



Have The Fairy-Tale
Relationship

Group Coaching Class

Masculine Energy:

Doing,

Action, Thinking, Giving, Planning

Feminine Energy:

Being,

Feelings, Receiving, Gut Instinct, Intuition

Step 1 - STOP!

- Stop trying to control your relationship, your man and what happens
- Stop saying anything that involves telling, suggesting, advising or coaxing
- Stop yourself before you make him wrong

Step 2 - Turn The Focus On You

- Notice Feelings and Sensations that come up
- Notice where you are holding them in your body
- Put a name to the Feeling or Sensation
- Be a Poet rather than a Reporter
- Speak your Feelings - 'I feel....'
- Notice what happens to the men around you...

Step 3 - Speak From Your Feelings

- I feel... / I'm feeling... / It felt...
- I want...../I don't want.....
- What do you think?