

EVOLVING *Love*

Rewrite Your Relationship DNA & Embody Your Ideal Love Story



MODULE 9 WORKBOOK

Reigniting Your Relationship -
Developing Your '3rd Pole'

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"This Is Love: To Fly Toward A Secret Sky, To Cause A Hundred Veils To Fall Each Moment. First To Let Go Of Life. Finally, To Take A Step Without Feet."

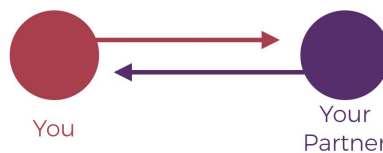
- Rumi

LESSON 1:

THE DEEPEST REASON TO BE TOGETHER

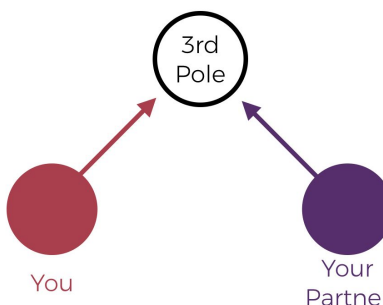
THE CONTEXT FOR THE RELATIONSHIP, “THE THIRD POLE”

In an ordinary relationship, the bond between two people is maintained through a commitment to each other (from one pole to another):



While this does create a bond, it also leads to conflict over “who gets to decide” and a constant push pull of different preferences. In this kind of a relationship, there is no external reference point to resolve these differences, which often lead to resentment and eventually resignation or break-up.

Instead, extraordinary relationships are maintained by each person’s commitment to a *third pole*: A higher sense of purpose for the relationship and both people in it.



This purpose, or context, also creates a strong bond for the relationship, but this bond is not based on push and pull of individual needs and wants. Instead your bond is created by each person’s individual drive to fulfil on the

purpose. This structure has a built-in way of resolving conflicts and clearing out resentments and often leads to a long and happy relationship.

If you are as committed to the context as you are to the other person, you avoid the common push and pull of compromise and allow each of you to continually evolve toward the relationship's higher purpose.

3 Types of Third Poles

Every relationship has a unique purpose or context, but they tend to fall into one of these three categories:

CATEGORY #1 - SAFETY: “The context of our relationship is to create the foundation of safety and healing. Safety, home, refuge, healing.”

CATEGORY #2 - HAPPINESS: “The context of our relationship is to be happy and joyful. Bliss, pleasure, satisfaction, excitement.”

CATEGORY #3 - GROWTH: “The context of our relationship is to grow, Transcendance, Evolution, Transformation.”

Can't I have all three?

Of course, we all want Safety, Happiness, and Growth. And every relationship will have elements of all three, but a relationship with one of these categories as a primary focus will look *very different* than one with a different focus.

Your context for relating affects who you choose to be, what you want to do, what values are most important to you, and how you make decisions with each other.

Keep In Mind:

- These categories are just general categories. When you follow the step-by-step instructions in Lesson 6 we'll help you create a very specific 3rd pole that is unique to you and your relationship.
- Your 3rd pole can shift over time and should change and continue to match you and your relationship.

REFLECTION QUESTIONS:

What layers are you already noticing are present when you are triggered or in a conflict?

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

LESSON 2: 2 MISTAKES PEOPLE MAKE WHEN CREATING 3RD POLE

Committing To A Larger Context

Forming a relationship vision that feels good and also has the power to move past your current evolutionary blocks requires a way of thinking that most of us haven't done a lot of. Even if you've done things that sound similar (like describing what you want your future to be like or making a list of qualities you want in a partner) the exercise that you are completing throughout this module is unique and specific.

There are two common mistakes to watch out for when creating your 3rd pole and committing to a larger context for your relationship:

- 1) **MISTAKE#1:** To name **a context that sounds good but doesn't actually motivate you** or your partner on a day-to-day basis. It may be inspiring to think of yourself as someone who is committed to world peace, but unless you are actually inspired to do the work because of an intrinsic motivation, soon your "context" will become a kind of lie that hangs over you and your relationship.
- 2) **MISTAKE#2:** To **choose a context that** motivates you because you are **trying to make up for some deficiency** you feel in your partner, your relationship, or yourself. Since the true nature of yourself is infinite, any strategy based on an assumed deficiency will ultimately be false, because the assumption of lack it is based on is also false.

You can tell you've got a great context for relating if it can help you make big decisions like... *Where should we live?, Should we allow your mother to live*

with us? And what kind of education should we provide for our kids? It can also help resolve conflicts and even help with small decisions like, 'What should we do for fun this weekend?'

REFLECTION QUESTIONS:

**Which of these 2 mistakes could you see yourself making and why?
How might you avoid making them as you create your 3rd pole?**

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

LESSON 3: GOOD EXAMPLES OF A COMMON PURPOSE (3rd POLE) AND SOME BAD ONES TOO

GOOD EXAMPLE #1:

To inspire the full self expression of everyone we relate to.

