

**HOW TO "GET OVER IT" FOR GOOD!**  
**The CURE for Every Upset**  
**The Conscious Upset Resolution Exercise**

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# Introduction

## HOW TO "GET OVER IT" FOR GOOD!

### The CURE for Every Upset

### The Conscious Upset Resolution Exercise

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How many times have you heard, "Hey, get over it!?" Maybe you've said it to others and maybe they've said it to you. But, you may have found that it's not always that easy to just "get over it". All too often, getting over it means shutting down and creating emotional distance in the relationship, suppressing your feelings or denying that you are upset - or that you should even be upset at all.

#### **Get to the Source of the Problem**

What you are about to learn in this e-book will transform your experience of arguments and upsets in your relationships. Rather than avoiding confrontation and "walking on eggshells", you will be able to safely and constructively talk about things that are hard to talk about. You will be able to get to the other side in record time. Instead of misunderstandings leading to hurt feelings, then resentment and alienation, you will be able to quickly get to the source of the problem and resolve it.

Upsets that used to last for days and weeks, or longer, will now last for only minutes or hours. Blame and resentment will now be transformed into personal power and compassion. You will acquire the skill to use any upset whatsoever into an opportunity for self-mastery. This e-book teaches you **The CURE**, a new and revolutionary way of looking at your upsets as well as a new way of resolving any upsets you will ever have in the future. With **The CURE**, you will solve the source of the problem, not just the symptom.

#### **Upsets Are a Part of Life**

Upsets, disagreements, misunderstandings, miscommunications and breakdowns are a part of life. Everybody has them at one time or another. Upsets can be anything from minor misunderstandings to devastating conflicts that tear relationships apart. Sometimes upsets can be so devastating that they cause permanent damage to relationships. Misunderstandings can also last for years and even generations - long enough that people forget why they are supposed to be upset!

Many people notice that there is often a pattern to their upsets. Or that it is the same kind of thing that upsets them over and over again. However, noticing recurring patterns and being able to do something corrective and preventative are two different things.

#### **There Are Two Parts to The CURE**

There are two parts to **The CURE** Part One is "inner work" and is done alone. It will help you to understand and take responsibility for your part in any upset. Just doing Part One typically provides significant relief. **This is because most upsets are**

**internal conflicts played out in the external dynamics of relationships.** Part Two is "outer work" and is done with the person with whom you had the upset.

Part One consists of thirteen questions that walk you through the upset and your reaction so that you can find resolution and peace within yourself. There is a blank worksheet in this book that you may copy and use. There are also two examples of Part One already filled out, illustrating how to use **The CURE** worksheet.

The solo inquiry that is Part One of **The CURE** is useful for any kind of upset, whether it involves other people or not. You can use it to resolve negative feelings toward institutions, circumstances or distant events over which you have no control, but are none-the-less upsetting to you.

Part Two describes a sequence of actions to take in communication with the other person. The skills involved in Part Two are described in detail in one of our other books, [Straight From the Heart](#).

### **How to Get the Most Out of This e-book**

You will get the most out of this book if you read it from beginning to end. It is not designed to jump around because there is a logical sequence to **The CURE** that will work to your advantage if you follow it. If you want to print any of it out simply right click on any page you want and click on Select All. Then right click again and click on Copy. Open your word processor and paste it in. If you do this, please respect our copyright and copy and print the page in its entirety.

### **A One-Day Workshop in a Book**

The material in this book has been taught for many years in workshops that cost upwards of \$150.00. We are now offering this knowledge to help you and the people you care about to deal more consciously and effectively with your fear and stress in these challenging times. One of the most powerful actions you can take is to resolve the fear at the core of any upset.

### **Share This Book!**

Consider purchasing this e-book for your friends, loved ones and colleagues as a gift. If all the people in your life have this essential skill your life will be so much more harmonious and upset free!

There are many links in this e-book to resources on the Internet. You must be connected to the Internet when viewing this book for them to work.

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**Just send your comments in an e-mail to:**

**[Feedback](#)**

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# Foreword

## The School of Life

There is a point of view that says your life on earth is like a school and you are here to learn lessons. Your life is your curriculum, custom designed just for you. The hard part of this, of course, is trying to figure out what it is you're supposed to be learning!

Certainly, one area of challenge for most people is relationships. You may think of your relationships as classrooms for your soul in which the learning opportunities are disguised as upsets. Upsets always contain the gift of learning, only most people have not learned how to unwrap the package. The purpose of this e-book is to help you do just that - unwrap the gift inherent in every upset you have ever had or ever will have so that you can extract the greatest possible value, thus propelling you on your path of personal and spiritual development.

## Radical Personal Responsibility

One of the most important things to understand about upsets is that they are normal in relationships. Not only are they normal, they are predictable, inevitable and recurring. That is, they will happen and they will happen over and over again - until you learn how to resolve them applying **The CURE**. At the heart of **The CURE** is what we call **Radical Personal Responsibility**.

**Radical Personal Responsibility** means that you no longer get to indulge your tendency to blame others for your feelings, reactions, interpretations or choices. Rather, you recognize that if you are upset about something that someone said or did, or didn't say or didn't do, that **your upset is caused by something inside of you rather than something external to you. The pain you are feeling already existed within you as a pool of unresolved feelings from the past and was merely triggered by another person or event.** Which means that most upsets are an activation of unresolved pain from your past. It is one thing to know about this idea and quite another to practice it. And that is exactly what this **The CURE** is all about.

## The Five Stages of Partnership

All relationships are characterized by five distinct stages. They are:

1. **Attraction**
2. **Power Struggle**
3. **Cooperation**
4. **Synergy**
5. **Completion**

The power struggle stage is where most breakdowns, disagreements, misunderstandings and miscommunications occur. And here is a very important

secret - **you are never upset for the reason that you think.** Even if you are familiar with this idea, it is basically useless if you still don't know how to find out what you are really upset about. **The CURE** will help you to find the source of any upset, every time. When you are able to address the true source of any upset, it is much easier to resolve. You may learn more about **The Five Stages of Partnership** by taking this [self-assessment](#). Requires [Acrobat Reader](#).

### **Bandage the Symptom or Heal the Cause**

Attention may be applied to resolve the symptom or the cause. When attention is applied to symptoms you may get temporary relief. When it is applied to the cause you may get a cure, which also includes relief from symptoms. A cure means there is no recurrence. **The CURE** is truly a cure for upsets in relationships in that it is energy applied to the cause as well as to the symptom.

Once you learn to practice **Radical Personal Responsibility**, you will find a source of inner strength and power that no one can ever take away from you. One of the promised benefits of learning and practicing **The CURE** is that over time, upsets become less frequent, of shorter duration and less intense. Which means you have more time and energy to focus on living the kind of life and sharing the kind of relationships you truly want, and deserve.

## CHAPTER ONE

### 9 Key Assumptions for Successful Conflict Resolution

#### **How We Arrived At These Assumptions**

In 1995 we were invited to present our work at the **3<sup>rd</sup> Annual International Conference on Conflict Resolution** in St. Petersburg, Russia. There were about 200 participants representing more than twenty countries. We had been teaching **The CURE** for many years and were excited about the opportunity to present our work on an international stage to such a diverse audience.

For some people conflict resolution can mean anything from validating their point of view with overwhelming evidence, thus invalidating the other's point of view, to eliminating the other person altogether. You must do whatever it takes to win, thus ending the conflict! Might makes right. In our American naiveté it was surprising to us how common this perspective is in many parts of the world.

Among the many things we discovered as the conference proceeded were the blind assumptions we had about resolving conflicts that were not taken into account in our work. Fortunately, our presentation was in the middle of the conference, so we had the opportunity to think about and distinguish them before we did our workshop. We present them here for your consideration.

For some, these assumptions will seem normal and you will recognize, as we did, that you simply take them for granted. For others of you, accepting some or all of these assumptions will represent an important part of the work you must do to be successful in using the powerful conflict resolution tool you are about to learn.

