tr> <tr> <td style="height: 100px;"></td> <td style="height: 100px;"></td> </tr> </table> | Bonding  | Conflict   |  |  | <div style="border: 1px solid black; height: 100px; width: 100%;"></div> | <b>Past Relationships</b><br><table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; text-align: center;">Bonding</td> <td style="width: 50%; text-align: center;">Conflict</td> </tr> <tr> <td style="height: 100px;"></td> <td style="height: 100px;"></td> </tr> </table> | Bonding | Conflict |  |  |
| Bonding   | Conflict   |  |  |  |  |   |         |          |  |  |
|   |  |  |  |  |  |   |         |          |  |  |
| Bonding   | Conflict   |  |  |  |  |   |         |          |  |  |
|   |  |  |  |  |  |   |         |          |  |  |
| <b>Family of Origin</b><br><table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; text-align: center;">Bonding</td> <td style="width: 50%; text-align: center;">Conflict</td> </tr> <tr> <td style="height: 100px;"></td> <td style="height: 100px;"></td> </tr> </table>   | Bonding  | Conflict   |  |  | <div style="border: 1px solid black; height: 100px; width: 100%;"></div> | <b>Family of Origin</b><br><table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; text-align: center;">Bonding</td> <td style="width: 50%; text-align: center;">Conflict</td> </tr> <tr> <td style="height: 100px;"></td> <td style="height: 100px;"></td> </tr> </table>   | Bonding | Conflict |  |  |
| Bonding   | Conflict   |  |  |  |  |   |         |          |  |  |
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| Bonding   | Conflict   |  |  |  |  |   |         |          |  |  |
|   |  |  |  |  |  |   |         |          |  |  |

# Writing Letters to Process Grief

Interview your younger self and respond in letter form. Letters aren't to share with the person, rather for you to speak aloud your deeper, true feelings, first to yourself.

## Dear younger self,

This \_\_ happened to you. You made this belief \_\_ about yourself, the others, love, sex, (whatever the issue was). This belief impacted your \_\_ (negative or positive) beliefs about your \_\_ (identity, my role with others, how I feel about myself).

## Dear \_\_, (mom, dad, sister, ex partner),

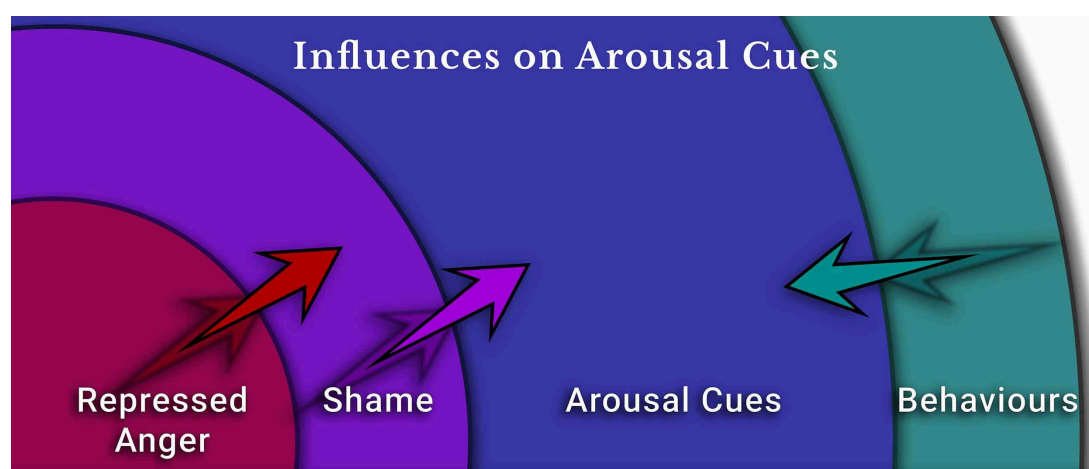
You're not focusing on why they did something, rather how it impacted you psychologically. This is to explore attributions you made regarding events, how you encoded beliefs that are associated with reminders or triggers with the event.

I want to let you know \_\_ happened. I believed \_\_ about \_\_ which led me to believe \_\_ about myself, the others, love, sex, (whatever the issue was). This impacted my \_\_ beliefs about my identity, my role with others, how I feel about myself.

