

THE LOVE SCOUT

Relationship Therapist

RESOURCE HANDBOOK



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CORE VALUES

Core values are the compass of your life. They help you live a life that is meaningful to you and guide you to be the person you want to be.

Acceptance	Curiosity	Forgiveness	Innovation	Order	Responsibility	Status
Accomplishment	Dedication	Freedom	Integrity	Originality	Security	Strength
Accountability	Dependability	Friendship	Intelligence	Passion	Self-actualisation	Structure
Adaptability	Determination	Fun	Intuition	Patience	Self-development	Success
Adventure	Dignity	Generosity	Joy	Patriotism	Self-reliance	Support
Ambition	Discipline	Gratitude	Justice	Peace	Self-respect	Surprise
Authenticity	Diversity	Growth	Kindness	Playfulness	Sensitivity	Sustainability
Bravery	Empathy	Happiness	Knowledge	Positivity	Serenity	Tolerance
Boldness	Endurance	Health	Leadership	Power	Service	Transparency
Commitment	Enthusiasm	Honesty	Love	Productivity	Sharing	Trust
Communication	Equality	Honour	Loyalty	Professionalism	Silence	Uniqueness
Consistency	Exploration	Humility	Meaning	Prosperity	Simplicity	Unity
Contribution	Fairness	Humour	Moderation	Purpose	Sincerity	Vision
Co-operation	Faith	Imagination	Motivation	Quality	Solitude	Vitality
Courage	Family	Independence	Openness	Recognition	Spirituality	Wealth
Creativity	Fidelity	Individuality	Optimism	Respect	Stability	Wisdom

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CORE BELIEFS

For the first 6 years of our lives, our brains are like sponges and they download information from our environment. At this early stage we don't have the cognitive capacity to discern what is about us and what is about our actions. Even into adulthood, if we are repeatedly told something about our nature, we can internalise it as the truth about who we are, resulting in negative core beliefs. These beliefs can be detrimental to our self-worth and impact our lives and relationships deeply.

Knowing your core beliefs is this first step to changing them and re-building self-esteem.

I am unlovable	I am worthless	I am broken	I am ugly	I am wrong
I am unworthy	I am a failure	I am irreparable	I am invisible	I am unacceptable
I am undeserving	I am defective	I am stupid	I am incapable	I am inappropriate
I am not enough	I am undesirable	I am a loser	I am unwanted	I am unwelcome
I am insignificant	I am incompetent	I am dirty	I am disgusting	I am unlikable
I am unimportant	I am inadequate	I am shameful	I am repulsive	I am powerless
I am useless	I am damaged	I am different	I am bad	I am unsuccessful
I am embarrassing	I am inferior	I am nothing	I am pathetic	I am a disappointment

Negative emotions such as anger, fear, sadness, guilt and shame are often the result of a core belief being triggered. If you can identify the belief, you can address the underlying issue. If not, the emotion will pass, but will likely re-surface again and again.

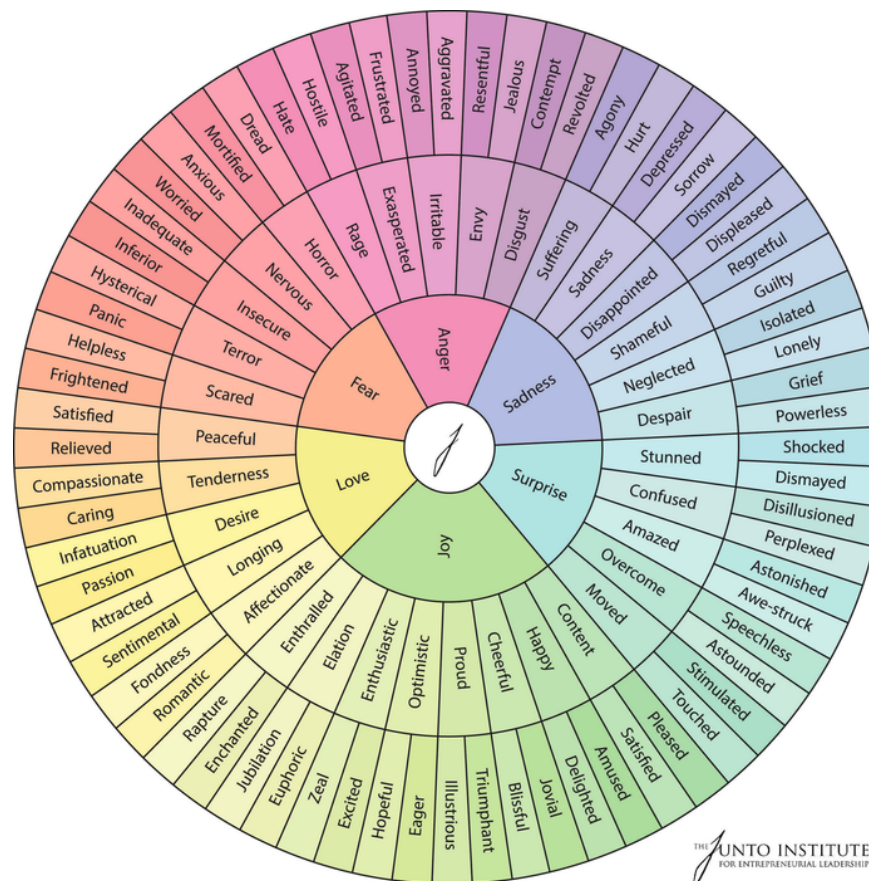
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FEELINGS WHEEL

The feelings wheel is designed to give you more language to describe how you experience the world. Not only will knowing your feelings help you regulate them, it will point you in the direction of addressing any under-lying issues so you can resolve them faster. Knowing and cultivating your emotional state will also enhance your mental health & quality of life.



