

EVOLVING *Love*

Rewrite Your Relationship DNA & Embody Your Ideal Love Story



MODULE 7 WORKBOOK

10 Breakthroughs From
Ordinary To Extraordinary
Relationships

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"You know you are in love when you don't want to fall asleep because reality is finally better than your dreams."

- Dr. Suess

LESSON 1: BREAKTHROUGH #1

DEFINING YOURSELF IS LIMITING YOURSELF

Commonplace, ordinary views lead to having commonplace, ordinary relationships. We found 10 such beliefs that seem like they make sense on the surface, but actually strangle the magic out of what could otherwise be epic and lasting love affairs, and then offer a new, broader context for each that can serve as the pillars of an extraordinary love relationship. For each pair, notice the part of you that wants to agree with the “ordinary” view, and then let yourself be expanded by the way extraordinary relationships are held.

| ORDINARY LOVE | EXTRAORDINARY LOVE |
|--|--|
| #1 Has a Fixed Self | #1 Has A Fixed Commitment |
| #2 Relationship Is Work!” | #2 Relationship Is “Privilege and Play” |
| #3 Evaluates Your Partner | #3 Evolves Yourself |
| #4 Commits To Each Other | #4 Commits To A Shared Context |
| #5 Loves Certain Parts | #5 Loves All Parts |
| #6 Asks ‘Who loves who more?’ | #6 Asks ‘How does giving my love impact my partner?’ |
| #7 The Good Outweighs the Bad | #7 The ‘Bad’ Is Access To More Good |
| #8 Asks ‘Am I Happy?’ | #8 Asks ‘Am I Extraordinary?’ |
| #9 Becomes Caretaker For Their Wounded Child | #9 Becomes a Playmate For Their Healthy Child |
| #10 Wants A Partner to Soften My Fears | #10 Wants A Partner Who Helps Me Face My Fears |

IN AN ORDINARY RELATIONSHIP...

YOU HAVE A FIXED SELF

In an ordinary relationship, we relate to ourselves as a mostly fixed identity, with wants, needs and preferences. Then we look for a partner that can “fit into” that picture and meet as many of the needs, wants, and preferences as possible without obstructing our self-expression too much. We look for someone that fits this image of what our ideal partner would be, complete with a preferred lifestyle, physical appearance, and other desirable qualities

IN AN EXTRAORDINARY RELATIONSHIP...

YOU HAVE A FIXED COMMITMENT

It is not our identity that is fixed, but our commitment. In an extraordinary relationship, who we are continually changes, orbiting a shared commitment to love. As the relationship grows, its needs, wants and preferences change. As it changes, so do we, allowing the growing relationship to set the stage for our own growth and development. We don't try to fit the relationship and our partners into some idea of compatibility with a fixed view of ourselves. We instead view the fact of our compatibility as fixed, and allow that fact to inform who we must become moment to moment.

REFLECTION QUESTIONS:

What happens for you when you imagine being completely changed by an evolutionary partnership? Is it scary? Is it exciting? Is their resistance and contraction? Is there adventure and expansion?

To complete Lesson 1, share your answer [here](#)

LESSON 2: BREAKTHROUGH#2

IT'S NOT SUPPOSED TO BE HARD WORK

IN AN ORDINARY RELATIONSHIP...

RELATIONSHIPS ARE WORK!

Anyone who's had a serious relationship knows that relationships are hard work. If you don't "do the work" of staying connected and navigating each other's triggers and shortcomings, your relationship will atrophy and eventually fall apart. They are hard work because we tend to attract the people as partners who know how to push our buttons the best, and over time, even the smallest flaws in our partners can become difficult to be with.

IN AN EXTRAORDINARY RELATIONSHIP...

RELATIONSHIP IS PRIVILEGE & PLAY!

If you relate to relationship as work, you are bringing in the associations of burden, obligation, and all manner of heavy and unpleasant things. In an extraordinary relationship, you realize the privilege of walking down the same path with someone. You GET to be together and play together as you learn to develop yourself. You can either do this development alone, or you can do the same development while being loving and being loved. This breakthrough allows you to see relationship as an infinite game, where you get to continually experiment, play, and experience the preciousness of a having a partner.