GOOD EXAMPLE #2:

To open more deeply to spirit.

GOOD EXAMPLE #3:

To lead an extraordinary live by becoming iconic examples of our core values - (freedom, devotion, transcendence, contribution, and community.)

GOOD EXAMPLE #4:

To push your edges and remove the walls that separate and divide us from one another.

GOOD EXAMPLE #4:

To raise the consciousness of ourselves and the planet - becoming more awake and aware.

BAD EXAMPLE #1:

To make each other happy.

Why? You'll think you are failing anytime you are feeling any other emotion other than happiness. Also happiness tends to be an emergent property that is a function of a healthy relationship with many variables rather than something you go after directly.

BAD EXAMPLE #2:

To have a family.

If you sacrifice your life for your kids, you're training them to sacrifice their life for their kids and then it doesn't matter how many generations of humanity, no one has a life. Plus you want to teach your kids that they are more than their roles.

BAD EXAMPLE #3:

To stay together no matter what. Again you want a 3rd pole / a purpose for relating that is larger than you and your relationship. Something that is important to you in all your interactions - not just with your partner.

REFLECTION QUESTIONS:

Before doing the exercise to consciously create a new one, what underlying purpose or context for relating are you currently operating with now?

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

LESSON 4 &: WHO GETS THEIR WAY AND WHY

Let's settle one of the oldest debates in love, "Who gets their way?" When two people in love each want different things, how do you decide who gets their way (and who doesn't)? This question is at the center of a power struggle that can either tear your relationship apart or strengthen its bonds.

Most romantic partnerships aren't even aware of how they decide, they just do it unconsciously. Often there is an imbalance, where one or the other person in the partnership always gets their way. But even when things seem balanced, if the partnership is deciding what to do based on preferences rather than purpose, conflict is never too far around the corner.

ORDINARY RELATIONSHIP:

Power & Preferences Decide => Leading to Compromise, Conflict & Resentment

There are winners and losers - One gets their way, one compromises.

EXTRAORDINARY RELATIONSHIP:

3rd Pole / Larger Relationship Content Decides => Leading to Shared Growth
You ask, what would serve our 3rd pole/our context for being in this relationship? It's generally clear to BOTH people which way will lead them farther down the path toward their 3rd pole.

REFLECTION QUESTIONS:

What have you been using to make key decisions in your relationships in the past? How has that worked?

To complete Lesson 4 & 5, share your answer [here](#)

LESSON 6: WHY “NEVER GO TO BED ANGRY” MIGHT BE HORRIBLE ADVICE

EXERCISE: SETTING THE 3rd POLE/CONTEXT FOR YOUR RELATIONSHIP

Begin by writing separately in your journals. Don't plan on sharing what you write, this is purely for your own self-investigation to prepare you for the most effective conversation about shared context for relating.

This entire process can be done in an hour or so, or you can take weeks to complete it. We recommend taking the time to get it right, so both you and your partner are 100% bought-in.

STEP 1: Self Investigation (Write In Journal)

1. *What is so important to you that you'd rather live alone for the rest of your life than permanently give up on it?*

2. *What are you so passionate about, that you'd continue to do even if you could never receive any money, recognition, or gratitude for it?*

3. *What are you less committed to than people think? What are you more committed to than people think?*

4. *When in the last year did you feel a “fire in your belly”? What lit that fire?*

5. *When in your life have you experienced the most flow state? What were you doing? What skills or gifts of yours were being called upon?*

Now, using your intuition and what you know about your partner, answer questions about your impression of their values and commitments.

STEP 2: Partner Reflections (Write In Journal)

1. *If you could describe your partner’s life as a “mission”, what mission are they on?*

2. *When have you seen your partner light up the most? What were they doing? Who were they contributing to?*

3. *Where is your partner less committed than they pretend to be (or advertise to others). Where are they more committed ?*

4. *What is the biggest contribution you've seen your partner make to people outside the home? What skill or gift allowed them to make that contribution?*

5. *Where have others seen your partner the "same way" that you do: Appreciating the best things about them? What caused them to see your partner in this way?*

Now it's time to start sharing with your partner.

STEP 3: Sharing What You Learned About Yourself

Create an intentional space for this conversation. It should be free from clutter, distractions, and feel good, like you want your relationship to feel.

Partner A: Share what you've learned about yourself through the writing exercise. Share any themes that you've noticed in your answers. Once you are complete, say "check"

Partner B: Share what you heard Partner A say. Once you've done that, then offer what came up for you as you heard Partner A talking. Make sure to mention the things that surprised you most and the things that surprised you the least. Partner A and Partner B Switch and repeat Step Three.