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FUNCTIONS OF EMOTIONS

Words help us communicate with others. Emotions help our body communicate with our mind. Each primary emotion has a function. One way to improve emotional literacy is to ask yourself...what is the emotion trying to tell me? Enhancing your emotional intelligence will help you respond and not react, self-regulate and make better decisions to resolve, re-store and maintain well-being.



ANGER

To signify injustice, inequality, clash of values



GUILT

To re-direct us back to our personal ethics



JOY

To remind us what's important



LOVE

To connect us with others



SHAME

To re-orient us back to society's ethics



FEAR

To signify potential or real danger



LONELINESS

To remind us of our need for connection



PAIN

To remind us of our need for protection & preservation

Note: *Dysfunctional Internal Shame (DIS)

DIS is a feeling that evolves out of an experience where someone told you or made you feel bad/wrong/inappropriate/defective. In the body this feels like "if people knew the real me, they would know I am unlovable". Dysfunctional Internal Shame is dysfunctional and keeps people in isolation from their true self and the love and connection of others. DIS will disintegrate only when that deepest fear about yourself is shared in a safe space with others.

(Therapeutic context advised.)

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WINDOW OF TOLERANCE



Anxiety
Intense Anger
Increased Heart Rate
Feeling Threatened

HYPERAROUSAL
(Fight or flight)

Panic
Rage
Overwhelm
Out of Control

Shaking
Can't Relax
Hyper-active
Poor Concentration

Chaos
Addictions
Digestive Problems
Reactive Outbursts

Start to feel irritable

Anxious

Dysregulation

Agitated

Feel Uncomfortable

WINDOW OF TOLERANCE



Caring
Present
Grounded
Connected

Safe
Social
Relaxed
Regulated

Open
Flexible
Well-rested
Good Digestion

Calm
Curious
Creative
Able to learn



Life feels comfortable inside the window of tolerance. We can engage with the world, ourselves and draw on our intellect and emotion to navigate life. Therapy and psycho-education can help you expand your window of tolerance so that you become less reactive to triggers, can self-soothe, emotionally regulate and deal with challenging or adverse situations.

Start to shut down

Lose track of time

Dysregulation

Poor Concentration

Feel uncomfortable

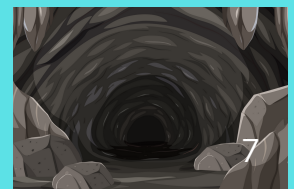
Numb
Reclusive
Shut-down
Withdrawn

Sad
Flat
Rigid
Unavailable

Lethargic
Detached
No energy
Dissociated

HYPOAROUSAL
(Freeze)

Solemn
Depressed
Disconnected
Poor Digestion



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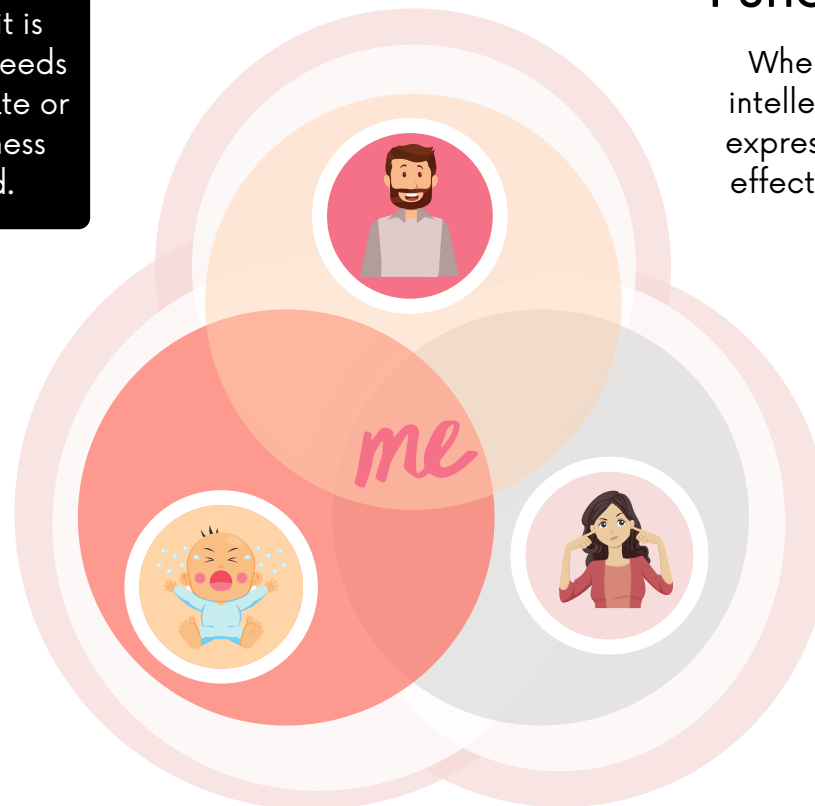
PARTS OF SELF

Through the lifespan we go through different developmental stages. However, when our needs are not met and we experience heightened emotional states we can temporarily regress. Understanding the different parts of self will help you regulate, take affirmative action and deal with others in a more functional and compassionate manner.