## Step Three: Sexuality, Identity, Vulnerability, Arousal Cues

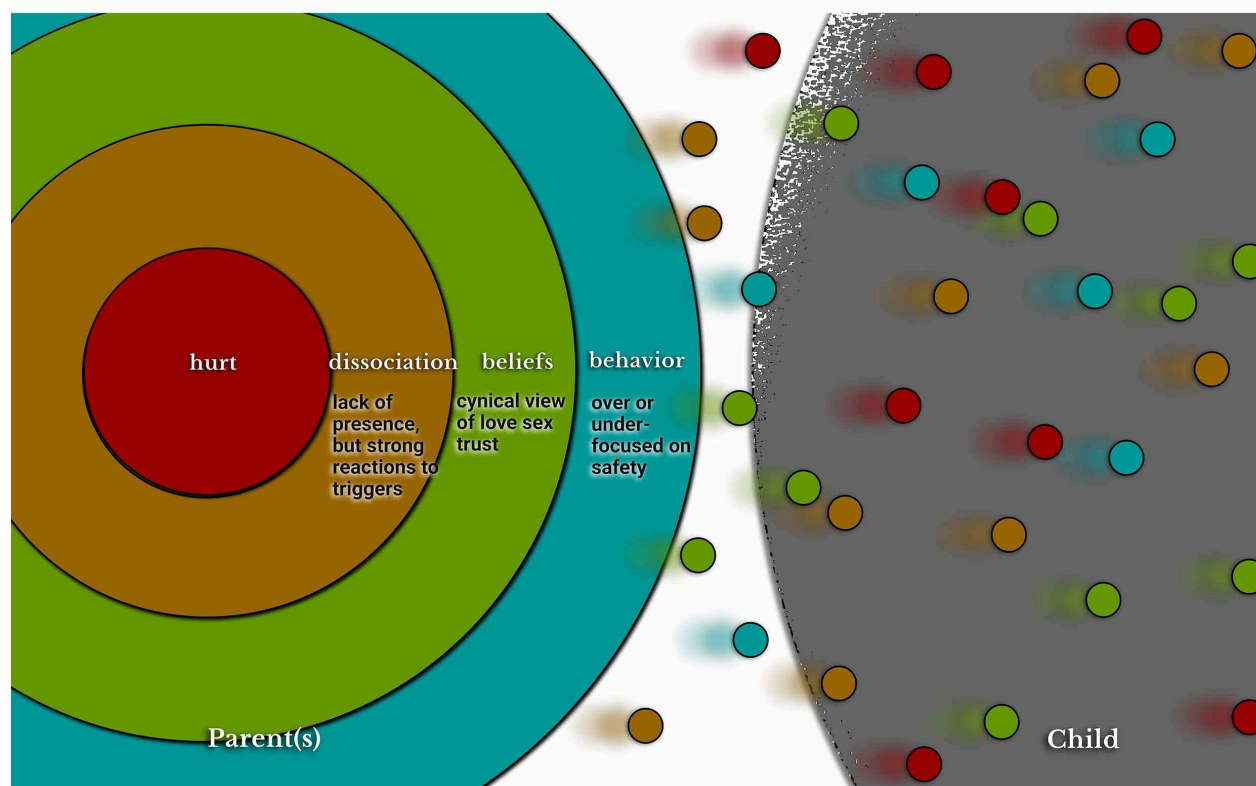
**Read** series [Sexuality, Identity, Arousal](#) and [Advanced Training: Sexuality, Identity, Arousal](#)

Your **arousal cues**—what you find sexually exciting—is impacted by many variables, positive and negative, conscious, subconscious.