REFLECTION QUESTIONS:

Notice the ways you might be evaluating others? Could you turn each of those evaluations into an area in yourself you might evolve? Name of those areas and share it below.

To complete Lesson 2, share your answer [here](#)

LESSON 3: BREAKTHROUGH #3

YOU MIGHT BE MAKING THE WRONG LISTS

IN AN ORDINARY RELATIONSHIP...

YOU EVALUATE YOUR PARTNER

When you are trying to figure out if an ordinary relationship is going to work out, look at how well your partner meets your needs in the important areas of your life. Are they successful enough? Sensitive enough? Caring enough? Sexy enough? Spiritual enough? Making sure that your partner measures up is an important prerequisite to a fulfilling relationship.

IN AN EXTRAORDINARY RELATIONSHIP...

YOU EVOLVE YOURSELF

In an extraordinary relationship, we look at the ways we are not getting what we want as pointing to our own shortcomings. If you don't have enough of a particular experience in your relationship, figure out who you would need to become to either add what's missing, inspire your partner to add it freely, or evolve beyond the point where that occurs as a need or want

REFLECTION QUESTIONS:

What privileges do you have because of the relationships you are in that you wouldn't have otherwise?

To complete Lesson 3, share your answer [here](#)

LESSON 4: BREAKTHROUGH #4

COMMITMENT ISN'T WHAT YOU THINK IT IS

IN AN ORDINARY RELATIONSHIP...

YOU ARE COMMITTING TO EACH OTHER

In an ordinary relationship, it's important that you commit to each other. It's natural to prioritize your commitment to each other above all else. Commitment to each other in the relationship can create the feeling of safety that can allow for intimacy. If one partner is more committed than the other, this lack of balance will be a constant source of irritation in the relationship. Of course, if you are not committed to each other, than when something better comes along or things get hard, the relationship simply dissolves.

IN AN EXTRAORDINARY RELATIONSHIP...

YOU ARE COMMITTING TO A LARGER CONTEXT

In an extraordinary relationship, your highest commitment isn't to each other. Instead your highest commitment is to your 3rd pole - a higher purpose you share for the relationship. It should be bigger than either of you but also includes you. Having 3 poles instead of 2 stabilizes the relationship allowing you to continually rise, growth together, and evolve rather than to butte heads, compromise, resent each other and devolve. This greater purpose which can act as a compass for your relationship. In Module 9 we go into detail about how to create a 3rd Pole for your relationship.

REFLECTION QUESTIONS:

Why are you in a relationship? What is the context for relating with others?

To complete Lesson 4, share your answer [here](#)

LESSON 5: BREAKTHROUGH #5

ALL YOUR PARTS DESERVE LOVE

IN AN ORDINARY RELATIONSHIP...

YOU LOVE CERTAIN PARTS

In an ordinary relationship, you come to realize that your partner has many different faces, some of which you love and the others you can grow to accept. To make your relationship last, downplay and minimize the parts you don't care for, and highlight the ones you love, encouraging your partner to become more and more like that all the time.

IN AN EXTRAORDINARY RELATIONSHIP...

YOU LOVE ALL PARTS

In an extraordinary relationship, you deliberately seek to uncover any unsavory, unhealthy, or unattractive parts of your partner in order to give them love. You cherish and make love to all parts of your partner, especially the ones without "ribbons and bows". Not only have those parts never received love from anyone else in your partner's life. They have never received love or acceptance from your partner themselves. In loving these impoverished parts, your partner's shadow can become healed and integrated into a more glorious, new whole.

REFLECTION QUESTIONS:

Notice one part of your partner you tend to dislike, how does that part most want to receive love?

To complete Lesson 5, share your answer [here](#)

LESSON 6: BREAKTHROUGH #6

YOU CAN'T MEASURE LOVE

IN AN ORDINARY RELATIONSHIP...

YOU ASK, 'WHO LOVES WHO MORE?'

In an ordinary relationship, there is often a feeling of unevenness to the balance of love. One partner usually loves the other more, recreating the story of “the lover and the beloved” or “the teacher and the student”. Uneven relationships often have a yo-yo or push-pull dynamic, where one partner is constantly running away and the other is trying to close the gap. It is best (though difficult) to find a balance where each partner loves the other the same amount so that neither is creating or closing distance.