Remember: If a person is experiencing a strong feeling, it is likely they are not getting their needs met and lack the skills to articulate or self regulate. Lean in with kindness and ask them what they need.

Wounded Child

When a person regresses to their child state and gets stuck in their pain. This can result in sulking, tantrum throwing, stewing, crying, pouting, sooking.



Functional Adult

When an adult uses their intellect and skills to assert, express and communicate effectively and functionally in the world.

Adapted Teenager

When a person regresses to their teenage state and old defence/coping mechanisms. This can result in aggression, passive aggression, deflection, rebellion.

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TYPES OF DEPENDENCE

Over the lifespan individuals grow and learn skills to become autonomous beings who are able to take care of themselves and healthily relate to others. In some instances, children are not taught the appropriate skills, lack nurturing or encouragement. In other instances, there may be abuse, neglect or trauma. All of these things can impact a person's ability to become a functional adult.

Listed below are the 5 types of dependence. In functional adulthood, we strive for independence & inter-dependence.

Consider relationships in your life, the type of dependence you have and why that dynamic might exist.

- | | |
|--|--|
| • Dependence - Relying on others (for your physical/emotional survival). This is a one-way dynamic where another person does things for you. <i>(This is normal in early childhood but not so healthy in adulthood.)</i> | COST/REWARD
<u>ABANDONMENT</u> |
| • Co-dependence - Mutual emotional reliance two people have on each other for esteem, validation, worth and identity. Love addicts & love avoidants are most often co-dependent. Usually there is a perceived inability to survive without the other. <i>(When 2 people become 1 and individual reality fuses.)</i> | <u>ENMESHMENT</u> |
| • Anti-dependence - An active choice of fierce independence and rejection or refusal to accept help from others. Commonly established after being perpetually let down by others, the individual learns they can only rely on themselves. <i>(Anti-dependents are prone to building walls and being emotionally distant for self-preservation.)</i> | <u>ISOLATION</u> |
| • Independence - Functional and age-appropriate level of being able to take care of ones-self with boundaries and decision-making. Self-reliant but open to the opinions and perspectives of others (without judgment or rebellious intent). | <u>FREEDOM & AUTHENTICITY</u> |
| • Inter-dependence - Healthy reliance on others in inter-personal relationships and society. 2-way street with give & take. The relationship dynamic is loving and functional but not based on needing the other. In fact, the dynamic can change and evolve in accordance with each person. | <u>LOVE & CONNECTION</u> |

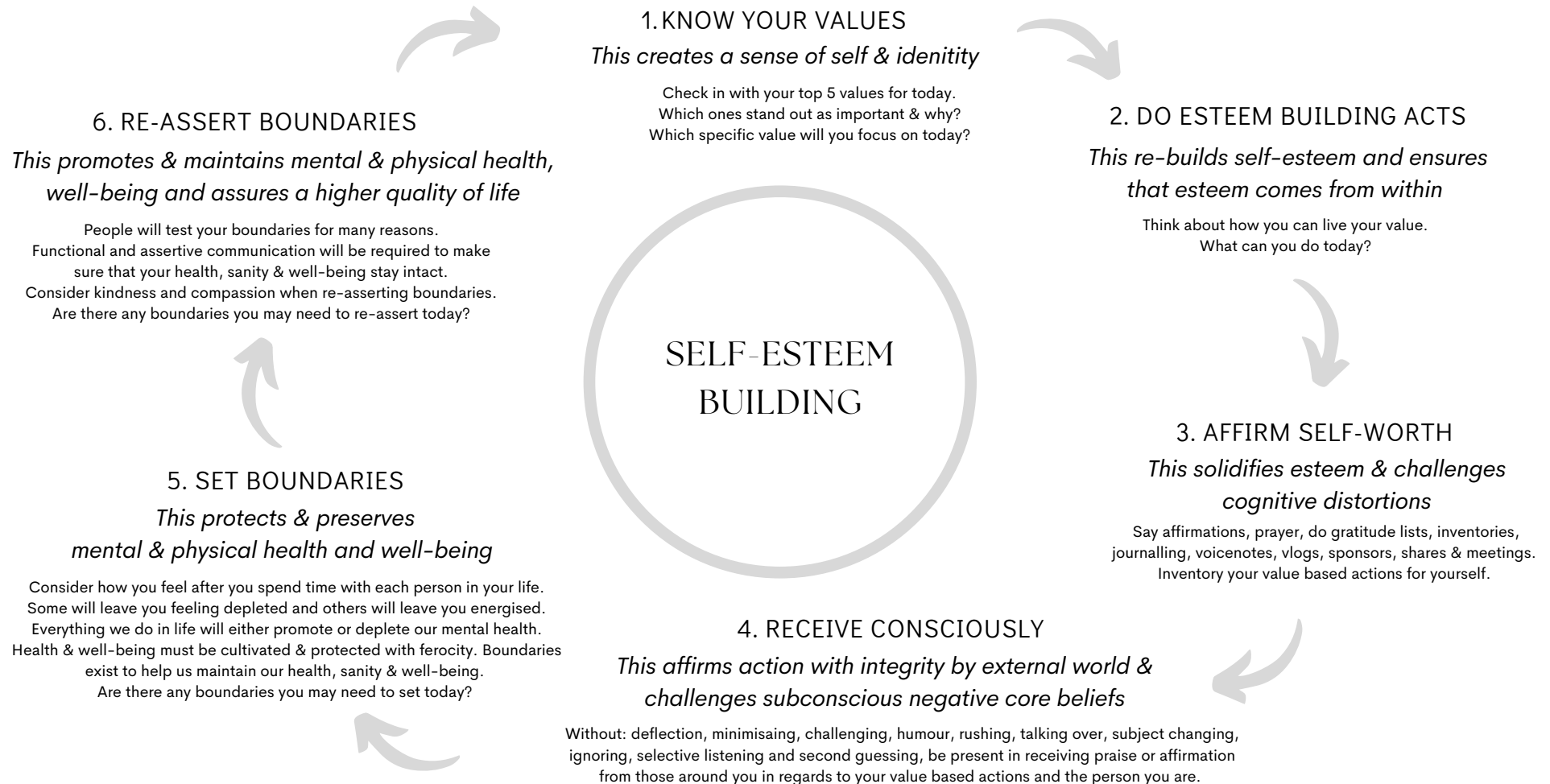
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SELF-ESTEEM BUILDING