#### **We Assume:**

1. **Once basic survival needs are met, there is a strong impulse for human beings to evolve and flourish.**
2. **We are equals with equal rights**
3. **Each of us has genuine caring for the other and would prefer harmony to discord.**
4. **There is a mutual willingness to resolve our differences.**
5. **Blame is toxic, destroys trust, inhibits healing and prevents resolution.**
6. **Love and affinity are healing agents.**

7. **If one person loses in the relationship, the whole relationship suffers.**
8. **Relationships can be used for healing, learning and growth.**
9. **Relationships are mirrors of some part of our own consciousness.**



## CHAPTER TWO

### THE CURE - PART ONE

#### The Conscious Upset Resolution Exercise

### OVERVIEW

#### **A New Way of Thinking About Upsets**

**The CURE** is a dramatically different approach to resolving upsets from what you may be used to. Instead of escalating an argument into shouting and name-calling, manipulation, the "silent treatment" or capitulation, when you notice that you are having an emotional reaction to anything, you stop and use **The CURE**

**The CURE** is a new way of thinking and acting that illuminates the real cause of your emotional reactions and leads you to rapid insight and solutions. The solutions you find will be significantly different and more effective than what you might come up with before using **The CURE**. There are two parts to **The CURE**. The first is a solo inquiry and the second is a dialogue with the other person or people involved.

**The CURE** teaches you personal responsibility. It takes you from the mere concept of personal responsibility to the empowered skill of personal responsibility. Personal responsibility is absolutely essential for inspiring cooperation, creating solutions in which everyone wins and friendly co-creation. Personal responsibility is the seat of personal power and the key to successful relationships.

**The CURE** is designed to help you use any upset as a prime opportunity for personal growth and spiritual evolution. The purpose of **The CURE** is to identify and resolve the root cause of any given upset and to transform anger, hurt, blame and defense into understanding, compassion, trust and cooperation. In order for this purpose to be achieved it is imperative to complete the entire exercise.

There are three aspects to consider in any growth experience.

1. **Mental** - is concerned with intellectual comprehension which is characterized by *insight*.
2. **Emotional** - is concerned with clarity of feelings, characterized by the ability to *identify* them as well as *express* them in safe and appropriate ways.
3. **Spiritual** - once the mental and emotional aspects are relatively complete, the spiritual perspective is more readily accessed and integrated, characterized by *full responsibility* and perception of the "*highest spiritual thought*".

## Handling Upsets

There are two basic human emotions, fear and love. The basis of all upsets is fear-based emotion. The major force in your emotional pain is a negative belief structure you have about yourself. These belief structures are usually formed during childhood. You are rarely consciously aware of them as an adult. They live below the surface of your awareness, generating misperceptions and over-reactions.

There are two keys to handling upsets. One is finding out what you are really afraid of in that situation and handling the fear. The other is to determine the impact the upset has on your sense of self, your identity. Inevitably, the fear arises out of the meaning or interpretation you have attached to the situation. Your interpretations flow from your past experiences.

As we said earlier, most upsets are an activation of past pain that is still unresolved. As such, you are rarely, if ever, upset for the reason that you think. There is great value in looking deeper. The trick, of course, is how do you do that?

## How It Works

Here is an overview of what you will be accomplishing by using **The CURE**

1. **You will objectify your internal experience so you may look at it more easily.**
2. **You will become aware of the driving emotional forces in your upset.**
3. **You will find and begin to resolve the root cause of your upset.**
4. **You will create understanding and compassion for yourself.**
5. **You will be responsible for your part and become clear on what needs to be changed to help prevent recurrences of this upset.**
6. **You will see the problem as a specific opportunity to learn, grow and evolve.**
7. **You will develop a positive action plan for resolving the immediate upset, as necessary.**
8. **You will celebrate your accomplishment!**

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**Part One - Be Alone - When you are upset spend time alone as soon as possible to closely examine what is going on with you internally.**

**Step 1. I am thinking:** Write down all of the thoughts running through your head concerning this upset.

**Step 2. I am feeling:** Write down all the feelings, both emotional and physical, that you are having about this upset.

**Step 3. My biggest fear in this upset is:** Since fear is the basis of all upsets, get clear on what your biggest fear is in this upset and write it down.

**Step 4. I am upset because:** Write a brief description of exactly what you are upset about. It is best to state it simply in one or two sentences.

**Step 5a. How does this upset impact my private and/or public identity?**

Whenever you have upsets your sense of self is impacted in some way. That is, what do you think and feel about yourself and how are you afraid others will think and feel about you? Write down the impact this upset is having on your identity.

**Step 5b. What does it mean about me that . . . ?** We cannot emphasize enough how much the perceived impact on your sense of self is distorting your perceptions and driving your emotions. **"What does it mean about me?"** slows down the automatic, unconscious interpretive mechanism that generates misperceptions, miscommunications and misunderstanding. **The major force in your emotional pain is caused by a thought you have about yourself, not by anything outside of you.** Use information gained in steps 1. through 5a. for clues.

Keep going with the process until you get to what you feel is your "bottom line" thought. **Your bottom line thought is the core thought that is causing you pain.** Always state your bottom line thought in an "I" sentence because it is a thought you have about yourself (usually you are not consciously aware of these thoughts). You will come to know your bottom line thoughts because the emotional pain gets more intense when you think them, or you have a physical reaction (tightness in chest, neck, shoulders, upset stomach, etc.), or you keep repeating the same thought over and over again. Or, you simply have an "ah ha!" that feels clear and true to you. This bottom line thought is the emotional filter through which you tend to hear everything the other person says to you, causing you to misinterpret or over-react.

Bottom line thoughts are typically born in your childhood and come from the following issues:

- **Abandonment** - the fear that you will be left all alone
- **Control** - the fear that you will be controlled
- **Unlovable** - the feeling that you are fundamentally flawed and unlovable
- **Exclusion** - the fear of being left out or that you don't belong
- **Vulnerability** - the fear that you are not safe
- **Failure** - the fear that you are a fraud and undeserving of success
- **Perfectionism** - the fear that you will never be good enough

Below are some examples of typical bottom line thoughts and typical mistakes people sometime make.

<b>Examples of bottom line thoughts:</b>	<b>Examples of how <i>not</i> to do it:</b>
<ul style="list-style-type: none"><li>• I'm not lovable.</li><li>• I'm not good enough.</li><li>• I can't have what I want.</li><li>• I deserve to be punished.</li><li>• I cause pain to others.</li><li>• I'm not important.</li><li>• I'm bad.</li><li>• I can't trust people.</li><li>• I'll always be alone.</li><li>• I'm a failure.</li><li>• I'll die.</li></ul>	<ul style="list-style-type: none"><li>• Others don't care about me.</li><li>• People think I'm bad.</li><li>• My father doesn't love me.</li><li>• John will leave me.</li><li>• People reject me.</li><li>• People don't understand me.</li><li>• My mother is controlling.</li><li>• Men can't be trusted.</li></ul>

Your bottom line thought is a simple, child-like statement. It is not a complex exposition of your adult mind. It is an expression of the pain the child or adolescent felt. Also, it is a thought about you, not about anyone else.

**Step 6. My bottom line thought is:** Write down your bottom line thought.

**IMPORTANT!** Your bottom line thought is only a thought you have about yourself, it is not THE TRUTH of who you are. For example, if your bottom line thought is "I'm not important" it is essential to realize that that thought is merely the automatic interpretation you make at an unconscious level. **It is a good idea to question the validity of your bottom line thought. This thought is not to be believed but changed!** When you change your thinking you can change your experience.

**WARNING: YOU MAY EXPERIENCE SIGNIFICANT RELIEF AT THIS POINT, BUT DO NOT STOP UNTIL YOU HAVE FINISHED THE ENTIRE EXERCISE!**

**Step 7. What resources can I use to heal and resolve my bottom line thought?**

Insight is not enough to resolve something. It is only the first step and is useless without enlightened action. You should have a tool kit of resources you can use to help you in these situations. Then you write down all the possibilities you can think of to heal and resolve your bottom line thought. Examples might be affirmations, belief change work, [Energy Psychology](#) tools, or other healing modalities. Then choose the ones you will take action on. If you do not already have

your tool kit of reliable and trusted resources, then we strongly recommend that you get a coach to help you. You do not have to do this all alone. Among the resources available to you are coaches and other expert help to use when you need them.