STEP 4: Sharing What You Learned About Your Partner

This can be a continuation of the same conversation, or you can choose to do this at another time, spreading out the process so you each have plenty of time to integrate what is said between you.

Partner A: Share what new thoughts you had about your partner during the writing exercise. Share anything that came up for you that you haven't told your partner before (good news or bad news)
Once you are complete, say "check"

Partner B: Don't interject while Partner A is talking. Wait for your partner to say "check" before adding to the conversation.

Share what you heard Partner A say. Once you've done that, then offer what came up for you as you heard Partner A talking. Make sure to mention the things that surprised you most and the things that surprised you the least.

Partner A and Partner B Switch and repeat Step Three.

STEP 5: Look For Common Themes

This can be a continuation of the same conversation, or you can choose to do this at another time.

Partner A and B together: Look for Common Themes relating to your passions, values, and commitments. Use any of the following frames that feel helpful and inspire creativity.

The Company Branding Frame

Imagine that you and your partner were each corporations and that you were merging your companies together and you meeting to design a logo and come up with a slogan for your new joint venture. What are some of the best ways of communicating to the outside world what is unique and powerful about your partnership, given your individual commitments and passions?

The Epic Movie Frame

Imagine that you are making an epic movie of your life stories and this is the first scene. What would be the most exciting part of the movie? What great challenges or accomplishments would the main characters undertake? How would it end? What would the audience be left thinking about themselves and their world?

The Biggest Threat Frame

What do you think the biggest threat is to your happiness? To the relationship? To your community? To Humanity? What commitments could you make that would make the context of your relationship mitigating these

threats and rewarding you with taking the risks you took to get where you are.

The Absurd In 30 Years Frame

There are many things that were considered normal 30 years ago in our culture that now would be considered absurd. From grocery store check out tellers smoking as they handle your vegetables to mothers slapping their kids in public when they misbehave, culture has changed a lot in a short amount of time (when compared to the length of time you might imagine being with your partner) What is considered normal today that you'd like to be a part of making culturally absurd 30 years from now?

The Zero To One Frame

In Peter Thiel's book on Silicon Valley startup mentality, he famously asks the question, "What is one thing you believe that almost no one else believes?" Ask yourselves that question and imagine what actions you might take together consistent with that belief that would have you going against the grain - together.

STEP 6: Develop Your Context

This can be a continuation of the same conversation, or you can choose to do this at another time.

Based on the entire experience of the writing, conversations, and thought exercises you've done as a partnership, what appears to be the context for relating that inspires you both most.

Try to state it in as few words as possible, like "To Live An Extraordinary Life" or "To Heal The Wounds Of The Past" or "To Open Hearts And Expand Minds".

Make sure that it applies not just to you, but to those you might be in community with or be in service to. (Notice it says “To Heal The Wounds...” not “To Heal My Wounds...”)

Try on your new context by remembering old conflicts or difficult decisions you had to make in the past. Think about the routines of your life now and imagine which ones fit and which ones might need to change if you were to fully commit to this new context.

How does your new context support you in thinking of new solutions? Do you feel more aligned? More creative? More inspired?

STEP 7: Test Your New Context

Put a date on the calendar for 3 to 4 weeks in the future. When that date comes, look back at the previous month and talk about the ways your context feels real and alive, and the ways it might seem artificial or forced.

Don't be shy about adjusting your context as many times as it takes to settle on something that anchor your evolutionary relationship to a powerful 3rd pole.

REFLECTION QUESTIONS:

What is the third pole or context for your relationship?

To complete Lesson 6, share your answer [here](#)



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EVOLVING LOVE VIDEO TRANSCRIPTS:

Lesson 1 – Lesson 6

LESSON 1: The Deepest Reason To Be Together

(J) There are a couple of evolving love signatures that we want to make sure that you have the container of this workshop to work on and a little bit of our guidance. That conflict resolution process is one of the major pieces. The other is one that transcends conflict. It's not actually about when you're in conflict. It actually becomes the lamppost in your relationship. We call this the third pole.

Remember when we talked about ordinary and extraordinary that in an ordinary relationship we commit to one another and in an extraordinary relationship we actually add a whole other pole to create more stability, but even an upward motion into evolution, which is the context of your relationship.

What I mean when I say context, those are fancy words just to mean what is the purpose of being in a relationship to begin with. Why are we doing this? We could just be on our own and not actually do this thing called love and partnership and really mesh our lives.

What's the reason that we're telling ourselves that we're in relationship to begin with? Rather than just assume we all think the same about that, let's actually be explicit about what that third pole is and see if we can align and have one that's shared because what this isn't is each of you having your own reasons to be in relationship and they're over here because that doesn't create a life that winds together. That creates just two individuals going about their lives.

What we're looking for is a third pole that you each share. Everyone will have a unique way of articulating their answer to the question why are we in relationship. What's the purpose of relating? But what we have found in our work with lots and lots of couples and singles when we do this work is that they fall into three major categories.