Self-esteem is the fundamental belief in your own worth and capability. Whether it was never nurtured or got eroded over time, re-building esteem is an essential process to maximise relationships, physical health, mental health and overall well-being.



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SELF-ESTEEM MANTRA

This mantra serves as a daily reminder to your conscious and subconscious minds.
Mantra helps us stay present, focused and orients us toward what is important in life.
Changing negative conditioning takes time. The journey of 1,000 miles begins with a single step.
Take it one day at a time. One line at a time. One breath at a time.

My values are my life compass

I live them so I can be proud of the person I am

I can rest peacefully knowing I did my best today

I am worthy of my love and the love of those around me

I protect my peace, my sanity and my well-being

I defend my peace, my sanity and my well-being

I take a breath, I say thank you and I know I am enough

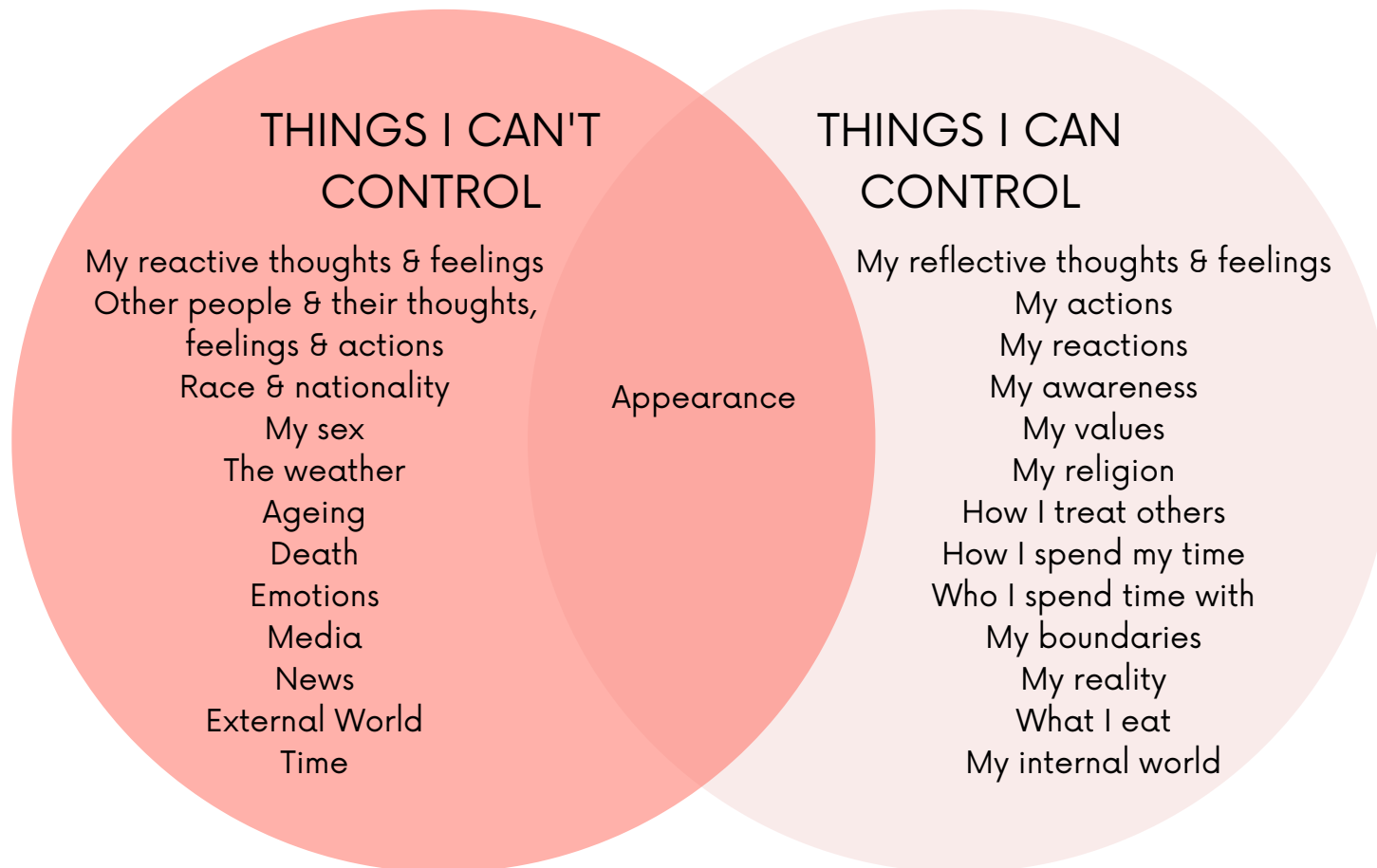
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MINDFUL REMINDER