**Step 8. The earliest I can remember feeling this way is:** Look into your past to discover where your bottom line thought comes from. You will probably get a thought or an image from your past. Trust it and write it down. It may not be the absolute earliest, but it is taking you in the right direction and is training your thinking. This gives you insight, understanding and compassion.

**Step 9. The thoughts, feelings and attitudes I hold that contribute to this current upset are:** Now, look for any thoughts, feelings or attitudes you have that contributed to the upset and write them down. This is to help you take responsibility for your part in the upset so that you don't continue to bring those things into your relationships. (That is, your beliefs about men/women, anticipating disapproval, feeling defensive, judging others, being confused or arrogant.)

**Step 10. The learning/growth opportunities for me in this upset are:** Speculate about what you could be learning in this situation. Perhaps it is to resolve something from your past or to learn something new that will take you to the future you want. Try looking at this from the perspective of your "Higher Self". How might your Higher Self be using this situation to help you grow in wisdom and compassion?

**Step 11. What requests can I make to be responsible for my own needs, and/or resolve my complaints and generate cooperation?** Within every complaint is a request. Clarify what your requests could be and write them down. In healthy adult relationships we are each responsible for our own needs. And part of that responsibility is making clear requests that inspire truth and cooperation. You can tell the difference between a demand and a request when the other person says no. If it was a request we can accept it. If it was a demand, we make the other person wrong for saying no.

**Step 12. Steps I can take to resolve this current upset are:** Write down the specific action steps you can take to work it out with the other person or people involved.

**Step 13. How can I or we celebrate this learning experience?** It is important for you to reward yourself for this new way of thinking and behaving in your relationships. This is a vital step in retraining your mind and body and is often overlooked. What can you do to celebrate your accomplishment? Write it down and schedule it!

That's it! You're done with Part One. If you are having an upset with someone who knows about this tool and knows how to use it, then you move on to Part Two. If you have done this about something in your life for which it is not appropriate or possible to do Part Two, you will find that you have a very powerful level of understanding about yourself and how you operate in life. You will also feel more peaceful and resolved about your upset.

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**SPREAD THE CURE!**

Here's what you can do to spread the word.

Send a message in which you copy & paste the following link: **[www.enlightenedpartners.com/getoverit.html](http://www.enlightenedpartners.com/getoverit.html)**

[Click here to open a blank e-mail](#)

**CHAPTER THREE**  
**THE CURE - PART TWO**  
**The Conscious Upset Resolution Exercise**

**OVERVIEW**

**The CURE** Part One has given you some new insight into the upset and you are aware of what part of it is your responsibility and have probably diminished the emotional charge. Now you are ready for dialogue.

**Difficult Conversations**

Difficult conversations - you probably do your best to avoid them. Even when you know how important it is to discuss a topic, you procrastinate and procrastinate, hoping against hope that somehow the problem will magically disappear by itself - if you just wait long enough. Alas, this is one of the most significant errors people make in their relationships. You can make a situation worse by delaying important dialogues.

The hallmark of a strong and healthy relationship is direct, compassionate and honest communication, especially about difficult subjects. Lay your cards on the table, speak from the heart, honor one another's perspective and discover real solutions that serve everyone involved. Most people would like to be able to do that all the time, yet the fear of things not turning out keeps them from even trying. Relationships are important and none of us wants to make a difficult situation worse by saying the wrong thing.

When you invite the other person to "talk about it" be sure to let them know that you have been thinking about it and you would like it if both of you could learn from the situation and work it out so that both of you feel satisfied.

**Be Curious About the Other Person's Point of View**

Even if the other person doesn't have the benefit of knowing about **The CURE** the conversation will go better because of your own awareness. Because you know your bottom line thought you will be more aware of how you might tend to be filtering the conversation. Remember that upsets are for learning. Use the same attitude of curiosity that worked so well for you doing the "inner work" when you do your "outer work" with the other person involved. Intend to learn about how they see things. Learn what feelings they have had. Learn what they want to do about it. In other words, put as much focus on learning about them as you do in revealing your slant on things.

When there has been an upset and you haven't talked about it with them yet, you can expect that there will be emotional undercurrents. This makes it a difficult conversation. Every difficult conversation has four separate conversations happening simultaneously. They collapse into one another and appear as one, but they aren't. If you can be aware of these four different levels of conversation things will go a lot smoother. (These distinctions are adapted from the book **Difficult Conversations** by the Douglas Stone, Bruce Patton and Sheila Heen of the Harvard Negotiation Project. They identify three conversations to which we have added a fourth. We

highly recommend this book that is, unfortunately, out of print. You may find it used or in paperback at Amazon.com - just click on the book title link.)

## **The Four Conversations**

These four conversations are:

- **The Perception Conversation**
- **The Feelings Conversation**
- **The Identity Conversation**
- **The Interpretation Conversation**

**The Perception Conversation** has to do with sorting through one another's different views on the same issue. It is important to avoid arguing about whose truth is more valid than the other. Let it be okay that you remember things differently. Simply be curious about how they see it without playing a right/wrong game.

**The Feelings Conversation** is delicate and potentially volatile. If the true feelings in the feelings conversation aren't acknowledged, they leak out into the conversation in the form of misperceptions. We cannot emphasize enough the importance of dealing with feelings openly in safe and appropriate ways. Creating a safe climate for all parties to engage in the feelings conversation is an art well worth learning. There are specific dos and don'ts that make this emotional minefield much easier to navigate. For example, it is very important to listen to someone talk about their feelings without interrupting them in any way and most importantly to not judge or invalidate those feelings, even when they seem unwarranted to you. This can be a real trick when those feelings appear to put you in a bad light. But if you are aware of your own filters you will not take it all so personally.

**The Identity Conversation** highlights how the issue and the way it is being dealt with impacts the identity of each participant. The question, "What does this mean about me?" is lurking just below the conscious level of awareness and your mind is leaping to all kinds of conclusions. Often both parties are concerned that their identity will be impacted in a painful way. Be sensitive to how the upset may be affecting their sense of self in ways that they are unaware of.

Your interpretations may have been changing as you both exchanged your different views. But the **Interpretation Conversation** deserves special attention. It is best if you have a conversation about your final interpretations about the upset. It is ideal if you can both interpret the upset as an opportunity to grow, seeing that now you understand each other better and will probably have a better relationship because of it.

As you get ready for your difficult conversations it's important to remember that the other person may have access to different information than you have that has influenced what they have said or done. They may have feelings that you might never imagine they have. Or they could be surprised to learn about your feelings or motivations. Remember the difficult conversation will go much better if you begin it with an attitude of curiosity rather than using it as a forum to state your own position.



The fact of the matter is, difficult conversations are a part of life and avoiding them is not a real solution. The solution is learning to master them so that they are less difficult. This skill will affect the way you feel about yourself in a very positive way and give you the confidence to create and maintain truly healthy relationships.

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## Part Two - To Do with the Other Person

There are three levels to Part Two of **The CURE**, depending on the nature of your relationship with the person involved. (Part Two uses a powerful communication process called **Heart to Heart Talks<sup>sm</sup>** which are taught in our book, [Straight From the Heart](#), which you can order from our website by clicking on the link above. It will soon be available as an e-book.)

Here is a brief explanation of how to do **Heart to Heart Talks<sup>sm</sup>**:

### Overview

You will be sitting facing one another. You will take turns speaking and listening. One person will be the speaker for a designated period of time while the other person listens and responds with one of a few prescribed responses. Then, you will switch and the listener will now be the speaker and vice versa. This is to make sure that each speaker is heard without being interrupted.

It is important to understand that this is not about having a conversation, troubleshooting or offering advice. **Heart to Heart Talks<sup>sm</sup>** provide a safe space for someone to say whatever they need to say, knowing it will simply be heard and listened to without being judged or fixed. This process works best when you do not censor or edit, but just say what comes up in your mind. Following the rules of **Heart to Heart Talks<sup>sm</sup>** provides a powerful structure that makes it safe to talk about things that may be very hard to talk about.