CATEGORY #1 - SAFETY: The first category I would call creating **home, safety, nurturance**. This is where healing goes. The very purpose of our relationship is to create the foundation of safety and healing for ourselves and that we're in this relationship to create that foundation.

We go off into the world to do all of those things that we want to do and we want to come home as the respite from that world to find that soothing, easeful, safe foundation that gives us the strength to go out and live our purpose. That's safety, nurturance, home, healing. These are words, but it's the safety pole.

CATEGORY #2 - HAPPINESS: Additionally, there's a whole other kind of grouping. We are in relationship to create bliss, joy, pleasure, happiness, excitement. The very purpose of being in a relationship is so that we can create more joy, more happiness in our lives, more fun, more play. This is the essence of it. We're not actually living our purpose if we're hating our lives and unhappy. So we know when we're off track when our joy and our bliss falls short. That's the second grouping.

CATEGORY #3 - GROWTH: The next grouping would be I would call the growth pole. The very purpose of our relationship is to grow, transcend, shift, evolve and that the very reason we're in a relationship is so that it can serve

that purpose of helping both us and the people around us grow. Us individually and us each other grow.

Now, of course, we want all these things. We want to feel safe in a foundation of healing and nurturance. We want to be joyful and we want to grow, but when they're at odds, you find that your third pole tells you a lot about yourself because if you're in the growth category, you're willing to give up on happiness and safety in service to growth because when you're growing, you're taking risks and it's not always happy and it certainly isn't always safe.

When you're in a happiness relationship, when it's about joy, you're willing to relax this incessant epidemic of we have to do more, father love beating you on the head to always be growing. You're going to let yourself have more ease and say, "Let's be happy. Let's enjoy our lives. Let's not kill ourselves and have so much growth we never actually enjoy it. Let's actually have happiness be the center point and growth could be something secondary."

Similarly with safety. You're like, "You can't have growth. You can't be happy until you're safe first." All of you people that think it's about these two, you've got to actually start here. Let's have our relationship create the safe space so that we actually can explore the others and this is actually primary because we realize it's wired in.

When you're operating one of these, the other two end up taking a secondary or tertiary position in how you choose who to be and what to do in your lives. A relationship based on each of these three, a relationship whose focus is one of these looks very different. The decision making, how you choose, where you go together as a couple, whether you stay in or go out, whether you collaborate on a project or whether you help each other heal. All of those

decisions come out of a shared context of relating.

(B) These relationships tend to take all of their risks and stuff outside of the relationship. The man goes to work and gets all beat up and the woman is doing her work and she's frazzled. Then they come home and they close the door and they go, "Ah." They don't want any of that stuff inside the relationship because the relationship is their sanctuary.

Whereas these guys, which is more our style of relationship, in the relationship we're like, "How do we grow and stretch the maximum amount? This is one piece. That breakfast that didn't feel as good as it possibly could. Let's learn all of the reasons why that happened so that we can create models out of it and teach it in the world."

Then we take all of the growth that's inside and then make sure that our work in the world benefits from the growth that's happening here. It's the opposite.

(J) Most of the context that you'll come up with with your own words will likely fall into one of these categories and we know a relationship is going to go well when you guys stabilize in the same bubble of these three. There are ways to weave you together when you're slightly in different bubbles that where you find some language that actually captures a merging that feels like your purpose. So you're not doomed if you're in different bubbles, but you're going to want to really, really look at how can you create a combined one that feels good to you both.

(B) There's a certain ease or elegance from a relationship where both partners are clearly prioritizing one of these three values over the other two because

then it just makes decision making very easy. If you're in a partnership that you want to stay in where it's not the same, there's just an extra amount of profound respect that has to go into the other person's value.

It almost becomes specialization. Between the two of us, I'm going to be the one rooting for growth. You're going to be the one rooting for safety. I understand in order to have my growth we need your safety and you understand in order to have your safety you need my growth. So when it comes to issues around safety, you're just the demigod that I'm totally honoring and listening to and vice versa. I'm not going to threaten your safety with my growth or I'm not going to threaten your growth with my need for safety.

There's just that extra amount of care that goes into relationship where you're not aligned with your partner.

Also, the other thing I wanted to say, is they can shift over time.

(J) Ours has shifted like three times. We've always been in growth, but we have shifted our context to relating three times.

(B) They can change over time, they can be different and it's good to be explicit.

(J) A really well formed context for relating, which was one of the most exciting conversations Bryan and I had at the very early part of their relationship, and when we meet new couples that are just meeting each other we always say, "Have this conversation. You're going to love it." We get

people texting us later going, “That was the best conversation our relationship has ever had in our lives. Thank you.”