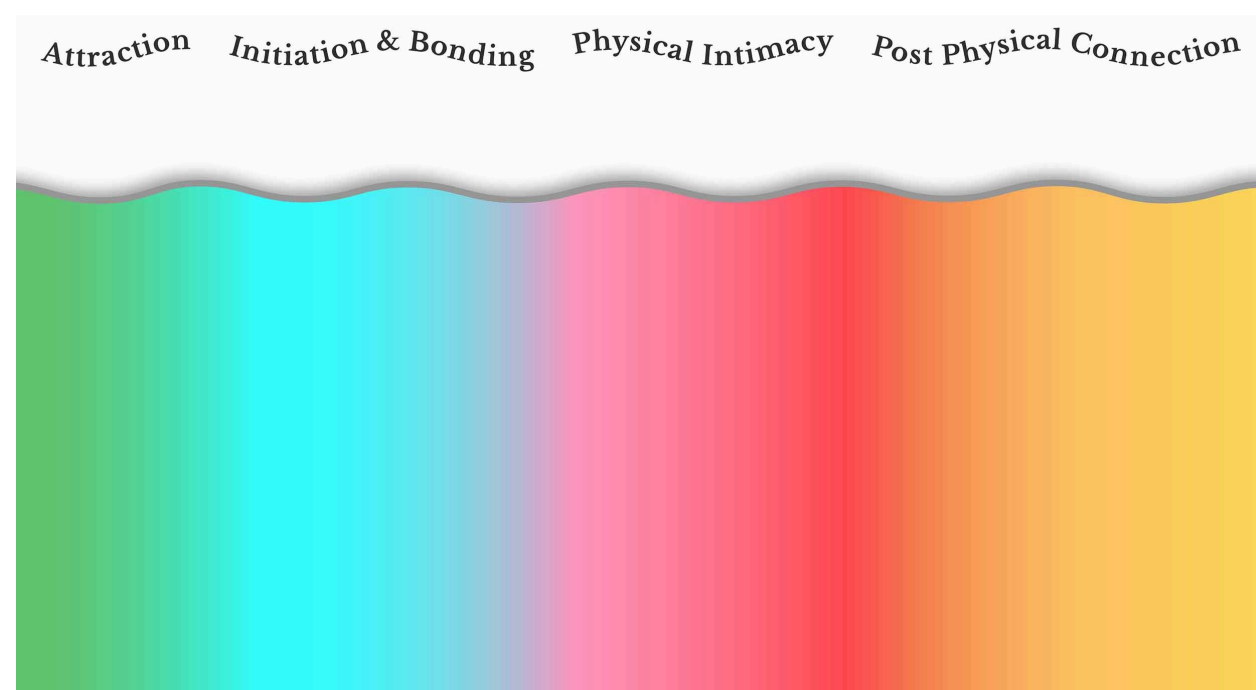


- **Developmental Stages**
- **Cultural**
- **Mistreatment**
- **Unique Preferences**
- **Traits**
- **Attraction**

### Osmosis: Impacted by Parent's Dissociation & Repression of Unresolved Sexual Trauma



### Phases of Sexual Intimacy



Exploring how your arousal cues, in your imagination, heart and body, respond to sexual and intimacy cues is key to understanding yourself in the past and making desired changes for the future.

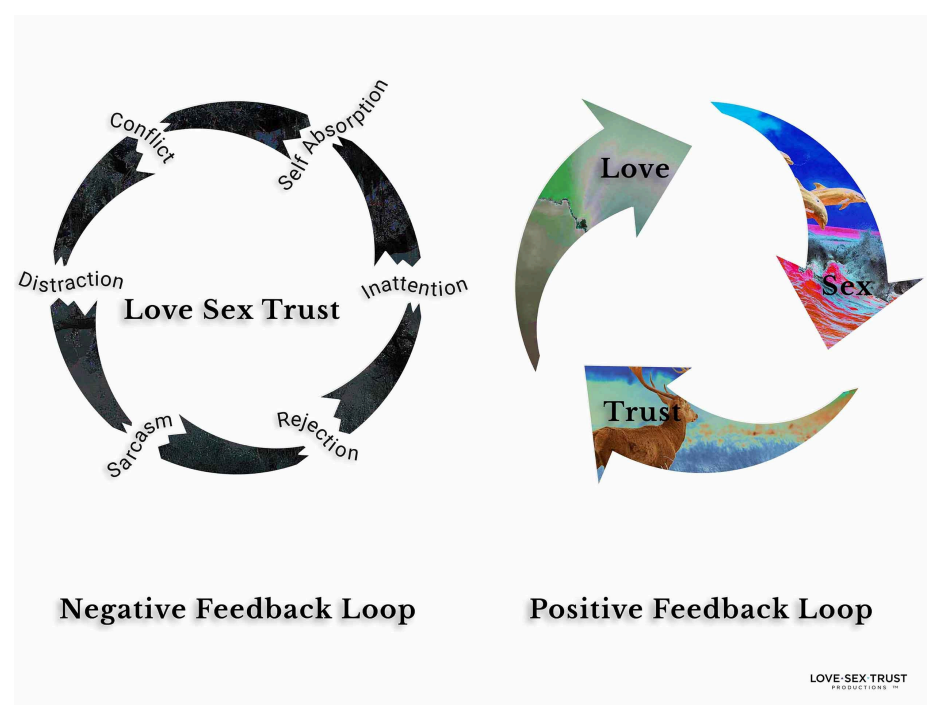
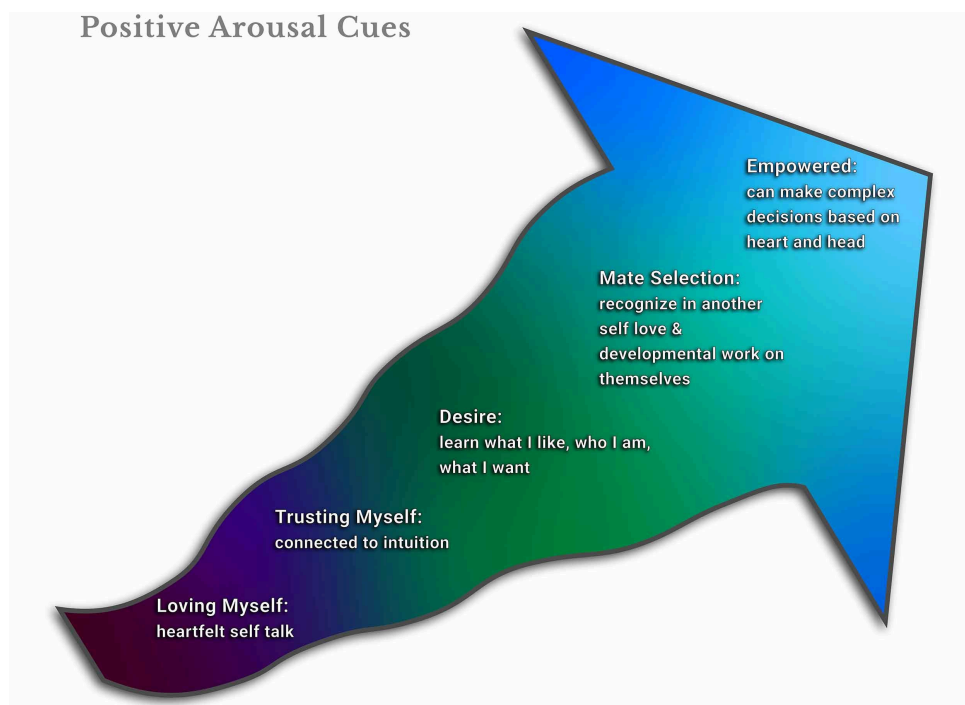
If you are holding a lot of unprocessed confusion, shame, fear or hurt in your nervous system due to difficult relationships in your past, it impacts your current sensitivity to sexuality and intimacy.