1. Sit across from each other, knee to knee.
2. One of you will be A and the other B - decide who will be which.
3. A will speak first and B will listen.
4. A says a lead-in phrase, like *"Something I need to say is . . ."* And the next thought that comes into A's head, comes out A's mouth, without censoring or editing. B replies only with *"Thank you."* which is short for *"Thank you for telling me."* or *"I understand."* which is short for *"I understand what you are saying"*, without either agreeing or disagreeing. B may also say *"I didn't understand, could you say that in a different way, please?"*, to which A may reply with a clarification.

5. A continues repeating the lead-in phrase and saying what comes to mind for about 2 minutes. It is a good idea to have a kitchen timer available to time each turn.

6. After A is finished then B takes their turn and does exactly the same thing while A listens and responds just as B did previously.

7. It would sound something like this:

*A. "Something I need to say is that I feel a little weird doing this." B. "I understand."*

*A. "Something else I need to say is I hope this works." B. "Thank you."*

*A. "Something else I need to say is sometimes it's hard for me to find words for how I feel." B. "I understand."*

8. There are four kinds of **Heart to Heart Talks<sup>sm</sup>**, each with a distinct purpose. In Part Two of The CURE you will be using a **Clearing** and **Nurturing Heart to Heart Talk**. The four different kinds of **Heart to Heart Talks<sup>sm</sup>** are:

1. **Discovery**
2. **Nurturing**
3. **Clearing**
4. **Affirming**

They are discussed in detail in our other book, [\*\*Straight From the Heart - An Essential Guide for Developing, Deepening and Renewing Your Relationships\*\*](#). This book illuminates the healing power of telling the truth, hearing the truth and dealing with the truth. It contains chapters on topics such as building friendship, deepening intimacy and trust, enhancing ties with co-workers and creating love and romance and much more.

**The three levels of Part Two are:**

**Level I - To do with those people whom you may need to get along with but who do not know this exercise and for whom it is not appropriate for you to teach them.**

**Level II - To do with those people whom you will be sharing some kind of future, but have a more formal relationship, e.g., co-workers. You both know how to do Part One and Part Two.**

**Level III - To do with those people who are very important to you, with whom you have a deep and intimate relationship and who are familiar with this exercise.**

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**Level I - To do with those people whom you may need to get along with but who do not know this exercise and for whom it is not appropriate for you to teach them.**

1. State the intention of your communication, e.g., *"Our relationship is important to me and I want to do what I can to clear up any misunderstanding that has happened between us."*
  2. Tell them that you have been thinking about the upset (you will have done Part One of **The CURE**), and let them know some of what you have learned about yourself. This is a judgment call about what is appropriate, but your willingness to be honest about yourself can be disarming and can open the door for them to take steps toward resolving the upset.
  3. Make whatever apologies and promises are appropriate.
  4. Ask them for their opinion about what needs to happen for this upset to be resolved and have some ideas of your own to share.
  5. Come to agreement about how this kind of thing might be handled in the future.
  6. The first most important aspect in this situation is that you take responsibility for your part without requiring that they take responsibility for theirs. Part One allows you to be clear on exactly what your part is so that you can learn and grow from it. The second most important part is that there is a feeling that you are working together to have your relationship be the way you both want it to be.
- 

**Level II - To do with those people whom you will be sharing some kind of future, but have a more formal relationship, e.g., co-workers. You both know how to do Part One and Part Two.**

1. State the intention of your communication, i.e., *"Our relationship is important to me and I want us to be able to resolve this upset so we both learn from it and can have an even better relationship."*
2. Clear your concerns regarding communicating honestly about the upset by using this **Heart to Heart Talk**:

**A. "Something I'm concerned about right now is . . ."**

**B. "Thank you." or "I understand." or "I don't understand, could you say that in a different way?"**

*A speaks for 2 minutes while B listens, then trade roles.*

3. Now, discuss whatever you want to from your worksheet. You do not have to share your list of thoughts and feelings - those are just for you. Be sure to include your responsibility in the upset and what you can do to avoid it in the future.

4. Share any other thoughts and feelings you have around this issue by using these **Heart to Heart Talks<sup>sm</sup>**:

**A. "Something I want to say is . . ."**  
**B. "Thank you." or "I understand." or "I don't understand, could you say that in a different way?"**  
*A speaks for 2 minutes while B listens, then trade roles.*

**A. "Something I respect (or appreciate) about you is . . ."**  
**B. "Thank you." or "I understand." or "I don't understand, could you say that in a different way?"**  
*A speaks for 2 minutes while B listens, then trade roles.*

5. Ask each other, *"What needs to happen, if anything, for you to feel resolved about this upset?"*

6. Look to see how you might handle things differently in the future and discuss it.

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**Level III - To do with those people who are very important to you, with whom you have a deep and intimate relationship and who are familiar with this exercise.**

1. State the intention of your communication, i.e., *"I want to restore harmony in our relationship." or "I want to get the lesson from this upset and restore our feelings of love for one another."*, etc.

2. Clear your fears about doing this exercise by verbalizing them in this **Heart to Heart Talk**:

**A. "Something I'm afraid of right now is . . ."**  
**B. "Thank you." or "I understand." or "I don't understand, could you say that in a different way?"**  
*A speaks for 2 minutes while B listens, then trade roles.*

3. Now, discuss whatever you want to from your worksheet. You do not have to share your list of thoughts and feelings - those are just for you. Be sure to include your responsibility in the upset and what you can do to avoid it in the future.

4. Share any other thoughts and feelings you have around this issue by using these **Heart to Heart Talks<sup>sm</sup>**:

**A. "Something I'm afraid to tell you is . . ."**

**B. "Thank you." or "I understand." or "I don't understand, could you say that in a different way?"**

*A speaks for 2 minutes while B listens, then trade roles.*

**A. "Something I love (like, respect, etc.) about you is . . ."**

**B. "Thank you." or "I understand." or "I don't understand, could you say that in a different way?"**

*A speaks for 2 minutes while B listens, then trade roles.*

5. Ask each other, *"What needs to happen, if anything, for you to feel resolved about this upset?"*

6. Discuss ways that you see your unresolved patterns have dovetailed to create this upset.

7. Mutually create a strategy for resolving your unresolved patterns. Look to see how you might handle things differently in the future.

## **CHAPTER FOUR**

### **GUIDELINES FOR TELLING THE TRUTH**

In our book, [\*\*Straight From the Heart\*\*](#), we say that truth is love's doorway. What that means is that when we are honest and open about our true thoughts and feelings, it creates an environment in which love can flourish. One of the things we have found in our work over the years is that it is very often the things that partners cannot or will not talk about that end up destroying the relationship.

It is not only important to be honest in your relationships, but to be the kind of person with whom it is safe to be honest. If you get angry and upset whenever someone tells you something you don't like to hear, pretty soon they get the message that it is not safe to be honest with you.

Speaking your truth and listening to the truth of others is not always an easy thing to do. It is not always easy to know how to deal with an unpleasant truth you might hear, or to deal with another's reaction to an unpleasant truth of yours. For this reason, among others, it is often easier to just hold back and tell people what you think they want to hear. The only problem with that is that it doesn't foster trust, intimacy or creativity in relationships.

These guidelines for telling the truth will make the experience of Part Two of **The CURE** easier and more rewarding for you. One of the most important things to understand about communication is that *your intention determines your results*. These guidelines are to declare the most positive, supportive intention possible for your communication in Part Two. It is recommended that you read them aloud before beginning **Hear to Heart Talks** in Part Two.