So this is a really juicy one. We’re going to teach you how to self reflect first so that you can look at what are our values.

As I said, when Bryan and I first met, his context that I got invited into was boundary pushing. It started out being a very hot, erotic, crazy, wild relationship where we were doing boundary pushing every moment and since moved into what we shared with you earlier about living an extraordinary life, which we defined as leading those five values of transcendence and growth being the foundation, freedom, devotion, community and contribution.

We’ve iterated even again because we realized even that context outlived itself because that was mostly about ourselves, that we’re having this great life and we realize that we outgrew that at some point where it’s not just about us having a great life. It’s actually about leaving the planet better and specifically our new context is about evolving consciousness on the planet, mind and body. So that is what we’re about right now is evolving the consciousness of the planet, including ours, including yours. That’s what we’re here to do.

(B) I’m clear that for me to evolve consciousness, mind and body on the planet the most effective way I possibly can, I really need Jennifer. I need this relationship to help me do that, so that’s what binds us together because if I compare the kind of consciousness raising I could do myself versus the kind we can do together, there’s just no contest and it’s obvious which is greater.

Now it's not like I'm committed to our relationship. Again, I'm committed to that lamp and I really care about that thing. I actually want to go there.

(J) If you're single, we've coached many people to have this conversation with themselves about what context are you about because how hot is the date when you're like, "This is what I'm up to. This is the context I like to play in in relationships. Are you game?" They're like, "Wow. That's a cool invitation to a relationship. Let's do that."

So discovering for yourself what context you hold and then inviting the men and women in your lives into that context because you've gotten clear about it. You've articulated it. It's real for you. It's not this pie in the sky grandiose vision that's not connected nor is it a thing to make up for any deficiency you have, but is really literally what your theme in life is.

This is compelling. It's attractive. It's a great offer to make to someone. So this is relevant to you regardless of your relationship status.

(B) I just want to make it clear that these are categories and then the context have a little more specificity and character that more are shaped to you. Like boundary pushing is a type of growth and it's also a type of pleasure. You're on the border. Specific character to it. Expanding consciousness, also growth, but feels different. It's got more of our current personality.

LESSON 2: 2 Mistakes People Make When Co-Creating A 3rd Pole

MISTAKE #1: (J) Mistake one is to create a **context that sounds good**. The marketing and PR department says, “Yeah, that sounds awesome,” but it is so ungrounded in reality that it **doesn’t actually motivate you day to day**. It just feels too far off, too big. It’s not really who you are. It lands in the realm of more fantasy than reality. That’s mistake one.

MISTAKE #2: Mistake two is **creating a context** for relating, a third pole, **that’s about making up for a deficiency**, which is not really going to be your purpose. That may be a line you need to develop, but it’s not going to be your whole genius, what you’re here to do in the world.

Your genius is what you’re naturally created and good at. The things that you need to develop are your flat sides. You’re lazy, so clearly it’s gross for us.

(B) It’s hard work. Our relationship context is hard work because you’re lazy, so that’s what you need. It sounds fun.

(J) Your context of relating isn’t about where you’re the most flat. It’s where your genius lies, where you put your time, energy, attention naturally.

LESSON 3 - Good Examples Of A Common Purpose (And Some Bad Ones Too)

(B) I wanted to give you just a couple of examples that we would consider to be healthy context that would support an evolutionary relationship and then some that might not work.

GOOD EXAMPLE #1: Some ones that might work are **To inspire the fullest self expression of each person you relate with.** We have a friend. That's their context, so not only does it inspire the fullest self expression of each partner, which is really good if one of you is avoidant because then the context of the relationship itself guarantees that your individualization is valued, but it's also that the people around them are self expressed.

They're trying to figure out how can they, as a couple, interact with people that calls out other people's self expression. They end up throwing parties with talent shows and stuff. It's really cool.

GOOD EXAMPLE #2: Another good one that would work is to **open more deeply to spirit.** If two people have a deeply spiritual commitment and they're using the relationship to find out how they can open more deeply to spirit, then when they're trying to decide who to be in the world, what to do, should I take this job, what house should we live in. They can ask the question, "What would have us both open more deeply to spirit and let's choose that option?" Instead of, "What's my preference? What's your preference?"

BAD EXAMPLE #1: Some ones that might not work as well would be simply **to make each other happy.** If the context of the whole relationship was to

make each other happy, why might that not lead to an evolutionary relationship? Someone else can't really make you happy.

Happiness may not be the best thing for the relationship. Happiness also is an emergent property. It's one of those things as soon as you try to cause it directly, it starts to get weird.

BAD EXAMPLE #2: Or **to have a family**. In certain communities when we say what's the context of your relationship, the automatic response is the kids. The kids are the reason, but why might that not lead to an extraordinary relationship if the purpose is just the kids?