IN AN EXTRAORDINARY RELATIONSHIP...

YOU ASK, 'HOW DOES MY LOVE IMPACT MY PARTNER?'

In an extraordinary relationship... you forget to measure how much love you are receiving from your partner, so it is impossible to create the experience of one loving the other more. Instead of looking for evidence of love or unlove, extraordinary partners look at the effect of their own love on their partner, and modify the ways they express their love to have the most beneficial possible effects. Instead of focusing on who moves toward whom, focus on how much you can give, and how giving your love benefits and enhances your partner.

REFLECTION QUESTIONS:

How does giving your love impact your partner?

To complete Lesson 1, share your answer [here](#)

LESSON 7: BREAKTHROUGH #7

BAD ISN'T ALWAYS BAD

IN AN ORDINARY RELATIONSHIP...

THE GOOD OUTWEIGHS THE BAD

There are good parts of the relationship and bad parts. Maybe the sex is great, but the conversation isn't very stimulating. Maybe you feel loved and supported, but not stretched and challenged to be the best version of yourself. Focus as much as possible on the extending the good, and do what you can to make the bad parts tolerable, so you can move on as quickly as possible back to what's good. In a good relationship, the good outweighs the bad.

IN AN EXTRAORDINARY RELATIONSHIP...

THE BAD IS ACCESS TO MORE GOOD

In an extraordinary relationship, you view the relationship as a crucible for transformation. Any aspect of the relationship that brings out the "bad" in you allows both you and your partner to see and heal your blind spots. Every time a supposedly negative interaction occurs, extraordinary partners use the container of the relationship to unlock new ways of being that not only heal each other but create new realms of possibility and fulfillment in the relationship and in life.

REFLECTION QUESTIONS:

What difficulty in your relationships has lead you to being more extraordinary?

To complete Lesson 7, share your answer [here](#)

LESSON 8: BREAKTHROUGH #8

FOCUSING ON HAPPINESS DOESN'T MAKE YOU HAPPY

IN AN ORDINARY RELATIONSHIP ...

YOU ASK, 'AM I HAPPY?'

In an ordinary relationship, you evaluate your relationship (and your partner) by asking yourself “Am I happy?” If the answer is “Yes!”, then the relationship is working. If the answer is “No”, then you look for the problem with the relationship that is causing your unhappiness. If the answer is “No” too often, then the relationship is probably not working out.

IN AN EXTRAORDINARY RELATIONSHIP...

YOU ASK, 'AM I EXTRAORDINARY?'

In an extraordinary relationship, you evaluate your relationship (and yourself) by asking, “Am I extraordinary?” If the answer is “Yes!”, then praise your partner for helping to create the environment that is allowing you to flourish. If the answer is “No”, you are willing to give up a day of happiness, comfort, or safety in exchange for growth.

REFLECTION QUESTIONS:

What difficulty in your relationships has lead you to being more extraordinary?

To complete Lesson 8, share your answer [here](#)

LESSON 9: BREAKTHROUGH #9

HOW TO REALLY LOVE AN INNER CHILD

IN AN ORDINARY RELATIONSHIP...

YOU BECOME A CARETAKER FOR MY WOUNDED CHILD

In an ordinary relationship, you expect your partner to learn your triggers and sensitivities and stay clear of them, effectively caretaking your wounded inner child. While no one wants their partner to play “mommy” or “daddy” all the time, one way you know that you are loved is that your partner takes care not to do the things that they know bother you or make you uncomfortable.

IN AN EXTRAORDINARY RELATIONSHIP...

YOU BECOME A PLAYMATE FOR MY HEALTHY CHILD

In an extraordinary relationship, the joy and wonder of your healthy inner child gets to play. The innocent, open hearted, pre-wounded child in you that hasn't learned so many limiting beliefs gains a playmate to be silly with, to explore new worlds with, and to feel idealistic again in a field of pure love. If there is historical pain or trauma that comes up, each partner helps the other to re-parent themselves, and sits as a witness and supporter for the internal job of remembering that you are whole, complete, and enough.