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#### **Guidelines for Telling the Truth**

- 1. We will communicate with the intention of producing more harmony and understanding in the relationship.**
- 2. We are committed to a win/win outcome, recognizing that if one of us loses, the whole relationship loses.**
- 3. We acknowledge that we are responsible for creating our own feelings and our experience of life is a reflection of our own minds.**
- 4. We are open to being supported and contributed to by one another.**
- 5. We will do our best to hold in our minds the "highest spiritual truth" about each other as we communicate our fears and upsets.**
- 6. We are willing to speak the whole truth about our thoughts and feelings.**
- 7. We will do our best to face our fears rather than avoid them.**

**8. We will practice forgiveness with one another and ourselves, recognizing that mistakes call for correction, never judgment or punishment.**

**9. We will continue to communicate even if an upset arises.**

**10. We will use the situation to learn about ourselves and to become wiser, more loveable and loving people.**

**11. We will breathe deeply in order to remain in touch with our feelings.**

**12. We will respect one another's confidences and not discuss the substance of our communication with others unless we both agree otherwise.**

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**SPREAD THE CURE!**

Here's what you can do to spread the word.

Send a message in which you copy & paste the following link: [www.enlightenedpartners.com/getoverit.html](http://www.enlightenedpartners.com/getoverit.html)

[Click here to open a blank e-mail](#)

## CHAPTER FIVE

### SAMPLE CURE WORKSHEETS

#### **Example #1 - Joe and Kathy**

Joe and Kathy work together in a small company where they are members of a five-person team charged with developing a more responsive customer service program. Joe and Kathy have had a good working relationship and were developing a friendship outside of work. But, Kathy has grown increasingly distant from Joe and Joe doesn't know why. It has escalated to the point that Kathy goes out of her way to avoid Joe at work and isn't even speaking to him. Joe thinks she might be upset because he dismissed one of her ideas in a meeting, but he really isn't sure that's it or what he might have done to offend or upset Kathy. He is frustrated that he can't find out because Kathy is refusing to talk with him about it. It is seriously affecting their working relationship and the effectiveness of their team project. Other people are definitely noticing that something is going on with Joe and Kathy.

The following CURE worksheet is Joe's.

#### **Part One - To Do Alone**

**Name:** *Joe*

**Date:** *Whenever*

#### **OBJECTIFY YOUR INTERNAL EXPERIENCE**

##### **1. I am feeling:**

*irritated, hurt, confused, like I want to break things, my head hurts, stomach tight*

##### **2. I am thinking:**

*Kathy is so arrogant. This is ridiculous! This should not be happening. Who the hell does she think she is! I don't have to take this. This whole thing is stupid. I hate this. How can we work this out - there has to be a way.*

#### **BECOME AWARE OF YOUR DRIVING EMOTIONAL FORCES**

##### **3. I am upset because:**

*Kathy won't work through this problem with me. She barely even speaks to me.*

##### **4. My fear in this upset is:**

*I won't be able to work well with her anymore.*

##### **5a. How does this upset impact my private and/or public identity (i.e., how do I think/feel about myself - how do others think/feel about me?)**



People won't think I am a good team player (maybe??). People will think this upset is my fault and that I am wrong.

**5b. What does it mean about me that (WDIMAM). . . ? (use your reply to #3 or #4 or both)**

<p><b>#3 (I am upset because)</b> - Kathy won't work through this problem with me?</p> <p><i>What does it mean about me that Kathy won't work through this problem with me?</i></p> <p><i>It means I am not important.</i></p> <p><i>What does it mean about me <b>IF</b> I must not be important? (All the following statements are stated with IF, because it is only an interpretation.)</i></p> <p><b>What does it mean about me IF . . .</b> (repeat this question with each response to the question)</p> <ul style="list-style-type: none"><li>• <b>I must not be important</b></li><li>• <b>I won't be respected</b></li><li>• <b>I'll feel bad</b></li><li>• <b>I won't be happy</b></li><li>• <b>I won't get what I want</b></li><li>• <b>I 'll be a failure</b></li><li>• <b>I won't get what I want</b></li></ul>	<p><b>#4 (My fear in this upset is)</b> - I won't be able to work with Kathy anymore?</p> <p><i>What does it mean about me that that I won't be able to work with Kathy anymore?</i></p> <p><i>It means I'll be miserable.</i></p> <p><i>What does it mean about me <b>IF</b> I am miserable? (All the following statements are stated with IF, because it is only an interpretation.)</i></p> <p><b>What does it mean about me IF . . .</b> (repeat this question with each response to the question)</p> <ul style="list-style-type: none"><li>• <i>I'll be miserable</i></li><li>• <i>I won't be productive</i></li><li>• <b>I won't be respected</b></li><li>• <b>I won't get what I want</b></li></ul>
---	---

**6. My bottom line thought is:**

*I won't get what I want. I'm not respected.*

**WARNING: DO NOT STOP HERE JUST BECAUSE YOU FEEL RELIEF!**

## TAKE STEPS TO RESOLVE THE CAUSE OF THE UPSET

### **7. What resources can I use to heal and resolve my bottom line thought? (affirmations, belief change work, Energy Psychology, other healing/transformational modalities)**

*Affirmations - I am highly respected and I feel it. I am supported in having what I want. People want me to have what I want.*

*Write a "vent letter" to defuse and release my intense feelings and then burn it.*

*Make a list of 5 times when I have felt respected by other people and gotten what I wanted.*

*Use Emotional Freedom Technique (EFT) [See Chapter 6 for an explanation of EFT](#)*

## CREATE UNDERSTANDING AND COMPASSION

### **8. The earliest I can remember feeling this way is: (look into your childhood)**

*When I was 5 years old and my dad died. My mom sent me to live with my grandparents. I didn't see or talk to my mom for a long time.*

## BE RESPONSIBLE FOR YOUR PART AND CHANGING WHAT YOU CAN

### **9. The thoughts, feelings and attitudes I hold that contribute to this current upset are:**

*I get anxious when people freeze me out. I shut down when people get upset with me. I think people should see things my way and I get short tempered when they don't.*

## SEE THE PROBLEM AS A LEARNING/HEALING OPPORTUNITY

### **10. The learning/growth opportunities for me in this upset are:**

*To further heal the pain around my dad's death and being sent away. To learn to be more patient when people don't agree with me right away.*

## CREATE A POSITIVE ACTION PLAN

### **11. What requests can I make to be responsible for my own needs, and/or my complaint(s) and generate cooperation?**

*Ask people (specifically Kathy, Mark, Jason & Patricia) to talk as soon as possible after a disagreement, so they know how I prefer to handle things.*

### **12. Steps I can take to resolve this current upset are:**

*I can send Kathy a memo requesting that we meet soon to work this out. Let her know I see how I can handle things differently in the future.*

## **REWARD AND REINFORCE THE LEARNING AND HEALING PROCESS**

### **13. How can I/we celebrate this learning experience?**

*I will invite Kathy for a long lunch and a latte'. I will take a Jacuzzi and listen to my favorite music. And I acknowledge myself for completing this worksheet!*

---

### **Example #2 - Karen and her parents**

Karen's father and his wife, Katy, lived in another state, but were in a nearby city on a business and pleasure trip. They had arranged to meet Karen and her husband at a restaurant for dinner, but her parents did not show up.

This CURE worksheet is Karen's.

