

SPECIAL REPORT

THE  
*Relationship*  
WORKBOOK



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How to Design and  
Create Your *Ideal*  
Romantic Relationship

KEVIN B. BURK

THE  
*Relationship*  
WORKBOOK

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(Llewellyn, 2001)

*The Complete Node Book*  
(Llewellyn, 2003)

*The Relationship Handbook*  
(Serendipity Press, 2004)

# THE *Relationship* WORKBOOK

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How to Design and  
Create Your *Ideal*  
Romantic Relationship

Kevin B. Burk



SAN DIEGO, CALIFORNIA

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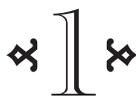
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# HOW TO DESIGN AND CREATE YOUR IDEAL ROMANTIC RELATIONSHIP

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“Shortly, I will give you the simple answer to the question, “Why am I still single?” There is only one answer to this question, and it applies universally to everyone. The details of the answer, the reasons for it, however, are unique to you. I’ll cover some of the major categories of reasons, but ultimately, you will have to define your situation on your own. I will present the answers with all of the love and compassion that I can offer. In no way, shape or form am I passing judgment. I am simply presenting the truth to you, in plain, direct language.”

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This chapter is by far the most challenging in the book. Before you read too much further in this chapter, you have to consider if you are ready to face the truth about why you are single.

This chapter is quite a minefield. I will do my best to guide you through it safely, but as a precaution, I invite you to put on some protective gear before we head in.

We have to be very careful, because we will encounter a very powerful and dangerous creature on our journey. We know this creature by many different names. We can call it the “internal authority figure” or our “inner parent” (the one that keeps disciplining our “inner child”). Freud called it the “superego.” In astrology, we know it as “Saturn.” Whatever we call it, it’s nothing more than an aspect of our ego that’s run amok.

This is the voice inside our heads that tells us we can’t, and that we’re not \_\_\_\_\_ enough (*good* enough, *smart* enough, *attractive* enough, *thin* enough—*anything* enough). This is the voice that criticizes us, that limits us, that holds us back.

Oh, it *means* well. After all, the ego is simply trying to protect us from what it perceives to be a dangerous and lonely universe. But we have to remember that the ego is an illusion. We are infinitely powerful; we are connected to everyone and everything in all of creation, and all we need to do in order to remember this is to choose love instead of fear. All fear comes from the ego, and all fear is illusion. We have to become very aware of our ego, because it is very good at keeping us in the dark.

Shortly, I will give you the simple answer to the question, “Why am I still single?” There is only one answer to this question, and it applies universally to everyone. The *details* of the answer, the reasons for it, however, are unique to you. I’ll cover some of the major categories of reasons, but ultimately, you will have to define your situation on your own. I will present the answers with all of the love and compassion that I can offer. In no way, shape or form am I passing judgment. I am simply presenting the truth to you, in plain, direct language.

You may not be ready to accept the truth yet, though.

You are likely to have some very strong reactions to certain parts of this chapter—these may range from derisive laughter to throwing

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“This chapter is about creating *awareness* of some of our most negative and limiting beliefs about ourselves. As painful as it may be to recognize these thoughts, please remember that *awareness* is the first step towards releasing them. We must become *aware* of our thoughts, and then *own* them. Once we accept responsibility for having created our thoughts and beliefs, we can *choose* to change them.”

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the book out the nearest window. Please accept that any part of this chapter that triggers you is something that you will need to consider. The stronger your denial, the more urgent the issue is. Your reaction is simply your ego stepping in and trying to protect you. You may have to wait until your ego is not paying attention, before you can look at how the information applies to you. If you feel triggered or unsafe, I encourage you to revisit the “Present Moment Safety Exercise” on page 48 of *The Relationship Handbook*.

You may also read some portions of this chapter and immediately identify with them. You may see yourself clearly in the examples. But you still have to be aware of the ego! While you’re patting yourself on the back for recognizing the truth, your ego may be reinforcing the negative belief.