Heightened emotions can easily put us in a state of overwhelm. One of the ways to self-regulate is to bring your awareness back to the things that are in and out of your control. Mindful reminder is a tool to help you re-focus your attention and decide if you want to take action, work on self-regulation or focus on acceptance and letting go.



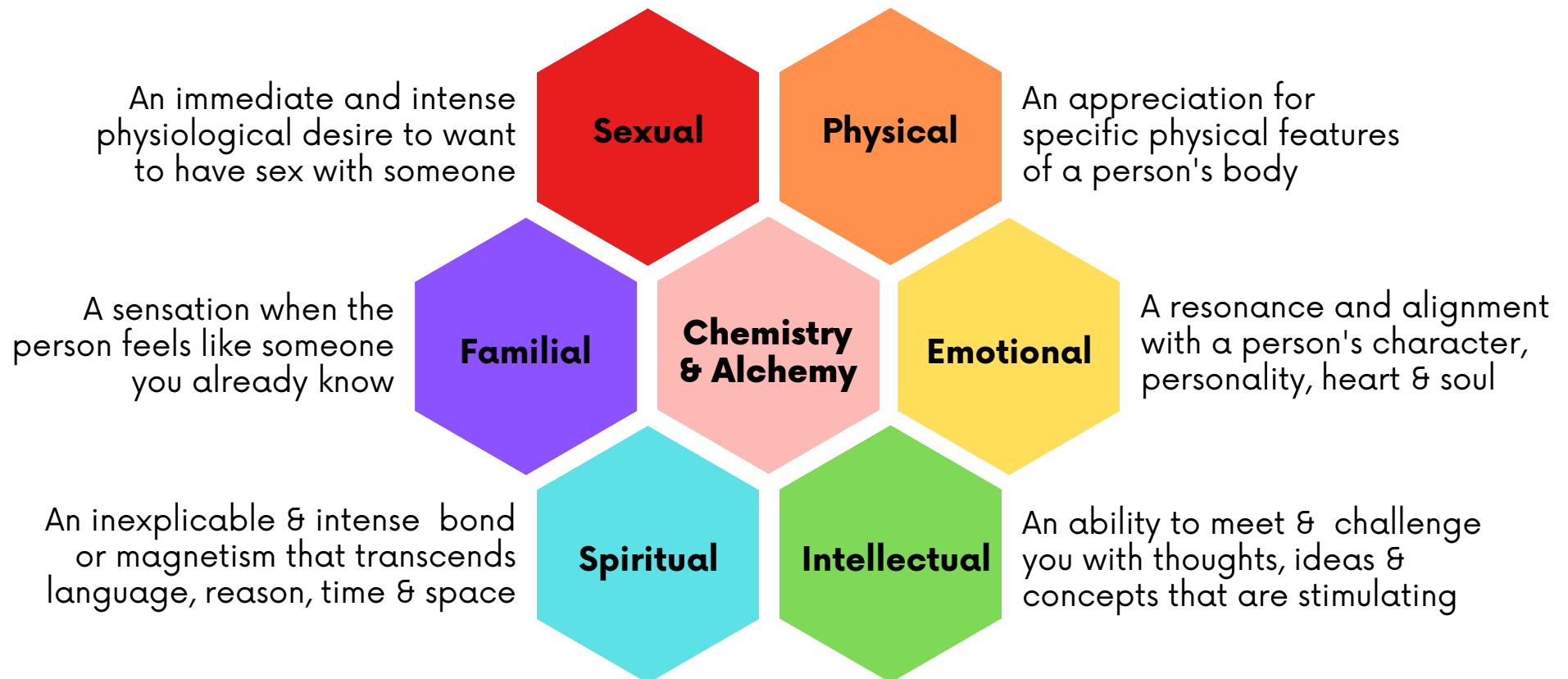
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TYPES OF ATTRACTION

People experience attraction in many different ways. This tool is designed to help you identify the types of attraction that are important to you, including your needs and wants. There is no right or wrong answer and chemistry can be built on one type of attraction or a mix. Be aware that the types of attraction people need, want and crave can change over time as the individual changes.



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NEEDS & DESIRES

One of the biggest challenges in relationship is the contradictory nature of our needs and desires. We want our cake and we want to eat it too! Having our needs met is fundamental to our survival. Satiating our desires makes us feel deeply alive. Both play a vital role in giving us a rich experience in our intimate lives. This tool is designed to help you become more self-aware so that you can cultivate a richer relationship.

