

Moving Toward an Empowered Relationship Where I'm willing to Engage in Healthy Conflict

1. What is your relationship vision?
2. What is in the way of that vision? Why are you not living it? What happened?
(reference the guided meditation with higher self meeting contracted self in magical place)
3. What is the cost of you doing what you are doing and not living your vision?
Price tag?
4. Are you up for changing it?
5. What is the outdated framework you have used up until now, leading you to the results you have been getting?
6. What is the new context/framework? What are you are learning from Jayson, the webinars, and from your own experience?

7. Where do you stand with Conflict? (I'm an avoider, I'm an aggressor, etc) Name and identify your core pattern you repeat when conflict arises.

8. Are you willing to change this?

9. What is the core FEAR that conflict triggers in you? (fear of abandonment, engulfment, violation, trust, I'll die, I'll never get my needs met, I'll lose relationship)

10. What is the strategy that developed out of your approach to conflict? (pleasing, achieving, being nice, performing, laughing and being funny, silence and having no needs, tip toeing, getting good grades, hiding, running away to sex, drugs, books, etc)

11. What has been the cost of your pattern around conflict?