There's a special thing on this one, which is if you sacrifice your life for your kids, you're training them to sacrifice their life for their kids and then it doesn't matter how many generations of humanity, no one has a life.

I don't care how great a mom you are or how great a dad you are. There are aspects of you which are not mom and dad identity, which are outside that role, and expressing those is vital ironically to being a mom or a dad that's worth a damn, so that the kid can realize that they are more than their role. They're more than the role kid. They're more than the role brother, sister and eventually partner or father/mother.

BAD EXAMPLE #3: Another context that I've heard before, which we say is probably not a great one, is **to stay together no matter what**. In those relationships, no matter what can get pretty crazy. Pretty hectic. We don't recommend that one either.

LESSON 4 & 5 - Who Gets Their Way (And Why)?

(J) The power of having a shared context in one of the diciest aspects of relating, which is your decision making. Who gets to decide what we do, what we don't do? Who gets whose way? Whose friend do we let in or not let in? How do we make those decisions when each of you has your own preferences, your own principles even around that?

What having a shared context can do is help you make that decision because it's not who gets whose way. We're deciding on preference and compromise. But it's what would be in service to use living our third pole.

For us for a while it was what would be more extraordinary? To stay in or go out? There are answers where staying in would be more extraordinary because we would be giving ourselves the rest and rejuvenation we need to lead this workshop, for instance, but there might be context where it would be more extraordinary to be in contact with these new people that we might meet that are going to add to us in really meaningful ways.

So even if we're tired, we both decide let's go out because this would have us living our context. Something as simple as go out/stay in can actually be resolved by your third pole.

Then you notice it's not me fighting for my way, him fighting for his and us trying to figure out who gets it. It's both of us on a journey of exploring what would feed the context. What would have us live the context?

We may not always agree right away, but at least we're on the same side exploring what we believe would be the answer and what Bryan and I have



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noticed is it's generally obvious to both of us what would actually lead us to fulfilling on the context.

LESSON 5 - Example Of A Relationship Purpose (3rd Pole) At Work

(B) We're cruising down the street, it's early in the relationship and it's getting a little bicker-y out. I recall the words like asshole or something. I don't know if those exact words came out of Jennifer's mouth, but it was something like that. I did what you do, which is clam up and pretend I'm four years old.

(J) It's funny how his stories always delete the piece that came before the 'asshole'. They always delete that piece. It's just interesting.

(B) I'm totally innocent.

(B) I come from a tribe, a clan, of apologizers. We go back many generations. When there's a conflict it's like, "I'm sorry about this and I'm sorry about that and I'm sorry about this and I'm sorry about that and I'm sorry about this and I'm sorry about that." "I'm glad you said all of that. Now I'm sorry about this and I'm sorry about that." That's how resolution sounded in my house for generations.

After I was done, I'm like, "I'm sorry I was acting like an asshole and I said this insensitive thing." I can't remember what I had done. "I'm sorry I did that." Then I waited for the volley. Where is you're sorry? It was quiet and we're walking along. I said, "Honey, I want you to apologize for the name calling thing and actually I just want you to apologize more in general."

I started to try and count the number of apologies in the relationship, which was a really bad idea. "You don't apologize enough. You should apologize more." Jennifer's first reaction was to say, "You're absolutely right. I totally

should and I'm sorry that I haven't said I'm sorry more." She's right in there and my system is starting to relax; however, not that long before that we had had this conversation about the third pole for the first time. It was after boundary pushing and we knew that we wanted to live an extraordinary life and we wanted the context of our relationship to live an extraordinary life.

She had to energetically shrink and make herself smaller to comply with my request. She was like, "OK, you're right." I saw that. I felt it and I started to play in my mind. If I multiply this request of I want you to say sorry more by the next 20, 30, 40 years of relating, where does that lead us and is it more extraordinary to apologize more or take a page out of her clan's book. She came from a clan of non-apologizers where you stand behind your words.

(J) Let me say something about that just to insert. For me I find 95% of apologies to be dishonest. What I mean is you had a fight and there was maybe some angry words, some complaint in it and then you say later, "I didn't mean to make you feel bad," but the honest answer was, "I actually did mean to make you feel bad. I actually wanted you to hurt because I was hurting."

So if we were being honest, we wouldn't say, "I didn't mean to make you feel bad. I'm so sorry. When I called you asshole, when I called you this, when I called you that, I didn't mean it. I didn't mean to make you feel bad."

In my clan, you are honest and say, "In that moment I wanted you to feel my pain." You don't pretend you didn't want them to feel bad. You actually admit that you wanted them to feel bad in that moment and you cop to whatever was actually true, which is probably not an apology. Sometimes it is.

I didn't apologize none. I just knew the difference between when the apology was dishonest and when the truth was that I was in a dysfunctional pattern of wanting someone to hurt the way I was hurting.