Safety

Feeling safe

Security

Feeling secure

Love

Being able to love & be loved

Sex

Being able to give & receive sex

Connection

Feeling connected

Commitment

Feeling committed to another

Attachment

Feeling emotionally attached

Intimacy

Being able to give & receive intimacy

Companionship

Having someone to share a life with

Friendship

Having a close friendship

NEEDS VS. DESIRES

Adventure

Exciting your freedom & curiosity

Risk

Doing things where you can't predict the outcome

The Unknown

The enticement of "anything could happen"

Falling in Love

Experiencing the dopamine, serotonin & oxytocin highs

New Connections

New friends who ignite hobbies, passions & interests

New Sexual Encounters

New/different/unusual/exciting/arousing experiences

Thrill

Excitement & adrenaline that makes you feel alive

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THE FOUR CENTRES

UNDERSTANDING THE DIFFERENT PARTS OF SELF IN RELATIONSHIP

Sometimes in relationship, the parts of ourselves don't agree and that can make it really difficult to know what to do.

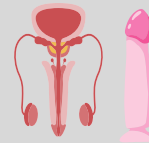
The four centres is designed to give a voice to each part of you, so you can become aware of its needs, thoughts and desires.

This insight will help you weigh up decisions and that are in tune with you as a whole and will be more beneficial to your overall well-being.

BRAIN



BITS



HEART



GUT



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RELATIONSHIP VALUES

As in personal life, relationship values serve as a compass to help you navigate life and love with your partner. Knowing your relationship values, knowing why they exist and having a shared vision with your partner will be critical to your long term success.

VALUE:

Why it is important to me

What this value gives me

A time when the value was upheld

How I feel when the value is upheld

How this strengthens the relationship

How I feel when the value is not upheld

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RE-CALIBRATION

This is a relationship inventory tool. It will create space for you to catch-up, clear out and tune in to you and your partner's needs and wants in order to cultivate the best relationship.

1. Preparation

Make sure you and your partner have eaten, peed and napped. Make sure neither of you is feeling angry or tired. Remove all distractions from the environment. If you can't meet these standards, reschedule for a later date.



2. Meditation

Take 5 deep breaths. Look into your partner's eyes. Place your right hand over their heart. Place your left hand on top of your heart so you can feel their heart beating and they can feel yours. Take 5 deep breaths together and look into each other's eyes.



3. Intention

Discuss the intention for this particular recalibration. Do you wish to simply share your feelings and be heard? Are you looking for advice? Is there a specific issue you want to address? Be clear with the intention of the communication.



4. Pledge

Read aloud with your partner. "I pledge to listen actively, assume good intent, and lean in with love. I will respect and honour my partner even if I feel challenged. Hard chats are good chats as they strengthen the relationship. We are living the art of conscious relating "



5. Life

Discuss the following points with your partner.

- Family
- Household
- Money
- Work
- Travel



6. Intimacy

Discuss the following points with your partner.

- Health
- Sex & Sexuality
- Emotional needs
- Communication
- Arguments



7. Time

Discuss the following points with your partner.

- Quality Time
- Personal Time
- Projects
- Miscellaneous
- Gratitude



8. Re-connection

Now is the time to come back to your partner after your emotional labour and relationship cleaning.

You can hug, kiss, spoon, massage or make love. Do something that will unite you again and solidify the emotional bonding in a physical way.



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SPECTRUM OF HONESTY

The spectrum of honesty is designed to help you understand and decide your level of honesty in communication. It only works if you start by being honest with yourself first. There are many reasons why people choose different levels of honesty and transparency. How you understand your own ethics around honesty is up to you. What we know is that living a life with constant lying and deception makes it harder to have personal integrity and be genuinely close to others.

Here are some questions that can help you make more considered decisions with your communication.

Is the honesty helpful? Is it harmful? What is my intention with the honesty? What are the consequences of dishonesty?



Lying - Blatantly making things up that never happened

Deception - Causing someone to believe something or intentionally misconstruing information

Editing - Changing parts of a story to make it more palatable or angle yourself or others in a particular light

Redaction - Intentionally censoring out specific parts of a story

Omission - Only telling the bare bones of a story to not cause you or the other person any distress

Considered Honesty - Thinking about what is relevant, necessary, intentional and aligned with your values and being honest

Brutal Honesty - Saying exactly what you think (usually with spite) & not caring about the other person's feelings or consequences

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REALITY SHARING

When we have an emotional response to a person, situation or event, rather than reacting, it is helpful to articulate our experience and emotion in a functional way so that we don't carry it with us into the future. The reality sharing formula will allow you to express yourself without blame and create an opportunity for functional communication.

1. Can I share my reality with you?
2. When I saw/heard/experienced...
3. What I felt was...
4. (OPTIONAL) What this triggered from my past was...
5. What I thought about myself was....

Each step has an important role in the greater structure of the conversation.

1. **ASK FOR CONSENT** - It's important you consider the other person's needs & emotional state, not only to have the best possible outcome, but also as a courtesy to them. Nobody appreciates emotional dumping when they are already tired/stressed. Check in and ask for consent.
2. **STATE THE FACTS** - Don't get lost in story. What did the person actually say and do? Try to stay as objective as possible.
3. **EXPLAIN YOUR EMOTIONAL STATE** - Use feeling words such as anger, sadness, fear, frustration, rage, irritation, guilt, shame to express how you felt.
4. **TRACE TO THE ORIGIN** - If there is a disproportionate feeling or reaction to the current situation, chances are you have been triggered from a past event that made you feel a similar way. Knowing & articulating this will help you and the other person make sense of your emotions and handle the situation functionally.
5. **SHARE CORE BELIEFS** - Using only I statements, express how this situation made you feel about yourself. Often there will be themes that run through your life from childhood. Refer to the Core Beliefs poster to help expand your vocabulary.

To respond to a reality share, make eye contact and reply "I hear you". All you want to do is validate the other person's experience. There is no commentary, judgment or critique. If you do find it imperative to reply, wait 24 hours and use this formula.

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HARD CONVERSATIONS

Honesty is often avoided out of fear of hurting another person's feelings. However, the cost of not being honest can result in pent up aggression, resentment, hostility or passive aggression as our needs are not met. Having a structure will help you articulate yourself functionally and assertively whilst minding the other person's needs and demonstrating your values.

1. ASK - Do you have time/space for a (adjective) conversation?
2. SET-UP - I want to tell you something...
3. EXPLAIN - I haven't told you yet because I'm afraid...
4. SUGGEST - What I'd like to happen is...
5. TELL - What I want to say is...
6. THANK - Thank you for...listening/being patient/compassionate...
7. RE-VALUE - I really appreciate/value...

1. ASK - It's important you consider the other person's needs & emotional state, not only to have the best possible outcome, but also as a courtesy to them. Nobody appreciates emotional dumping when they are already tired/stressed. Check in and ask for consent.
2. SET-UP - Allow the listener the space to get present and tune in for this conversation. You know what you want to say but they don't.
3. EXPLAIN - This step is crucial. By being vulnerable and explaining your fears you set the tone for honesty and transparency. It also increases empathy and compassion in your listener and minimises conflict and judgment.
4. SUGGEST - Stating a desired outcome keeps the conversation directed, contained and goal oriented.
5. TELL - Now that you have a safe container, it's time to get the thing off your chest.
6. THANK - This acknowledges your listener and demonstrates kindness and respect.
7. RE-VALUE - This re-strengthens the relationship which is vital after a fracture or strain. It also demonstrates humility and gratitude.

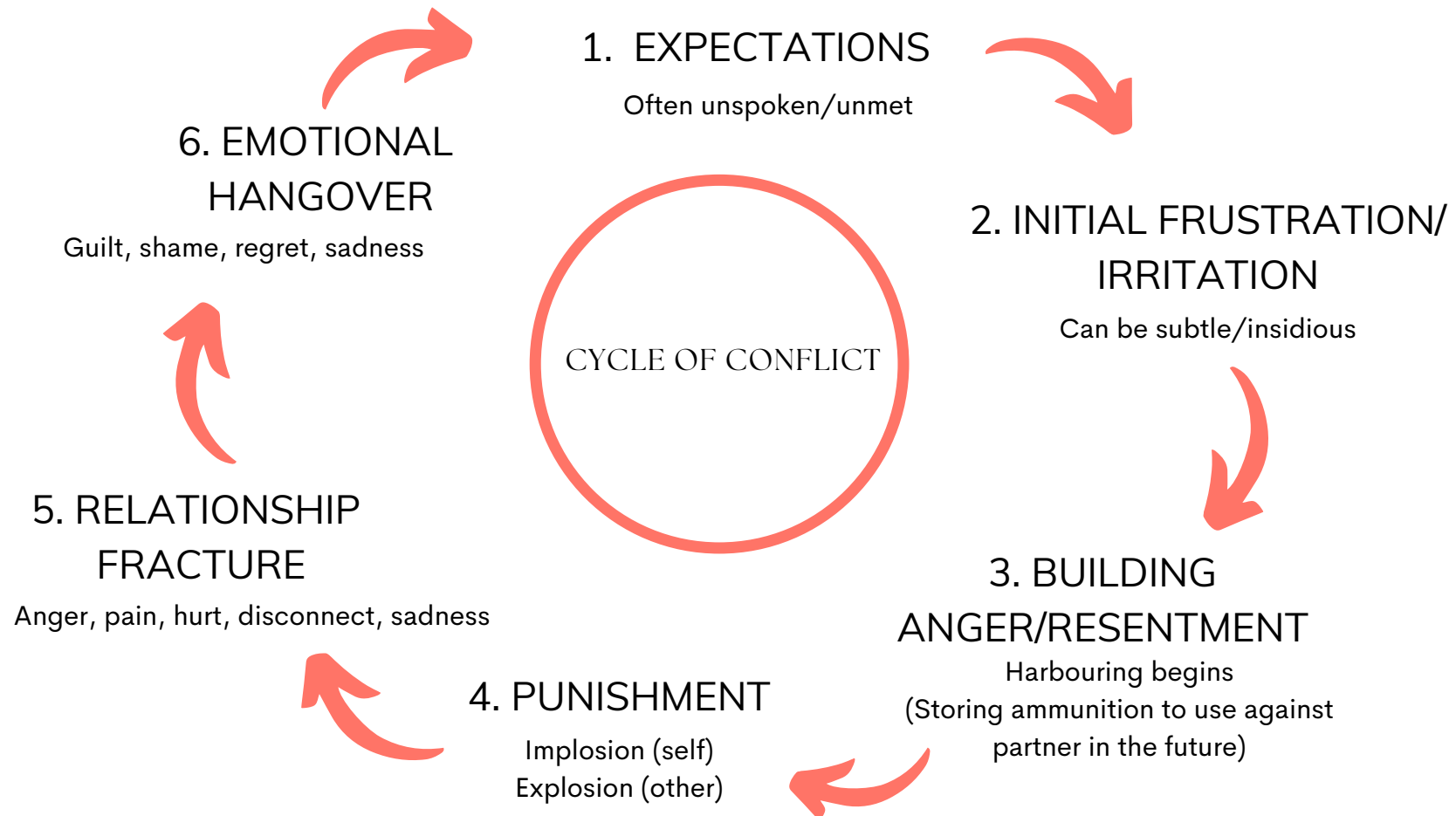
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CYCLE OF CONFLICT