For example, say that you recognize that one of the key reasons that you’re not in a relationship is that you have a core belief that you’re not worthy of being loved. This realization may come as a tremendous relief to you—at last, you’ve found the answer! You’re not worthy of being loved! The more you celebrate this discovery, the more you reinforce the very belief that you will need to change in order to create a relationship in your life. At the same time, your inner parent may be running an unconscious script along the lines of, “Of course you’re not worthy of being loved! You were too stupid to even realize that the fact that you’re not worthy of being loved was your problem all along!” The ego works in very subtle ways.

I will remind you frequently that there is *absolutely no blame here* at all. If you find yourself blaming yourself—or anyone else—that’s your ego taking control once again.

Also—if you find yourself getting upset in any way while reading this chapter, please skip it and move on to the next chapter. You must approach this at your own pace, in your own time.

This chapter is about creating *awareness* of some of our most negative and limiting beliefs about ourselves. As painful as it may be to recognize these thoughts, please remember that *awareness* is the first step towards releasing them. We must become *aware* of our thoughts, and then *own* them. Once we accept responsibility for having created our thoughts and beliefs, we can *choose* to change them.

Okay, I think I’ve done everything I can to prepare you for the truth.

The answer to the question, “Why am I still single?” is that you are single because you do not choose to be in a romantic relationship.

No matter what you may believe on a conscious level, some aspect of romantic relationships scares you. Your fears, your negative beliefs, and ultimately, your ego, influence the choices that you make in your life. On some level, you do not want to be in a romantic relationship.

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**“You are single because you choose to stay single. If you no longer wish to be single, you simply have to *choose* to be in a relationship. In order to make that choice, however, you need to look at *why* you chose not to create a relationship in the first place. What is it about romantic relationships that has made you unconsciously avoid them?”**

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We must accept complete responsibility for our lives. We *created* our lives. Everything in our lives is there because of our choices, thoughts and actions. We may not have been conscious when we made some of our choices, however, and we may not like the things that we have created (or have failed to create) in our lives. In order to change our lives, we have to accept responsibility for having created our lives in the first place. (Remember: *awareness, ownership, choice.*) Until we do this, we will continue to make the same choices and create more of the things we don't want. This is not an easy thing to accept.

The fear that comes from the ego is what prompted us to make our choices and create our lives in the first place. The most important thing to recognize is that *we did the best that we could at the time.* We made the best choices that we could make at the time, based on our awareness at the time. We can accept full responsibility for our choices. It's perfectly acceptable to want to change our lives and to want to make different choices now and in the future. We have to remember that while we're *responsible* for our lives, we're not to *blame* in any way for our lives.

One of the most important lessons we can learn is the difference between *responsibility* and *blame*. Blame involves judgment, punishment and fear. Blame implies that we did something wrong, and “right” and “wrong” are value judgments made by the ego—they do not serve us in any way. Responsibility, however, means that we recognize our choices, and accept that our choices have consequences. Some of our choices may be less elegant than others, but that does not make them *wrong*. If we want to change our life, we simply need to make different choices.

## UNDERSTANDING WHY YOU ARE SINGLE

You are single because you choose to stay single. If you no longer wish to be single, you simply have to *choose* to be in a relationship. In order to make that choice, however, you need to look at *why* you chose not to create a relationship in the first place. What is it about romantic relationships that has made you unconsciously avoid them?

As I said at the beginning, the answer to that question is unique to each of us. All I can do is to share some of the more popular and significant fears that keep many of us out of relationships.

Remember, if you find yourself reacting strongly to anything, even if your reaction is denial, there's an excellent chance that you've discovered one of your core issues. Do your best to keep your ego out of the way, avoid all blame, and be gentle with yourself. You will explore the issue when you are ready to explore it, and not before.

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“It’s possible for a romantic partner to also be our best friend and constant companion; however, this is not a requirement. We do not need to be joined at the hip with our romantic partners. Romantic relationships are created to meet certain very specific needs for intimacy and emotional support. It’s perfectly acceptable for our interests to differ from our partner’s. It’s wonderful when our romantic partners are friends as well as lovers, but it’s often too much to expect from one person.”