### **Part One - To Do Alone**

**Name:** *Karen*

**Date:** *Whenever*

## **OBJECTIFY YOUR INTERNAL EXPERIENCE**

### **1. I am feeling:**

*angry, scared, left out, forgotten, hurt, mad, upset, nervous*

### **2. I am thinking:**

*They were injured on the highway - they are late - they are thoughtless - maybe I wrote down the wrong time, but I'm sure that's not the case - they got the date confused - this is not like them to forget dinner with us, what do I do now - wait or leave, who to contact?*

## **BECOME AWARE OF YOUR DRIVING EMOTIONAL FORCES**

### **3. I am upset because:**

*They forgot our dinner plans and left us waiting and wondering.*

### **4. My fear in this upset is:**

*Something could have happened to them or they forgot our original plans.*

**5a. How does this upset impact my private and/or public identity (i.e., how do I think/feel about myself - how do others think/feel about me?)**

*I am not important and my husband will think that my parents do not care about me or how this affects me.*

**5b. What does it mean about me that . . . ? (use your reply to #3 or #4 or both)**

**#3 (I am upset because)** - *they forgot our dinner plans and left us waiting and wondering.*

*What does it mean about me that my parents forgot our dinner plans and left us waiting and wondering?*

*I am not important to them.*

*What does it mean about me **IF** I am not important to them? (All the following statments are stated with IF, because it is only an interpretation.)*

**What does it mean about me IF . . .** (repeat this question with each response to the question)

- *I am not important to them*
- *I am not loved by my dad and Katy*
- *I am without a dad or parents*
- *I am alone*
- *I am lonely*
- *I want, wait, need*
- ***I am needy***
- ***I am repulsive***
- *I am rejected*
- *I am alone, dead*

**6. My bottom line thought is:**

*I am needy and repulsive.*

**WARNING: DO NOT STOP HERE JUST BECAUSE YOU FEEL RELIEF!**

**TAKE STEPS TO RESOLVE THE CAUSE OF THE UPSET**

**7. What resources can I use to heal and resolve my bottom line thought? (affirmations, belief change work, Energy Psychology, other healing/transformational modalities)**

*Affirmations - All my needs are satisfied. I am supported in all that I do. I am a self-reliant, powerful and attractive woman, and I feel it!*

*Write a "vent letter" to defuse and release my intense feelings and then burn it.*

Use Emotional Freedom Technique (EFT) [See Chapter 6 for an explanation of EFT](#)

### CREATE UNDERSTANDING AND COMPASSION

#### **8. The earliest I can remember feeling this way is: (look into your childhood)**

*If I needed anything from my parents, I was denied, rejected and made fun of for needing. In order to get attention (praise, affection and love) I had to be happy - "everything is wonderful!" attitude.*

### BE RESPONSIBLE FOR YOUR PART AND CHANGING WHAT YOU CAN

#### **9. The thoughts, feelings and attitudes I hold that contribute to this current upset are:**

*That I look to my parents (others) for validation of my self. That I do not trust (or listen to my higher self). That I keep expecting my parents to be selflessly loving, supportive and nurturing!*

### SEE THE PROBLEM AS A LEARNING/HEALING OPPORTUNITY

#### **10. The learning/growth opportunities for me in this upset are:**

*To be self-loving and confident in who I am and not look to others for validation. To increase my love and involvement for my higher self and do not expect to find water in a dry well!*

### CREATE A POSITIVE ACTION PLAN

#### **11. What requests can I make to be responsible for my own needs, and/or my complaint(s) and generate cooperation?**

*Ask my dad and Katy to please call in the future if they are unable to keep an appointment with me.*

#### **12. Steps I can take to resolve this current upset are:**

*Pray for love and forgiveness - theirs and mine! Tune in and spend more time loving myself and listening to my inner guidance and receiving its fountain of love and wisdom.*

### REWARD AND REINFORCE THE LEARNING AND HEALING PROCESS

#### **13. How can I/we celebrate this learning experience?**

*Spend a quiet evening reading in bed, listening to my favorite music.*

### [The CURE Worksheet](#)

Click the link above to download a blank worksheet that you can use. This is an Acrobat PDF document that you can save on your desktop by clicking on the little disk symbol in the upper left corner to the left of the printer symbol. We recommend printing out a master and having multiple copies. Then when the need arises, they will be ready to hand. You will need a copy of [Acrobat Reader](#) which is free and can be downloaded here if you don't have it.



## CHAPTER SIX

### MORE TOOLS FOR HEALING

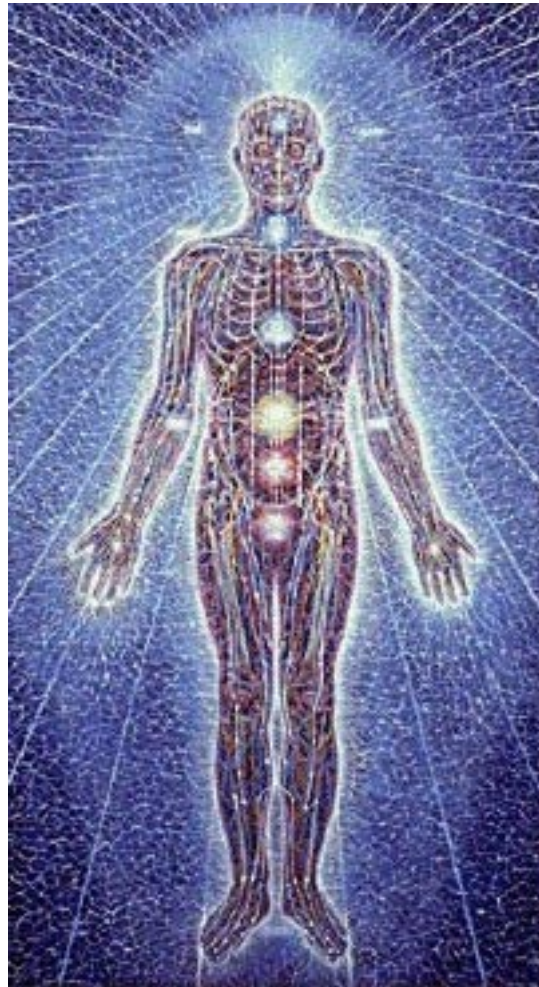
#### **Energy Psychology and Relationship Energy Repatterning**

At the most fundamental level, everything is energy, including beliefs, attitudes and feelings.

#### **Energy Psychology**

**Energy Psychology** is an umbrella term used to describe a variety of techniques for resolving a wide range of problems. The term represents the green, growing edge of psychology and mental and emotional health and well-being. **Energy Psychology** techniques are regularly used to treat phobias (irrational fears), anxieties, fears (normal fears), unresolved emotions from the past, PTSD (post traumatic stress disorder) and relationship pain. Layne and Paul have been using **Energy Psychology** techniques since 1989.

**Energy Psychology** includes three major interacting systems: 1) Pathways (meridians and related acupoints); 2) Centers (chakras); and 3) the Biofield (aura). While there are many approaches to working with each of these three aspects independently, Comprehensive **Energy Psychology** embraces all three interactive energy systems, and teaches treatment approaches for



each aspect, facilitating the best possible outcome for clients. All three of these interacting systems may be thought of as the human vibrational matrix.

(Artwork by Alex Grey - used with permission)

**Energy Psychology** draws upon the latest breakthroughs in physics and neuroscience as well as the wisdom of the ages. It provides elegantly simple, non-intrusive, yet potent methodologies for communicating with and modifying the body/mind system for desired results. **Energy Psychology** procedures are applicable for affecting change and accelerating development in your personal and business life as well as in activities requiring high levels of skill and performance, such as sports, music and public speaking.

### **Relationship Energy Repatterning**

Layne and Paul developed **Relationship Energy Repatterning (RER)** specifically for relationship concerns. **RER** is a synthesis of Applied Kinesiology, Educational Kinesiology, NLP, Ericksonian Hypnosis and meridian-based therapies. **RER** does exactly what the name implies - it repatterns **unconscious patterns of energy** that manifest in a variety of unhealthy ways, into healthier patterns of attitude, choice and behavior. **Relationship Energy Repatterning** consists of **five procedures for clearing and healing** chronic, negative relationship patterns in relationships at any level, whether family, romantic or business. These patterns can be triggered by anything; a look, voice tone, word, gesture, etc. Once these patterns are set in motion they seem to have a life of their own, issuing forth their predictable commands and tragic effects.

Relationships of all kinds are subject to negative repetitive patterns of thought, belief, emotion and behavior. At their core, these patterns can be thought of as patterns of energy that are manifested in various ways, e.g., thoughts of suspicion and distrust, beliefs about what is "right" and "wrong" according to gender or role, feelings of betrayal or being misunderstood and unconscious destructive behaviors. Often people notice they have been caught up in a negative pattern in hindsight, declaring, "Why did I do that? I know better than that!"

Negative relationship patterns usually begin in childhood and are reinforced over time, resulting in a chain of automatic, uncontrollable projections and reactions. When the links in these chains of energy are neutralized there is a new freedom to make wiser choices in the midst of difficult situations. The energy that is liberated from the old pattern can then be used to intentionally create your desired results.



**Relationship Energy Repatterning** addresses these negative repetitive patterns at the causal level. When this is successful, which is over 90% of the time, the subsequent manifestations at whatever level (emotional, behavioral, or physical) disappear within a very few treatments. One of the prominent values of **RER** is that it is non-cathartic, non-traumatic and has no known negative side effects. The worst thing that can happen is that it doesn't work. **RER** is effective with individuals, couple and groups.

### **Emotional Freedom Technique**

**Emotional Freedom Technique (EFT)** is one of the primary procedures included in the repertoire of techniques making up **Relationship Energy Repatterning**. With the use of **EFT** we are able to work with people effectively over the telephone to relieve or eliminate fears, phobias, anxieties, unresolved emotions from the past as well as physical pain and discomfort. We offer a free one-hour teleclass called **Fear Blaster! - An Introduction to Emotional Freedom Technique** as well as a five-hour teletraining in the use of **EFT**.

[Click here to listen to a free recorded version of the Fear Blaster! Teleclass](#)

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#### **SPREAD THE CURE!**

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Send a message in which you copy & paste the following link: [\*\*www.enlightenedpartners.com/getoverit.html\*\*](http://www.enlightenedpartners.com/getoverit.html)

[Click here to open a blank e-mail](#)

## CHAPTER SEVEN

### CONCLUSION

**The CURE**, just like any other tool, only works if you use it. Using it is simply a matter of intention and having the tool ready to hand. We recommend that you [download the blank worksheet](#) and save it on your desktop. If you haven't done that yet, **do it now**. Then, print out a master copy on your printer. Make about 25 or 30 copies and stash them around your life - your briefcase, desk drawer, bedside table drawer, in your car, your office - all of the places you spend time. If it is handy, you are much more likely to use it. If it's not, you won't. It's as simple as that. The worst thing you can do is think this is a great idea and just leave this on your desktop!

There are predictable challenges to using **The CURE** and it is a good idea to know what they are in advance so you can recognize them when they occur.

#### **Resistance to Change**

One is resistance to change. Let's face it, the familiar is comforting, even if it isn't particularly good for you. It just seems to be a part of human psychology to want things to stay the same. However, in a rapidly changing environment filled with ambiguity and uncertainty (like the world today) your social and financial viability depends upon your capacity for flexibility and adaptability. In this light, **The CURE** is an evolutionary necessity.

#### **Fear of Making Mistakes**

Two is being afraid of making a mistake. Well, guess what. You will. But, you will get better and better the more you do it. And much more quickly than you might think. Don't let the fear of making mistakes stop you.

#### **Not Enough Time**

The third challenge will be thinking you don't have time and that it takes too long. The truth about this is that it takes much longer and is much more difficult to live in the pain of doing it any other way.

#### **Wanting to Be Right**

The fourth challenge is wanting to be right about your position and being unwilling to resolve your upset. Without willingness, nothing works. So, like the rest of it, this one is up to you, too. Remember, this is about **Radical Personal Responsibility**. No more blame, no more victim.

And remember, you are never upset for the reason you think - and neither is anyone else. The magic of **The CURE** is that you get to see that every time you think you are upset about one thing, it always turns out to be something else. When it really looks like someone else has offended or hurt you in some way, you will see that the pain you are experiencing was there all along, just waiting to be triggered. **Only when you are able to talk about what you are really upset about, can you experience genuine healing and resolution.**

## **How Will Your Life Be Different?**

It is important to imagine what your life will be like when it is an upset free zone, because that is what will happen with the regular use of **The CURE**. Because you are addressing the cause of your upsets and not just the symptoms, the more you use it the more your symptoms disappear. You will become increasingly immune to the things that used to trigger you into anger, sadness, despair, depression, self-pity, projection and blame. You will live in the experience of your true personal power to command your experience of reality. People and events might push your buttons, but the reaction you feel will be increasingly diminished in intensity. Upsets will last for shorter and shorter periods of time. The time between upsetting episodes in your life will grow longer and longer.

Now, share this with the people in your life. The more people who know about this and can engage at this level with you, the more empowered your relationships will be. You will be operating at a much higher level of creativity, trust, love and cooperation in all your relationships that practice **The CURE**.

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### **Please Send Us Your Feedback**

**Help us make this even better. Also, please share your testimonials about how you have benefited from this so we can share it with others!**

**Just send your comments in an e-mail to:**

**[Feedback](#)**

**CHAPTER EIGHT**  
**What Others Have to Say About Working**  
**with**  
**Paul and Layne**

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Because you may never have met us personally or in a teleclass, we offer the following comments from colleagues, students and clients as a way for you know more about us and the kind of results we are able to produce with people.

"It was my recent privilege to join an entire audience in a standing ovation for Paul and Layne Cutright. **Their insights, compassion and professionalism filled everyone with enthusiasm and brought us all to our feet.** While they are certain to enhance our abilities to fall in love with each other, it is just as certain that we will fall in love with them. **I give them my highest recommendation and urge everyone to enrich their lives with this delightful couple."**

*Gary H. Craig, Founder of Emotional Freedom Technique*

"Paul and Layne Cutright are clearly pioneers and leaders in the field of relationship coaching. **Their unique blend of personal coaching and energy psychology is highly effective and dynamic.** In a very short period of time, using RER, I was able to clear issues I had been struggling with for many years. Thank you!"

*Karen Curry, Nurse*

"I came to Paul and Layne in the midst of a failing marriage, but my work has gone much beyond my relationship. **I have gained such clarity and distinction on not only my relationship with my wife but also my relationship with myself.** I have learned how to let go of that which is not working and to focus on what I can offer to myself and to the world. **In the past year, each significant relationship in my personal and professional life has seen major improvement.** I feel like my heart and eyes have not only opened up to new possibilities but moved

towards making new, incredible possibilities a reality!"

*Scott Blanchard, CEO Coaching.com*

"As a business owner and entrepreneur, I was a bit skeptical of coaching at first. But, as I learned to trust the process I ultimately learned to trust my own abilities, which translated into tremendously positive changes in my life both personally and professionally. **Personally, I am enjoying more confidence, a greater sense of well-being and peacefulness and better relation-ships. Professionally, I am better able to size up situations more quickly, I am a better listener and I am better able to inspire cooperation among my employees.** I found Paul Cutright to have an uncanny ability to cut through the clutter and get to the essence of what really works!"

*Sean Curtis, CEO Coffee Ambassador*

"Tools like **The CURE** have helped me to focus on what is going on with me rather than the other person. **I now feel empowered rather than confused and defeated after an upset.**"

*Ken Courian, Mechanical Engineer*

"What a potent combination! **My private coaching sessions with Layne complemented and accelerated the class work I was doing at an unbelievable level.** This was an incredible gift to myself, and I am grateful every day that I did!"

*Cary Leone, Landscape Architect*

"I have attracted a wonderful man who is helping me to learn that it is truly safe to receive all of his love and affection. **I am learning to co-create my partnership with him so I can see, feel and hear all of the things that I desire in our relationship.** Most of all, I realize that life is a process and having the tools I learned from Paul and Layne helps me deal with the challenges as they come up."

*Kathryn Taylor, Financial Planner*

"The coaching from Paul has profoundly changed my life. **The doubling of my income was only a bonus compared to the unleashing of the creative energy that had been blocked for years.** Thank you, Paul!"

*Larry Gapinski, Business Owner*

"Awesome, inspiring, emotional, educational, spiritual, insightful, enlightening, revealing, pivotal and humbling - to say the least. **My work with Layne and Paul has been a journey with heart and soul, a healing experience that spans from birth to death to rebirth.** I have learned to use some powerful tools in my daily life, I quit my job, which was unfulfilling and uninspiring to me, and I now successfully run my own business. **Every aspect of my existence has undergone a powerful evolution to embrace more heart, wisdom and spirit.**"

*Mark Herzon, Computer Reseller*

"I can't believe I wasn't exposed to this material sooner. **It is critical learning for anyone who deals with people, anywhere.**"

*Ken Abbott, Engineering Manager*

"When I came to Paul and Layne, I had lost all hope that I could create the right relationship for me. **Now, after only one year, I have met and married the man of my dreams. It would not have been possible without the inner work that I did with Layne and Paul and the curriculum from The Center for Enlightened Partnership.** Thank you from the bottom of my heart!"