If you've ever found yourself having the same fight over and over, chances are you that you are stuck in the cycle of conflict loop. Knowing the cycle can help you become aware of the pattern, interrupt it and choose a different way of communicating.



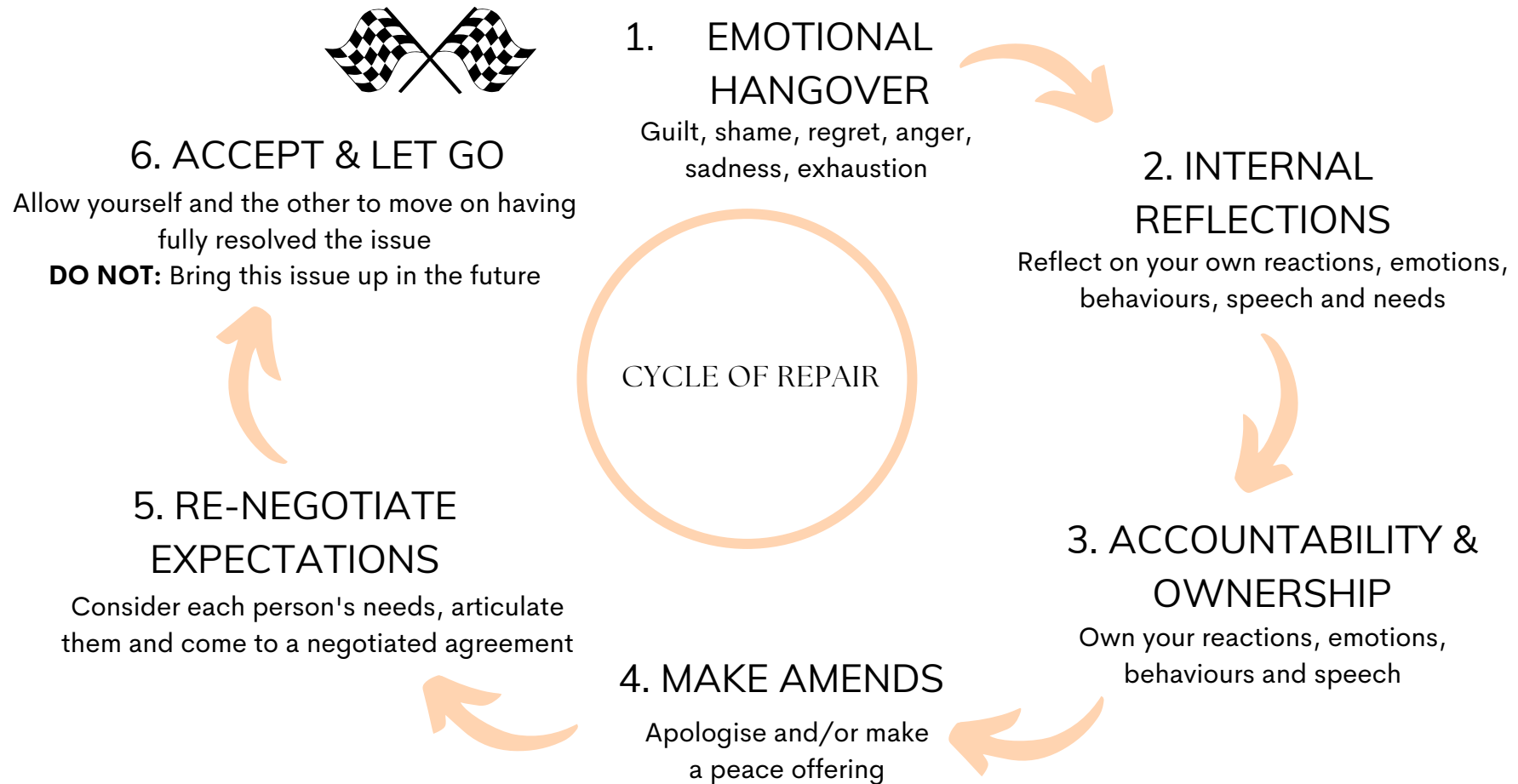
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CYCLE OF REPAIR

After a fight or rupture in relationship, it is vital to mend the wounds. This tool is designed to give you a structure to make sure you re-secure the relationship, negotiate challenges and do not bring any residual negativity into the future of the relationship.



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CYCLE OF FUNCTIONAL COMMUNICATION

Healthy communication requires emotional regulation, self-awareness and patience.
Use this tool preventatively to express needs, wants and challenges so that you don't end up in a disagreement or fight.