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### ***Why Do You Want a Romantic Relationship?***

Think carefully about all of the reasons that you want a relationship—and more importantly, think carefully about all of the reasons that you are unhappy being single.

Do you want a romantic relationship because you crave companionship? Consider your circle of friends and family—do they provide any level of companionship for you? Or do you feel somewhat isolated and believe that you would become more social and do more things if only you had someone to do things with you?

This is an important question to consider. It’s possible for a romantic partner to also be our best friend and constant companion; however, this is not a requirement. We do not need to be joined at the hip with our romantic partners. Romantic relationships are created to meet certain very specific needs for intimacy and emotional support. It’s perfectly acceptable for our interests to differ from our partner’s. It’s wonderful when our romantic partners are friends as well as lovers, but it’s often too much to expect from one person. Platonic friendships are extremely important. Our friends provide companionship and social interaction and allow us to express ourselves in different ways from our romantic partners. Friends are much easier to find than romantic partners. Moreover, once we’ve cultivated a circle of friends, it becomes easier to create a romantic relationship because we won’t expect our romantic partner to meet all of our needs.

### ***What Would a Romantic Relationship Look Like?***

This is another way of clarifying what you expect from a romantic partner. Answer this question truthfully, and then take a step back and look at your answers. Are you expecting too much from your future romantic partner? Do you even know what your ideal relationship looks like? Do you believe that you could ever experience your fantasy in real life? Consider your answers to these questions, and then go back and review Chapter 5 of *The Relationship Handbook*, “Can We Meet Our Needs?” and see which of the patterns there most apply to you. You’ll find strategies to help you to identify and alter your limiting beliefs so you can meet your needs.

### ***What’s Wrong With Being Single?***

Do you believe that there is something wrong with being single? Society certainly seems to think there is. How much has this belief affected you? Many people are actually very happy being single. They feel pressured to find a romantic relationship because they see how difficult it is for single people—particularly older single people—to function in our society.

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“Even our most painful and limiting beliefs served us. Our egos created these beliefs to protect us, and it’s important to recognize that these beliefs *did* protect us. We may have outgrown these beliefs, of course. They may no longer be the most elegant solutions. And we have the power to release these beliefs and replace them with beliefs that better support us now.”

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Are you feeling pressured (consciously or unconsciously) by your friends? If you have a circle of friends who have started to pair up and form romantic relationships, it often changes the entire dynamic of your friendships. It can be difficult for single people to socialize with couples. Couples tend to gravitate towards other couples for their friendships, and single friends of couples often feel that they no longer belong because they don’t have a romantic partner.

### ***How Would a Relationship Improve Your Life?***

Once again, you must answer this question honestly and then step back and consider your answers. Romantic relationships will not automatically make your life better. In fact, romantic relationships can make the things that you’re *not* happy about even bigger issues than they are now. Remember that your choices and your thoughts have created the life you currently live. If you are not happy with your life, then you must begin to make more elegant choices. Any romantic relationship you created from your current perspective would not change the rest of your life—it would simply reflect it back to you.

Romantic relationships *can* make our lives much more enjoyable, of course. But remember that “happily ever after” is nothing more than a myth. We can’t expect our partners to sweep us off our feet and then sweep up the messes we’ve made in our own lives. If there’s any sweeping to be done, we have to do it ourselves.

## **OBSTACLES TO FINDING A ROMANTIC PARTNER**

Even if you want a romantic relationship for all of the right reasons, you may still have core fears and beliefs that prevent you from creating one. Once again, please remember that there is *no blame* here. If you recognize a negative belief that’s been holding you back, congratulations! This is a *good* thing! You’ve become *aware* of a belief! Now you can *own* it, and *choose* to change it.

Even our most painful and limiting beliefs served us. Our egos created these beliefs to protect us, and it’s important to recognize that these beliefs *did* protect us. We may have outgrown these beliefs, of course. They may no longer be the most elegant solutions. And we have the power to release these beliefs and replace them with beliefs that better support us now.