(B) Already just in how you felt in listening to me and my story and how I told it and how you just felt listening to Jennifer talking about apology, there's no question about which is more extraordinary. It was so obvious once we started the conversation what would be more extraordinary that we strive to apologize more or that we strive to apologize less.

Even though my little boy wanted soothing, it was obvious that that wasn't going to be the most extraordinary. So we said, "Actually, never mind. On second thought, why don't I learn from you in this area and I'll learn not only to be more honest and not apologize when I don't mean it and actually cop to my real motivations, but also have more consciousness around my words and actions so I don't need to apologize because I'm being careful in advance rather than just doing whatever and then if someone happens to get hurt, then apologizing."

(J) As I remember it, it was a really beautiful conversation and we realized that a relationship that got really good at apology was leaving something really extraordinary out and it wasn't necessarily about me compromising, but notice that in that moment Bryan did something really extraordinary, which was look at his preference, which would have been to have me, of course, apologize more often. Who wouldn't want that?

He was willing to say, "Wait a minute. This isn't just about my preference here. What would actually make us better as a couple?"

There are two aspects to what happened in a conflict. There's the apology and then there's the reparation. There's what you do in the moment to be remorseful about it or to acknowledge it and then there's what do you do as a human being to actually shift and change and repair. Do we as a couple want to focus more on the apology or more on the reparation, more on changing who we are?

(B) It wasn't that we just said no more apologies ever. Since then in our journey of apologizing, Jennifer apologizes beautifully when she's sorry and when I'm hurt and she's not sorry, I get to learn that that's what happened and that's OK. It's actually OK for her to be hurtful because our context isn't the context of being the least amount hurtful possible. Our context is that we're expanding consciousness.

(J) And on the reverse too. It's OK for him to be hurtful, which happens sometimes. I often feel most loved not when he apologizes, but when he actually says to me, "I did mean to do that."

(B) That's just one example of how to make a choice based on your context instead of based on your feelings. I'd never made a choice based on anything other than my preference in a relationship before that day and now that's how we make all our choices, including why you guys are in this workshop is that in January we sat down and said, "We have one day a week to collaborate. What's going to expand consciousness the most on the planet?" The answer was I think we should teach love. I said, "That's a brilliant idea. Let's do it." That's why we're even here is because we make choices based on that context.



EVOLVING *Love*

LESSON 6 - Defining And Communicating Your Relationship's Purpose

(J) Now it's your turn. Open the Evolving Love Workbook to the 3rd Pole Exercise. We'll go through it here step by step and recommend that you follow along and even pause the video so you can take the time to either journal or fully consider your responses to each of the steps we'll go through now.

Regardless of whether you are in relationship now or not it's an incredibly valuable exercise to get clear on the context for your relationships...your answer to 'Why do I want to be in a partnership? What is the larger purpose that I imagine this relationship servicing.'

We recommend sharing this context early on as you are getting to know each other as it can give you a very early sign about whether you are likely to be compatible. If they light up, feel more excitement, desire, or inspiration - this is a really good sign. If they are neutral or even challenged by your 3rd pole then chances are high that your paths will likely diverge and feel incompatible to you both.

Our 3rd Pole Exercise begins with a writing exercise. If you happen to be in a relationship don't plan on sharing what you write (you may do so but free yourself from writing FOR anyone but you,, this is purely for your own self-investigation to prepare you for the most effective conversation later.

This entire process can be done in an hour or so, or you can take weeks to complete it. We recommend taking the time to get it right, so both you and your partner are 100% bought-in.

STEP 1: Self Investigation (Write In Journal)

1. What is so important to you that you'd rather live alone for the rest of your life than permanently give up on it?
2. What are you so passionate about, that you'd continue to do even if you could never receive any money, recognition, or gratitude for it?
3. What are you less committed to than people think? What are you more committed to than people think?
4. When in the last year did you feel a "fire in your belly"? What lit that fire?
5. When in your life have you experienced the most flow state? What were you doing? What skills or gifts of yours were being called upon?

If you happen to be in a relationship go to step 2...if not you can either skip this step and go to step 5 or for practice you can answer it about your most recent past relationship.

In STEP 2: You will be writing Partner Reflections in your journal.

Using your intuition and what you know about your partner, answer questions about your impression of their values and commitments. You might be surprised at how quickly you form impressions even for a new relationship. Go ahead and let yourself answer from these impressions even if you aren't sure they are 'right' or that you have enough experience or information about your partner yet...

1. If you could describe your partner's life as a "mission", what mission are they on?
2. When have you seen your partner light up the most? What were they doing? Who were they contributing to?

3. Where is your partner less committed than they pretend to be (or advertise to others). Where are they more committed ?
4. What is the biggest contribution you've seen your partner make to people outside the home? What skill or gift allowed them to make that contribution?
5. Where have others seen your partner the "same way" that you do: Appreciating the best things about them? What caused them to see your partner in this way?

