

Overview

12 weeks at a glance

<p>The Beginning</p> <hr/> <p>Notice where habits form</p>	<p>Week 1 Movies End Where HEA Begins</p> <ul style="list-style-type: none">• Comparing time• Different tastes• The power of noticing	<p>Week 2 3 Relationships Inside Your Singular Marriage</p> <ul style="list-style-type: none">• Partner• Friend• Lover	
<p>The Foundation</p> <hr/> <p>Harness the habit of hello</p>	<p>Week 3 Zones of Life</p> <ul style="list-style-type: none">• Comfort• Growth• Panic	<p>Week 4 Misunderstanding Cycle</p> <ul style="list-style-type: none">• Shame & insistence• Pounce & exit• Accuse & retreat	<p>Week 5 Saying Yes-And</p> <ul style="list-style-type: none">• Practice makes permanent• Contrarians• Judging
<p>The 3 Relationships</p> <hr/> <p>Practice simple habits</p>	<p>Week 6 How Can I Be a Partner?</p> <ul style="list-style-type: none">• Togetherness/teammates• Someone to help me• I feel proud and worthy	<p>Week 7 How Can I Be a Friend?</p> <ul style="list-style-type: none">• Companionship/comfort• Someone to keep me company• I feel included and happy	<p>Week 8 How Can I Be a Lover?</p> <ul style="list-style-type: none">• Desire/chemistry• Someone to want me• I feel excited and intrigued
<p>The 3 Skills</p> <hr/> <p>Practice simple skills</p>	<p>Week 9 How Can I Communicate with My Mate?</p> <ul style="list-style-type: none">• Listen and disclose• Pace• Tone	<p>Week 10 How Can I Prioritize My Mate?</p> <ul style="list-style-type: none">• Leader/follower• Life circumstances• Pace and score keeping	<p>Week 11 How Can I Attract My Mate?</p> <ul style="list-style-type: none">• Confidence• Hygiene and tenderness• Insecurity and boredom
<p>Week 12 Games & Review</p>			