It may help to view this process as cleaning out our closets. As we root through our closets, we come across clothes we used to wear but that don’t fit quite as well anymore. We come across clothes that have

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“Self-worth issues generally come down to the belief that we’re not \_\_\_\_ enough. We believe that there is something fundamentally wrong with who we are as individuals. Our inner parents have set some impossible standard for us, and we believe that until we reach that standard, we’re not entitled to be happy and fulfilled, or to have any of our needs met.”

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gone out of style or no longer flatter us. We don’t have to keep anything that doesn’t suit us. If we find that we’re getting rid of most of our wardrobe, that’s fine. We’ll have that much more room for the new clothes that *do* fit and make us feel good about ourselves. We don’t feel any guilt or shame at letting go of our old clothes—and there’s absolutely no need to feel any guilt or shame at letting go of our old beliefs, either.

### *Self-Worth*

You’ve probably encountered the idea that in order for you to find someone to love you, you first have to love yourself. Annoying, isn’t it? You’ll read variations on this idea in just about any book on relationships or self-improvement, until you just want to throw up. I feel the same way.

Unfortunately, it’s true.

If we don’t love ourselves, we won’t believe that we’re worthy of being loved. If we don’t believe that we’re worthy of being loved, we won’t experience love. Our partners are our mirrors, and the only way to experience someone else loving us is to love ourselves first—because that’s what we’ll see reflected back to us in our relationships.

Self-worth issues generally come down to the belief that we’re not \_\_\_\_ enough. We believe that there is something fundamentally wrong with who we are as individuals. Our inner parents have set some impossible standard for us, and we believe that until we reach that standard, we’re not entitled to be happy and fulfilled, or to have any of our needs met.

Go back and review the section called “The Inner Parent Trap” in Chapter 5 of *The Relationship Handbook*. You’ll find some guidance to help you to alter your core beliefs, and allow you to recognize that you *are* enough—you are complete, you are perfect, and you are entirely worthy.

As you begin to love and accept yourself for who you are, you will make it possible for others to come into your life and accept and love you as well.

### *Fears of Needs Not Being Met*

You may be afraid that if you found a relationship, your needs would not be met—you would not, in fact, feel safe and loved after all. Your ego keeps you out of relationships in an effort to protect you from the pain and despair that you would suffer if a romantic relationship didn’t suddenly meet all of your needs. Unhappy as you are being single, at least you can point to something outside of yourself as the reason for your misery: that you don’t have a romantic partner.

When we scratch the surface of this particular obstacle, we see that it’s usually a variation of the core self-worth issue that we addressed in the previous section. The important question to ask is, “Why would you

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“We have to recognize the difference between *wanting* a romantic partner and *needing* one. If we *need* a romantic partner because we don't feel whole without one, then we're not ready for one. If we *need* a romantic partner, we've created an *attachment* to finding a romantic partner. This means that finding a romantic partner becomes a *safety* need for us.”

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think that your needs wouldn't be met in a relationship?” The answer is usually because on some level, you believe that you're not \_\_\_\_\_ enough and don't deserve to have your needs met. The focus on your lack of a romantic relationship, and the fears that a relationship might not meet your needs, is simply your ego's attempt to distract you from the more painful feelings of inadequacy. See Chapter 5 of *The Relationship Handbook*, “Can We Meet Our Needs?” for strategies to help you to reconnect with the truth that you are whole, complete and perfect exactly as you are right now.

### *Need a Relationship to Feel Complete*

Do you feel incomplete without a partner? The math of romantic relationships is not  $\frac{1}{2} + \frac{1}{2} = 1$ ; it's  $1 + 1 = 3$ . In other words, romantic relationships are about two complete individuals coming together and creating something that is bigger than the two of them combined. If we believe that we are incomplete and need a partner to complete us, any relationship we create will reflect this back to us and make us feel worse, not better, about ourselves. Remember that our partners are our mirrors. What we see in our partners is only our own reflection. Our partners do not complete us. We are already complete. