

# THE MANUAL

## Person of focus:

**1.1** Judge this person. Don't hold back. Let all the "ugly" judgments out of your head. One sentence per line below. Don't edit yourself or try to be appropriate or kind. Get it all out.

**1.2** Now, go back through the list and notice how many of these judgments also apply to you. Circle those that are true about you. Notice that most judgments of others are projections we have of ourselves.

**2.1** Describe the manual you have for the person of focus. What are your expectations of that person? What do you most want that person to do, and why? Let yourself go to a perfect world where that person does exactly what you want them to do and when you want it. Be specific and allow yourself to be outrageous.

**2.2** What you would be thinking and feeling if that person did all these things perfectly? Notice that you can think and feel these things anyway.



**3** Allow that person to be who they are meant to be. So, who is that person? What do they do? How do they act? What are they consistent about? If you aren't trying to control them or interfere, who are they in their actions?

**4** Why do you imagine that person does these things and is this way? What thoughts do you imagine drive that person's actions?

**5** Do you love this person unconditionally? Why or why not? Make a note below of when you do love them and when you try to withhold love from this person. Remember, their lovability is 100%, so what's your excuse when you don't love them?

**6** How do you show up in this relationship? Do you show up knowing that your lovability is 100%? Do you try to get them to love you more for your sake? How? Does it work? Why or why not?



**7** Who do you want to be in this relationship? In other words, what kind of employee, spouse, sibling, or friend do you want to be? Make sure you think about this separately from the other person's behavior—don't let that determine who you are. Decide who you want to be. Take some time to write it all out.

**8** How do you want to feel? Why?

**9** How do you want to act and show up?

**10** What do you want to offer to this person?

**11** How do you want to think? Remember that your relationship with someone is all about your thoughts about them and yourself within that relationship.



**12** How do you want to think about yourself in this relationship?

**13** How do you want to think about the other person in this relationship?

**14** How do you want to define and think about your relationship together?

**15** Write an “I’ve been meaning to tell you” letter below. This is a letter you can send or not send. Just writing it feels amazing. I love to send these in the mail unexpectedly. Dear I’ve been meaning to tell you...

I admire you for...

I’m thankful for...

I remember when...

You have shown me how...

You told me...

I’m grateful for...

I love you because...