**Fear**, especially unspoken, tends to sabotage the process of bonding deeply with

someone you love. You also likely chose a partner who may be influenced by fear due to some unresolved material, so you're both contributing to a blocked feedback loop of love, sex, trust.

## Step Four: Idealized Design

**Read** Getting What I Want to shift your imagination more towards what you want, and less on protecting yourself from what you fear, to gain strength in relationships. You strengthen your intuition, that feeling of knowing something is right that you feel in your gut. As you strengthen the feedback loop between your mind, heart and body, you increase competency with emotions, resulting in feeling more relaxed and confident.



## Writing Accountability Letters

Start with imagining your ideal future outcome and work your way backwards to troubleshoot challenges that could block you from reaching your goal and keep you and your partner in a state of limbo. Hand write this to yourself as if you are experiencing a positive, peaceful relationship outcome. Seal it, but put it where you will be reminded to review it in a year from now.

### Dear Self,

It's a year from when I started, where am I in my life? How am I happy, content, thriving? How do I see (or not see) my partner happy and thriving?

## Dear Partner,

It's a year from when we started, how have I contributed positively to our peaceful outcome?

How did you, my partner, contribute positively (or not) to our peaceful outcome?

## Step Five: Communication Skill Training

**Read** series Positive Psychology for all strategy and communication training, including, Listening with Empathy and Communicating with Empathy.

Once you've unpacked deeper subconscious material, implementing communication skills isn't hard at all. Build and maintain your rich Love Sex Trust feedback loop by creatively using intentional communication.

## Step Six: If Change Doesn't Accelerate

**Read** series Stay or Go, Advanced Training: Stay or Go, Mate Selection, Advanced Training: Mate Selection.

**Ambivalence**, wanting two different things simultaneously, is often the culprit when change doesn't seem to take hold or accelerate. Starts and stops indicate there's a part of someone's psyche that also resists moving forward. Many reasons, conscious and subconscious, could be the underlying reason.

**Explore** your ambivalence by responding to these prompts. Being interested in your own ambivalence is a true gift you can give to those who care most about you.

### Ask yourself,

*Has change in my past led to positive outcomes or crisis?*

*What am I most scared of if I become who I want to be?*

*Do I have the energy to embark on creating an ideal future?*



## About Us

It was love at first sight when Chris and I met later in life. Blending our professional talents, art and psychotherapy, alongside our romantic relationship, our business became an organic result. Our gratitude and ability to find each other, face ourselves and build our happy relationship is a core strength to this product. Motivating others to value themselves and identify their ideal is the Love Sex Trust Production brand. Never settle. If we created what we wanted, so can you!

## Dedication

Not everyone can heal a broken heart. For those who have even an inkling of desire to do so, to take a courageous journey within, we are here for you.

\*Love Sex Trust Productions™ is a separate entity from my private psychotherapy practice featuring emotional intelligence training tools. Designed from my experience as a psychotherapist, for use with clients and other counselors, there is no requirement or mandate for clients to make a purchase as a condition of receiving direct clinical services. No current or former clients have been portrayed, nor were solicited for the creation of this business. There are no financial or professional incentives to other therapists for using these products in their practice. See [Terms and Conditions](#) and [Privacy and Payment](#) policies.