REFLECTION QUESTIONS:

What are the ways you might create a safe and inviting environment for your partners healthy child to come out and play?

To complete Lesson 9, share your answer [here](#)

LESSON 10: BREAKTHROUGH #10

WHICH WAY SHOULD YOU BE FACING

IN AN ORDINARY RELATIONSHIP...

MY PARTNER SOFTENS MY FEARS

In an ordinary relationship, you seek your partner out to console you and protect you from the things that scare you most in life. Your relationship is a safe haven for you to fade, or even hide from your worst fears about yourself, the world, life, and death. If your partner doesn't share these fears, they can protect you by standing out front and handling them for you.

IN AN EXTRAORDINARY RELATIONSHIP...

MY PARTNER HELPS ME FACE MY FEARS

In an extraordinary relationship, your partner stands besides you, helping you to lean in to your fears. An extraordinary partner feels the discomfort with you, and sees the courage in you to face the fears you never thought you could. This expands the sandbox of what you can play with in your life to include the things that you were formerly afraid of, and therefore expands your very definition of yourself in the process.

REFLECTION QUESTIONS:

Name your partner's biggest fear? How might you help them face that fear?

To complete Lesson 10, share your answer [here](#)

EVOLVING LOVE VIDEO TRANSCRIPTS:

Lesson 1 – Lesson 10

LESSON 1: Breakthrough #1 - Defining Yourself Is Limiting Yourself

(J) The 10 ways to go from ordinary to extraordinary relationships. These are 10 key beliefs or distinctions that Bryan and I developed several years ago when we noticed that a lot of the water that we're swimming in around love and relationships, these commonplace ordinary views, often strangle the magic out of relationship.

We often take them for granted. We don't even realize that these are the beliefs that we're believing about how love and relationship should look, but they tend to be very ordinary. When we noticed what the ordinary views were we really built what would be the 10 more evolutionary or extraordinary ways of relating.

Let's dive into the first one. Ordinary versus extraordinary #1 this is **having a fixed self**. In an ordinary relationship, we tend to come in with a certain set of values and ideas and things that we believe about ourselves and things that we want our partner to have in order to be compatible. Although we do change some things about ourselves, we tend to be the part that's fixed and then our partner tends to be the one that we want to change.

That seems fairly normal that we come in with a fairly fixed self. We've spent decades and decades building the identity structure that we have and all with good reason. It was the best that 13.4 billion years of evolution could come up with. You're at your own cutting edge.

So having arrived there we often are rather fixed, but in an extraordinary love

relationship rather than being fixed about who you are, we really talk about being **fixed around what you're committed to.**

In Bryan and I's love story, maybe you've heard us say that neither of us existed at all like the humans that we are today when we first met. If we had a laundry list of things that we wanted each other to be like in order to be compatible, we would have likely crossed each other off the list.

What we realized is that we could build ourselves brick-by-brick into the future visions of who we saw the other to become and in so doing, let go of a need to stay fixed in who we were and what our preferences were and what we wanted, which tends to be the source of a lot of conflict. One person wants it one way. The other one wants it the other and neither is willing to give up, then you get this sense of conflict.

Instead, we decided we would like instead to fix our commitment and that commitment wasn't just fixed on each other, but was fixed on this idea of the third pole, which I think you might have heard us speak about.

So when we fix our commitment, a commitment to our context of relating, which for us was growth, then we were willing to change. We were willing to move. We didn't have any arrested attention on any aspect of identifying in any particular way, which allowed for the flexibility and the fluidity of the relationship to unfold.

So if you can let go of being fixed around how it is, what you think, what's right, what's wrong and instead have a fixed commitment around something larger than yourself, we call that really the first way to go from an ordinary relationship to an extraordinary.



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LESSON 2: Breakthrough #2 - It's Not Supposed To Be Hard Work

(J) **Relationship is work.** This is one of the most common phrases we hear from everyone and it's so well meaning. You might say, "Jennifer, of course it is. I'm willing to put in the work and it's because I'm willing to put in the work that I'm even here and it's why my relationship to work to begin with that I'm actually not just willing to leave it to chance, but I'm willing to invest and really work hard."

While that makes a lot of sense, we think that in an extraordinary relationship that rather than holding the relationship as work that really the orientation we want you to have is that relationship is privilege and play.

What that means is not that you don't have to do anything, that you don't have to put in any effort to make your relationship great. It's really more about how are you holding the relationship. Do you consider the relationship as work, which when you look up the etymology of that word it's like labor. It's got a lot of obligation and heaviness to it.

What we recommend is having the orientation of **relationship as privilege and play**. There are billions of people on the planet, literally billions, that don't have a primary partner, don't have a romantic partner at any given time. If you will see that the fact that you have someone in your life or are even in the process of finding that someone in your life, what a privilege it is to be walking down the path of love with someone by your side and just never take for granted the privilege of having that love in your life is.

When you have that orientation, you approach your relationships very differently than if you build up the resentment of all the work that you're doing in order to keep the relationship going.

Then play as the other orientation is we tend to take ourselves so seriously. We get too heavy and that heaviness actually holds us in a lot of our patterns. If we would be a little playful with ourselves, playful of the places that we get triggered, playful around how our partner might set us off and just relax into the lightness and ease with it and we literally don't rut and get stuck because the play allows for movement and the movement allows for evolution and growth.

So we really want you to approach your relationships as privilege and play.

LESSON 3: Breakthrough #3-You Might Be Making The Wrong Lists

(J) Here's the third one. **We evaluate our partners.** In an ordinary relationship this feels normal. You'll read all of the advice columns that will tell you to make your checklists and look at what you need to have in a partner. What kind of intelligence, what kind of vocation, what kind of lifestyle, what kind of religion, what kind of background or morality.

We tend to consider our compatibility as a list of criteria that our partner either fulfills or doesn't and we evaluate them against that criteria to be a sound partner. Notice how commonplace this is. I know you're waiting to say, "No, no, no. I'm on the extraordinary side of each one of these," but it's actually more helpful for you to notice where you might have been holding onto some of the ordinary views.

We all have had them. We've all grown up with these as cultural context for our relationships.

One is we evaluate our partner, but in an extraordinary relationship, rather than the focus being on evaluating your partner and how well they really fit into what you love or don't love about being in relationship is that you instead **focus** more **on evolving yourself.**

Any place where you're sitting there with an evaluation and an analysis, a comparison or a complaint around your partner, it's actually an opportunity for you to instead turn the mirror back on yourself and look at where I can evolve such that any way of being, including this one that I might not have preferred, doesn't trigger me in any way, doesn't create any complaint,

doesn't create any victimhood, doesn't create any perpetration, doesn't create any aspect of I am victimized by the circumstance of this partner or this situation and rather see it as an opportunity to notice that you are the author and that you get to evolve yourself to the point where you are untriggerable because when you are untriggerable, you get to bring all of your resources to the table.

Our third ordinary to extraordinary is really about focusing more on evolving yourself than evaluating your partner.

LESSON 4: Breakthrough #4-Commitment Isn't What You Think

(J) Number four. In an ordinary relationship you **commit to each other**. You might say, “Jennifer, of course you want to commit to each other. What else would you do than commit to each other? That’s part of what creates a love relationship to begin with is our commitment to be together, to agree to treat each other in certain ways.”

That dual node where it’s you and then your partner and you each are committed to each other creates one form of stability, but we would offer that if you want to evolve, if you want to have an extraordinary love relationship, that you actually **commit to that shared context**, to that thing we called earlier the **third pole**. The thing that’s larger than either you or your partner that can help you evolve past the roadblocks you come up to when you do have preferences that are at odds, when you are having complaints and defensiveness.

When you are committed to something larger than yourselves, then you’re able to see past your own preferences, past what would just be good for you and you’ll be able to see the bigger picture. In committing to the third pole, like a three-legged stool, it becomes way more stable and it really pulls you up and out of all of those fights and complaints that hold you back and have you circle the drain in your own messy, conflict ridden relating.

When you commit to this shared context, whether it’s growth, whether it’s happiness, whether it’s healing and safety, regardless of what your context is, that that is always larger than the two of you and therefore, can help guide you in your decision making on what to do on any given night. Do you go out or do you stay in? What has you live out your context, your third pole, rather

than it being a compromise where one of you is building resent and giving in to the other one's preference.

