



Relationship Coaching Institute presents...

## Module 3

# Uncover What You Really Want In A Relationship

## Journey to Conscious Dating

*Six Transformational Steps to Finding  
The Love of Your Life*

*Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that frightens us most.*

*Marianne Williamson*

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# Welcome to Module 3 – Uncover What You Really Want in A Relationship

You've now established your essential values and life's purpose. You've also discovered what you need, want, and have to have within your community circle as well as intimate circle. Module 3 will help you to uncover your deepest needs within a loving partnership. The following steps will help guide you towards the best person for you; someone who will support your life's purpose and all of the other important aspects you'll discover below. Once the steps taken in this module are completed, you will have a deeper understanding of the type of person that will help you to become the best YOU possible.

In this Module you will form a new view of dating by taking these four steps...

**Step 1:** Define Your Non-Negotiable Requirements

**Step 2:** Uncover Your Needs and Wants

**Step 3:** Identify Self-Limiting Beliefs

**Step 4:** Shift Self-Limiting Beliefs

## Step 1: Define Your Non-Negotiable Requirements

In every relationship there are certain requirements that both partners will have. It's through respect and awareness of our core values that we are able to work with these non-negotiables. Having certain requirements will help to keep your relationship strong, loving, and filled with happiness. There will be no need for second guessing or assuming, because you'll both understand what it is that's expected of each other. Keep in mind as you think about what your requirements are, they will typically have these characteristics:

- They are non-negotiable; the relationship would not work for you if it were missing.
- They tend to be black or white, met or unmet, usually not much room for gray.
- While black or white, they also tend to be subjective; what matters is if the requirement is met or not met to your standards.
- They tend to have much power; if you have to think about it, chances are it's a need.
- They are behavioral events in the relationship, not traits of your partner.

Review your vision and vision statement, and list what must happen in your life partnership to achieve your perfect life and relationship. These are qualities and events in your relationship (fidelity, financial security, etc), not traits of your partner. There is a sample list below for your reference.

### **My Relationship Requirements**

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

1. For each of the above, apply the following test sentence; “Could a relationship possibly work for me if this one requirement were missing?” Meaning that if it were missing, you would feel the need to leave the relationship sooner or later because you couldn't live without it no matter how committed you were and how much you loved each other and wanted to make it work.
2. Be honest and rigorous in testing each requirement. If you can come up with an exception or justification, a way to stay and make the relationship work without meeting the requirement, then it is not a requirement.
3. Requirements that don't pass the test are most likely needs; transfer them to the Needs list.

### **Sample List of Requirements**

This list isn't comprehensive. Rather it is intended to give you some examples of requirements that you might also have. Keep in mind that your requirements really come from your vision, and values; not from a list. There can be quite a bit of overlap between requirements and needs, since the former are non-negotiable versions of the latter.

See the “Sample List of Needs” in the next step, for more possible requirements. The “Sample List of Values” in Module 2 may stimulate ideas for you as well. Remember that requirements are characteristic of your ideal relationship and not traits of your partner.

Accept and appreciate differences	Mutuality
Addiction-Free	Negotiate differences positively
Authenticity	Open communication
Balance of giving-receiving	Organized
Self-awareness	Passionate
Common vision	Physically compatible
Emotional intimacy	Proactivity in relationship
Family oriented	Respect for each other's feelings
Financial responsibility	Respect for each other's opinions
Financially secure	Responsive to needs
Flexibility	Romance
Good listening	Sensuality
Healthy mind, body, and spirit	Shared domestic responsibilities
Honesty	Shared dreams for future
Honor each other's space	Shared primary interests
Independence	Shared sense of adventure
Integrity	Shared sense of humor
Love of animals and/or pets	Shared spiritual and religious beliefs
Love children	Spontaneity
Monogamy and fidelity	Support for each other's goals
Mutual emotional support	Supportability
Mutual respect	Trust

### **Action Step 1**

Complete the List of Requirements exercise above to understand fully what a successful partnership involves for you.

## **Step 2: Uncover Your Needs and Wants**

As you uncover your emotional and functional needs you will be able to understand the difference between Needs and Wants. Below is a sample list of emotional and functional needs.

First, briefly review your vision, and list the functional and emotional needs that you can identify. Add items that did not pass the test for requirements. See examples on next page.

### My Needs

#### Functional Needs

#### Emotional Needs

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

Second, for each of the above, apply the following test: “Would I experience an issue each time this event did not occur?”

Third, needs that do not pass the test, are most likely wants; transfer them to the “Wants” list below, along with any other wants you can identify from your vision.