Now it's time to start sharing with your partner. If you don't have a partner go ahead and skip to STEP 5.

STEP 3: Sharing What You Learned About Yourself

Create an intentional space for this conversation. It should be free from clutter, distractions, and feel good, like you want your relationship to feel.

Partner A: Share what you've learned about yourself through the writing exercise Share any themes that you've noticed in your answers.

Once you are complete, say "check."

Partner B: Share what you heard Partner A say. Once you've done that, then offer what came up for you as you heard Partner A talking. Make sure to mention the things that surprised you most and the things that surprised you the least.

Partner A and Partner B Switch and repeat Step Three.

STEP 4: Sharing What You Learned About Your Partner

This can be a continuation of the same conversation, or you can choose to do this at another time, spreading out the process so you each have plenty of time to integrate what is said between you.

Partner A: Share what new thoughts you had about your partner during the writing exercise. Share anything that came up for you that you haven't told your partner before (good news or bad news).

Once you are complete, say "check."

Partner B: Don't interject while Partner A is talking. Wait for your partner to say "check" before adding to the conversation.

Share what you heard Partner A say. Once you've done that, then offer what came up for you as you heard Partner A talking. Make sure to mention the things that surprised you most and the things that surprised you the least.

Partner A and Partner B Switch and repeat Step Four.

In STEP 5: You are Looking For Common Themes

This can be a continuation of the same conversation, or you can choose to do this at another time.

Partner A and B together: Look for Common Themes relating to your passions, values, and commitments. You might want to use some of the frames we'll share with you here to help inspire your creativity.

The Company Branding Frame

Imagine that you and your partner were each corporations and that you were merging your companies together and you meeting to design a logo and

come up with a slogan for your new joint venture. What are some of the best ways of communicating to the outside world what is unique and powerful about your partnership, given your individual commitments and passions?

The Epic Movie Frame

Imagine that you are making an epic movie of your life stories and this is the first scene. What would be the most exciting part of the movie? What great challenges or accomplishments would the main characters undertake? How would it end? What would the audience be left thinking about themselves and their world?

The Biggest Threat Frame

What do you think the biggest threat is to your happiness? To the relationship? To your community? To Humanity? What commitments could you make that would make the context of your relationship mitigating these threats and rewarding you with taking the risks you took to get where you are.

The Absurd In 30 Years Frame

There are many things that were considered normal 30 years ago in our culture that now would be considered absurd. From grocery store check out tellers smoking as they handle your vegetables to mothers slapping their kids in public when they misbehave, culture has changed a lot in a short amount of time (when compared to the length of time you might imagine being with your partner) What is considered normal today that you'd like to be a part of making culturally absurd 30 years from now?

The Zero To One Frame

In Peter Thiel's book on Silicon Valley startup mentality, he famously asks the question, "What is one thing you believe that almost no one else believes?" Ask yourselves that question and imagine what actions you might take

together consistent with that belief that would have you going against the grain - together.

Now it's time for STEP 6: which is where you Develop Your Context / Your 3rd Pole. Again, remember that this can be a continuation of the same conversation, or you can choose to do this at another time.

Based on the entire experience of the writing, conversations, and thought exercises you've done as a partnership, what appears to be the context for relating that inspires you both most.

Try to state it in as few words as possible, like "To Live An Extraordinary Life" or "To Heal The Wounds Of The Past" "To Create Liberation & Self Expression" or "To Open Hearts And Expand Minds"

Make sure that it applies not just to you, but to those you might be in community with or be in service to. (Notice it says "To Heal The Wounds..." not "To Heal My Wounds...") Remember this context should apply in any context and be centered not just on yourself or even each other but in how you each want to move through the world.

Try on your new context by remembering old conflicts or difficult decisions you had to make in the past. Think about the routines of your life now and imagine which ones fit and which ones might need to change if you were to fully commit to this new context.

How does your new context support you in thinking of new solutions? Do you feel more aligned? More creative? More inspired?

STEP 7: Test Your New Context

Put a date on the calendar for 3 to 4 weeks in the future. When that date comes, look back at the previous month and talk about the ways your context feels real and alive, and the ways it might seem artificial or forced.

Don't be shy about adjusting your context as many times as it takes to settle on something that anchors your partnership.

There is a distinction that Bryan and I make about the difference between a relationship and a partnership. Having a shared context or 3rd pole for us is the difference between these two.

As we see it

A relationship is 2 people (or a group) with independent lives that have chosen to spend their free time together - and even possibly a bed together.

A partnership is 2 people (or even a group of people) who realize that they share a common purpose and recognize that they are each critical players in helping each other to realize that purpose.

Both are valuable experiences.

And having a SHARED context or 3rd pole that's deliberately shared can help you distinguish between which type of relationship you are in.