Here you're both on the same team, on the same side looking at the situation going, "What would serve this thing that our relationship is all about, whether it's growth or happiness or safety or healing? What would serve that?"

In an extraordinary love relationship, you're committed to the context, your third pole, even more than you're committed to each other as a stabilizer to help you evolve.

LESSON 5: Breakthrough #5 - All Your Parts Deserve Love

(J) In number five we tend, in an ordinary relationship, to **love certain parts**. The way that tends to sound is I love some things about my partners and not others and the parts that I love, I love and the parts that I don't love, I want to help my partner change. So we love the certain parts about them, and we don't love the other parts and we feel it's a good trade. I love more than I don't love. I don't have to love the things I don't like, do I? Why would I force myself into loving all the parts of them that are the most difficult for me?

In an ordinary love relationship, that makes sense. Of course we're not going to love everything about our partners. We're just going to love more things than we don't love. That seems to be the normal commonplace ordinary view.

In our presuppositions or our beliefs around ordinary to extraordinary love, we believe that it's about **loving all parts**. The very parts that are the ones that you have the most difficulty loving are the very ones that you are either projecting or having prejudice or externalizing and therefore, not accepting about yourself or anyone else.

It's an area of your biggest growth. When you can accept all parts, it doesn't mean you don't have a preference. It only means that you aren't making your partner wrong with blame or shame and layering that into the love relationship. That you can love all parts, have a preference, love them into the person that they want to become without making them bad or wrong and without making yourself wrong or anyone else for having those parts.

Really we want you to love all the parts, even the ones without ribbons and bows and that is really what brings you from an ordinary into an extraordinary love relationship when you're able to do that. Part of this process is not even just for yourself, but also for your partner because I guarantee you the parts that you aren't having an easy time loving about themselves, they are likely not loving about themselves.

When you can offer your partner a relationship where you're able to love the very part that they've never been able to love about themselves, then you're giving them an opportunity to receive love for that part, to heal it so that it doesn't hold the reins over who they are and how they behave. Often those parts are holding on for dear life because they've never seen the light of day. They've never been fully allowed to express and be there and be fully appreciated and accepted. Often just the love and acceptance itself is enough to give you the breathing room to melt the ice around that part, so that it can find a healthier way to express. This is truly an extraordinary way to love.

Again, as we go through, this is the first five. We've got five more that we'll go through quickly. Look for the ones that are the ones that most feel like they're alive in you, the ordinary ways that are more common in the way you relate that you could work on and therefore, become a more extraordinary love.

LESSON 6: Breakthrough #6 - You Can't Measure Love

(J) In number six, we often ask ourselves, even if it's not out loud, we often do it under our own breath, which is **who loves who more**. Sometimes I call this the lover beloved. This is where the anxious and avoidant comes. The fuser and the leaver and whatever kind of paradoxical or polarity terminology you use for this. It's really the game, the chase, where one person is more invested than the other and it creates this lack of polarity, but at the beginning of a relationship it's especially alive.

You're looking who loves who more and if I call them, will they think I'm chasing them and maybe I should wait until they call me. We play all these games where we're not just reacting and responding to what feels authentic, but we're wanting to play a power move and we know that the power move is to have our partner be the one that loves more, so that we can have the control and not be under their thumb.

So we ask that question, "Who loves who more?" as a bid really to feel more in control of our lives and to not feel like we'll be taken advantage of. We want to be loved equally, of course, and so we get worried about who's loving who more. This creates this insecurity that often expresses itself as anxious or avoidant. The anxious that clings or the avoidant that runs away from intimacy and love. This is fairly normal and commonplace.

What would an extraordinary love relationship? You're not asking yourself that question. The quality of questions that you ask is often an indicator of the state of the relationship and the consciousness in the relationship. Rather than asking who loves who more, we would pause it ask yourself **how does my love affect my partner?**

Now you're looking not at what you're getting from them and how much love you're receiving, but you're looking at how the love that you're giving is affecting your partner so that you can day-by-day look at how could I love even more today. Not how can I get more love from them, but how can I give more love.