*Avonlie Wylson, Software Executive*

# About



**Paul and Layne  
Cutright**

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**Layne and Paul** are authors, speakers, trainers and coaches who have been professionals in the human potential field since 1976. They have been in a successful romantic and professional partnership for 25 years. They are the founders of [The Center for Enlightened Partnership](#) and together they authored [Straight From the Heart](#), a book on authentic, high performance communication in which they share the foundation of their long-lived personal and professional success. They are also on the faculty of **The Chopra Center for Well Being** in La Jolla, California and are members of Barbara Marx Hubbard's Evolutionary Colleagues with **The Center for Conscious Evolution** in Santa Barbara, California.

## **International Experience**

They have worked in a wide range of environments with many different kinds of people. They have done programs for senior and mid-level Japanese executives in Tokyo, presented workshops in the intimate setting of private homes, worked over conference tables in small businesses and taught at secluded retreat centers for small groups and large events for thousands in municipal conference centers. They also presented a paper and workshop at the **International Conference for Conflict Resolution** in St. Petersburg, Russia in 1995.

## **Working One on One**

Throughout their career Layne and Paul have maintained a private coaching practice in which they have worked with individuals and partners in how to use their relationships for their personal development and spiritual evolution. They are also accomplished practitioners of the latest techniques of [Energy Psychology](#) which they use to produce fast and lasting results with their clients.

## **Working In-Depth with Groups**

From 1978 through 1997 they produced and led six-month long programs known as the **Accelerated Personal Evolution Program (APEP)**. The purpose of **APEP** was to produce dramatic and lasting change in the lives of the participants. They have

taught these programs in Hawaii, New Mexico and California. From among the graduates of these programs they trained teachers and coaches in the methodologies they developed who are now working around the globe.

**"Paul and Layne's work reveals the profound evolutionary impulse driving us to ever deeper relationships and offers us a unique opportunity to actually evolve our relationships to become vehicles of self and social evolution. Theirs is masterful work - vital to us all!"**

*Barbara Marx Hubbard - Author, Visionary Futurist*

### **Practical Application in Real Life**

Paul and Layne's teaching displays a broad range of education and interests as well as an uncommon depth of experience and openness, especially when working closely with others. Their clients and students frequently remark on Layne and Paul's ability to articulate complex relationship dynamics in simple, easy to understand terms. They are adept at modeling ways of speaking, listening and acting that are useful, fun to learn and easy to implement. Paul and Layne are known for the results they produce and for their authentic, direct and entertaining style.

Being successful business partners and teaching colleagues as well as romantic partners for over 25 years makes them uniquely qualified to coach others who are in romantic, life partner relationships to meet the particular demands and stresses of being business partners. Layne and Paul are an important resource for any couple who is committed to keeping their personal and business lives in balance and avoiding the escalating potential for power struggle that is inevitable for anyone who lives and works together so closely over time. They are particularly adept in conflict resolution and guiding people to outcomes that work for all concerned.

### **Layne and Paul's Current Project**

Paul and Layne formed [The Center for Enlightened Partnership](#) as an online, virtual learning and resource center. **The Center for Enlightened Partnership** is a strategic resource for you in your most important professional and personal relationships. Specifically, they provide their clients with uncommon knowledge, critical distinctions, specific tools and high performance, evolutionary practices to ensure extraordinarily rich relationships. Their clients come from every industry and walk of life and include individuals and couples, business partners, entrepreneurs, executives, coaches, and leaders.

**"An enlightened partnership is an intentional, creative relationship that fosters the development and evolution of each partner and is dedicated to the expression of a soulful wisdom, compassion and trust."**

*Paul Cutright*



One important measure of the success of your personal and professional life is the quality of your relationships. For most people, relationships exist as a mystery. They either work out or they don't, without any real understanding of the causes of success or failure. As a result, people often live in their relationships in either a state of hope, resignation or despair. At **The Center for Enlightened Partnership** you will learn the fine art of relating, so that you may design and create partnerships and organizational cultures that are characterized by creativity, dignity, trust and heart.

**"We must realize that what we do in our individual lives affects the greater body of humanity. Our relationships are being used as "classrooms for the soul" to bring us to a higher level of wisdom, so that humanity as a whole can successfully make an evolutionary leap. By bringing spiritual principles and "mountain top epiphanies" into the fabric of our everyday relating, with the people who are most important to us, we are doing our part in fulfilling the promise of humanity's evolutionary potential."**

*Layne Cutright*

### **Life Strategy and Partnership Coaching**

Paul and Layne coach individuals, couples and business partners over the phone and in person. They each bring 25 years each of professional experience to their coaching relationships. As previously mentioned, they are adept in the use of various **Energy Psychology** applications to enhance and accelerate the coaching process. They also bring the added element of a spiritual perspective to their work with you so that your accomplishments in the world are in harmony with your soul's desire, generating an experience of profound satisfaction.

Paul and Layne help their clients to transform their challenges into new and satisfying outcomes.



**They work with:**

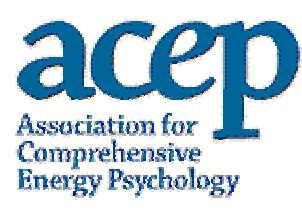
- Couples
- Partnerships
- Coaches
- Therapists
- Consultants
- Business Owners
- Entrepreneurs
- CEOs
- Executives
- Independent Professionals
- Team Leaders
- Corporate Employees

**Client focus:**

- Relationships (business & personal)
- Enlightened Partnership (Design, Creation & Dissolution)
- Synergistic Co creation
- High Performance Communication Skills
- Conscious Conflict Resolution
- Personal & Spiritual Development
- Life Strategies & Transitions
- Leadership
- Facing Huge Challenge
- Stress Management
- Overcoming Phobias, Fears, Anxieties, Intrusive Thoughts/Memories, Traumatic Events

You may learn more about coaching with Paul and Layne by visiting [Coaching with Paul and Layne](#) or you may contact Paul and Layne directly by sending an e-mail to [Contact](#).

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# The CURE™ Worksheet

## The Conscious Upset Resolution Exercise

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**Part One – To Do Alone**

Name: \_\_\_\_\_

Date: \_\_\_\_\_

1. I am feeling: \_\_\_\_\_

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2. I am thinking: \_\_\_\_\_

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# The CURE™ Worksheet

## The Conscious Upset Resolution Exercise

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3. I am upset because: \_\_\_\_\_

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4. My fear in this upset is: \_\_\_\_\_

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5a. How does this upset impact my private and/or public identity? (i.e., how do I think/feel about myself – how will others think/feel about me)

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# The CURE™ Worksheet

## The Conscious Upset Resolution Exercise

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5b. What does it mean about me that . . . ? (use #3 or #4 or both from previous page exactly as written) \_\_\_\_\_

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6. My “bottom line” thought is: \_\_\_\_\_

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**WARNING: DO NOT STOP HERE JUST BECAUSE YOU FEEL RELIEF!**

7. What resources can I use to heal and resolve my “bottom line” thought?  
(affirmations, belief change work, Energy Psychology, other  
healing/transformational modalities)

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# The CURE™ Worksheet

## The Conscious Upset Resolution Exercise

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8. The earliest I can remember feeling this way is: \_\_\_\_\_

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9. The thoughts, feelings and attitudes I hold that contribute to this current upset are:

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10. The learning/growth opportunities for me in this upset are: \_\_\_\_\_

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# The CURE™ Worksheet

## The Conscious Upset Resolution Exercise

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11. What requests can I make to be responsible for my own needs and/or resolve my complaint(s) and generate cooperation?

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12. Steps I can take to resolve this current upset are: \_\_\_\_\_

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13. How can I/we celebrate this learning experience? \_\_\_\_\_

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