### Sample List of Needs

Remember that requirements and needs can overlap, so review the “Sample List of Requirements” for any needs that did not pass the requirements test.

#### Functional Needs

Kept agreements

Shared domestic chores

Organization

Financial responsibility

Detail-orientation

Neatness/cleanliness

Security-consciousness

Good planning

Activities initiated

Good communication

Pick up after self

Care with money

Respect for my space  
Handy around house  
Cooperation  
Effective co-parenting skills

Respect for law  
Non-addiction  
Ability to get along with others  
Good grooming/dressing

**Emotional Needs**

Affection  
Surprises  
Consideration  
Nurturing  
Support  
Generosity  
Self-disclosure  
Compliments  
Empathy  
Listening  
Validation  
Mutuality  
Thoughtfulness

Inquiry  
Commitment  
Sacrifice  
Trust  
Loyalty  
Heartfelt sharing  
Submission  
Initiation  
Patience  
Understanding  
Optimism  
Encouragement  
Appreciation

**My Wants**

Wants are the icing on the cake. They are “nice to have,” but if they are missing in the relationship, it will not affect the viability of the partnership. Remember to keep in mind that your partner has their own set of wants too.

**My Wants**

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

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### Action Step 2

Complete your "Needs" and "Wants" lists above to see what you need for a fulfilling partnership/relationship.

## Step 3: Identify Self-limiting Beliefs

Everyone has fears and self-limiting beliefs, but they are often unaware of them. Check the ones below that fit for you. When reading each one, do a gut check, and if you experience the slightest physical or emotional reaction, the limiting belief most likely applies to you. Upon completion of this exercise, follow the instructions to create new, empowering beliefs.

### About Self:

- \_\_\_\_\_ 1. I'm not good enough
- \_\_\_\_\_ 2. I don't deserve love.
- \_\_\_\_\_ 3. I don't deserve to be happy.
- \_\_\_\_\_ 4. I'm not \_\_\_\_\_ enough (attractive, successful, young, rich, thin, etc).
- \_\_\_\_\_ 5. I'm too \_\_\_\_\_ (old, unattractive, dysfunctional, unsuccessful, etc).

### About Dating:

- \_\_\_\_\_ 6. All the good ones are taken.
- \_\_\_\_\_ 7. I have to take what I can get or be alone.
- \_\_\_\_\_ 8. My ideal partner doesn't exist, or is already taken.
- \_\_\_\_\_ 9. There is no such thing as a soul mate or true love.
- \_\_\_\_\_ 10. I must be realistic in my expectations and settle for less than what I want.

### About Relationships:



- \_\_\_\_\_ 11. I will be rejected if I ask for what I want, or say no.
- \_\_\_\_\_ 12. I will be abandoned if I care too much.
- \_\_\_\_\_ 13. I will hurt the one I love.
- \_\_\_\_\_ 14. I will be smothered or controlled.
- \_\_\_\_\_ 15. I will lose myself.
- \_\_\_\_\_ 16. I will be hurt if I trust.
- \_\_\_\_\_ 17. If you really know me, you won't like me or love me.

What are your top 3 insights about your limiting beliefs above?

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### Action Step 3

Using the exercise above, identify your top 3 limiting beliefs about yourself, dating and relationships.

## Step 4: Shift Self-Limiting Beliefs

You have unconsciously created and accepted certain self-limiting beliefs about who you are and what you're capable of doing, being, and having. You have a choice about these beliefs; just because you believe something to be true doesn't make it true. To change your life you can simply choose new beliefs that you want to be true. As you complete the following exercise, take a step back and look at yourself, your true self, and see your true potential.

- ✓ Write out each of the 3 top old, limiting beliefs. i.e. "Once people get to know the real me, they don't like me, and they'll end up rejecting me."

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Write contrasting new beliefs as present tense. i.e. “People like me for who I am, and I make friends easily” or state in the future tense, i.e. “I am feeling confident that people like and accept me for who I am.”

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- ✓ Declare each new belief. Say it out loud. Practice repeating the new beliefs each morning before you get out of bed and each night before you fall asleep. Act as if this new belief were absolutely true. Do this for a minimum of 30 days.

**Action Step 4**

List your new beliefs above and visualize yourself truly becoming what you’ve positively written. Feel confident in what you’re capable of creating. Your confidence will shine through and you’re relationships will flourish because of it!

Go forward this week noticing when your internal dialogue reflects one of these limiting beliefs. Once you have identified the belief, acknowledge it and consciously shift toward a new, more empowering belief.