If both parties are doing that, then you're going to be in a loving partnership. Look at those two distinctions. Even if you're not currently in a relationship, as you're looking through these so far, look at which ones have been alive for you in prior relationships because I guarantee you that often these things show up from relationship to relationship over and over because we tend to be fairly patternistic in how we relate.

Ask yourself how does my love affect my partner rather than who loves who more.

LESSON 7: Breakthrough #7 - Bad Isn't Always Bad

(J) Here's number seven. This is **the good outweighs the bad**. We talked a little bit about this with the loving all parts. This is really the orientation that we tend to have is that I found my partner and I don't love everything, but the good definitely outweighs the bad, so this relationship is really worthwhile. As long as the good outweighs the bad I'll stay. As soon as the bad outweighs the good, then that's just my signal the relationship is over.

This feels very normal. What else would you believe about a partner? There's always going to be some bad in there. We can't expect that our relationships are just going to be peaches and roses and perfection with no conflict and none of our triggers coming up, so the good is definitely going to outweigh the bad if we're going to stick with it, but that's really how we see it. Just notice how seductive that view is.

In an extraordinary love relationship, rather than orienting around good and bad and outweighing and where it is because then you're always with this measuring stick around 'is today the good outweighing the bad or not?'. When you have a really bad day, you falter in that relationship because every relationship has its cycles. It's whitewater. It's time when everything is being rewritten, where nothing feels good and that can be part of even an evolutionary, an extraordinary relationship as everything is getting shaken up.

In our view, **the bad**, if you see it coming up, it's "difficult", then it's really your **access to more good** because it's the very things that are creating the irritant in your relationship that are literally the pearls. Just like the oyster with the irritant of the sand to create the pearl. That's literally the gem that we all have as precious and that bad, when we see it, is like, "Oh boy. The orientation. This is our access to really create more good, to really evolve and grow and my partner is here to help mirror that to me so that I know exactly what my next line of development is."

I'm excited when Bryan and I have something come up in our relationship because it shows me what is my next evolutionary step and I go on a deep consideration for how I can transcend that and I use our relationship and having a loving context in order to do that. Any time it comes up is really access to me to further look at my own development and my partners and to be on each other's team around it.

So I just see it as an exciting access point. If you can orient that way, then when it happens you won't bring such negativity and heaviness to the relationship nor the evaluation and the measuring stick of what's outweighing what and when is the time to leave.

We ultimately want you to be so committed to that third pole that you are both feet in in the relationship because we notice this kind of lack of that full commitment to that context leaves you without all of your energy and without all of your resources, without all of the impetus that you'll need to really make it through some of those difficult moments.

It really takes all of you being all the way in in order to move through that bad and really access it to more good because in that moment you are actually rewriting your very identity, which tends to be like a death process. It's an uncomfortable thing and very scary.

Really the bad is your access to more good. Have that orientation and just notice where you've really been holding the good outweighing the bad. Just see if that's what's most alive.

LESSON 8: Breakthrough #8 - Focusing On Happiness Doesn't Make You Happy

In an ordinary love relationship, you ask yourself, “**Am I happy?**” If you’re not, you tend to leave and if you are, you tend to stay. While this is one question one could ask, it’s not the only one. If all you focus on is your happiness, moment by moment, and not as a larger trend, then we aren’t designed to be having the exact same emotion, the exact same feeling all day, every day, all the time.

We’d actually be quite bored if that were the case. A range of emotional experiences, the tragedy and the beauty, the agony and the ecstasy, the happiness and the sad, the excitement and the calm, the anger to inspire action and the appreciation with that present state.

Mother love and father love, present perfection, all of these different energies are part of what creates an extraordinary love relationship.

For us, it’s not am I happy this moment and the next. It’s am I being extraordinary. **Am I extraordinary** today? With that, there’s an intrinsic fulfillment and satisfactions that goes beyond the transient happiness that comes and goes. That deeper level of fulfillment comes from really asking yourself the question, “Am I being extraordinary today? Am I extraordinary?”

That’s really what we want you to ask yourself. You get to decide how you want to answer that question. Extraordinary can have many, many meanings and you can define it for yourself, but that’s the question to ask.

LESSON 9: Breakthrough #9 - How To Really Love An Inner Child

(J) Number nine. Here's it's really about being a **caretaker for their wounded child**. Often we aren't fully grown up. We haven't solved and matured beyond all of our wounds. So there are moments in our relationships where we're really caretaking each other's wounded children. Maybe we're mothering them. Maybe we're fathering them. So we fall into that pattern a little bit, but we're willing because we notice when they're being the wounded child, of course you want to give them that caretaking energy and make sure that they'll be O.K.

So we bring that online even as an act of love. Just notice if that feels commonplace or normal. We really believe there's an extraordinary way of holding it.

Really what we want to see you all evolve into is being a **playmate for their healthy child**. There is reparenting that needs to be done, but they need to do it.

It's not actually up to you to fall into the caretaker role. The caretaker role, giving them mothering and fathering from you, really casts them as less than, as unable to be a fully grown, wise, evolved adult and it can hold them in a codependent pattern.

So it's not that we want you to not be kind in that moment or even compassionate or accepting. All of those things are often what's needed in a moment like that. It's the energy of I have to take care of you because you are wounded and therefore, imperfect. It's that orientation that's just right next to that other one, right next to compassion where they almost go tandem

hand-in-hand. Just notice how you might have been seduced into feeling like the caretaker.

Instead assume that they are actually healthy and that you can be their playmate and bring that lightness and play. Let them repair it themselves. Give them an environment that makes that fun and easy. That's really the orientation around extraordinary love.

LESSON 10: Breakthrough #10 - Which Way Should You Be Facing?

(J) Ten. This is really related to the one that came before, which is **wanting a partner to soften your fears**. Often we find respite in our partners. We go through our day and into our career transitions and our life transitions and our motherhood transitions and fatherhood transitions and all of these create fear in us even as we're growing into our own personal development. We want to find and come home to a partner that can soften that fear that we're having. It can feel so good to know that our partner will help us do that and create that safe space for us.

While there's some value in that, in an ordinary love relationship, to really soften the fears, help them hide and fade and fix the fears so they don't have to fully feel those fears.

In an extraordinary relationship, we really want you to have the orientation to **help your partner face their fears**.

Rather than trying to hide it or fade it and fix it, which you so want to do. You don't want to see them in pain. You don't want to see them trembling and terrified. You want to try and fix it for them or hide it or fade it in some way, distract them or make it better.

Really what we want you to do is, in a loving way, help them face the fear because the more you help them face it, the more they transcend it so that it doesn't become the baseline experience of their lives. When you try to soften it, there's a low grade fear that they learn how to live with and then we walk around dis-regulated, feeling unsafe all the time.

If you can instead of softening, fading, fixing the fear, help them face it in a loving way, give them the safety, but have them look it right in the face so

they can look at it and see that maybe it's not actually so large. It's not larger than they are. If you can help them face it and be all the way present, they might find that the fear naturally transforms into something that they know that they can handle and that often dissolves because most of our fears are illusions over a future that hasn't happened or over a past event that we think will happen. It's often the illusion of what might become that is our fear, which isn't really in our reality.

These are the 10 distinctions around going from ordinary to extraordinary. What we want you to do is take a look at those and notice of the 10, which one of these ordinary views do you feel like it most present in your current relating, where it really rears its head and you where you feel like if you worked on even just that one, it would make the biggest difference.

It doesn't matter if you're in a relationship or not. You might not be in one, but you know that this is a pattern that recurs in your relationship where maybe you evaluate your partner and it creates this complaint or defense or maybe you have a real fixed sense of self and you know that if you could be a little more flexible, adaptable and really be capable of shifting your identity that you would really have more access to the love and commitment that you want or maybe you noticed you do become a caretaker and it's easy to do that.

Just notice those and see which one has got you and circle it or in some way indicate it. Maybe write it down and just recognize when it's present. Recognize when you are holding that your relationship is work and it's just feeling hard and that you're orienting instead of work instead of as a privilege and as play.

Recognize when you're wanting to have your fear softened rather than facing it or whether you're helping your partner soften rather than facing their fears. Just notice when these are present and realize that's an opportunity for you



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to bring the extraordinary view. Really use that time to rewrite this particular commonplace view and replace it with the one you see here.

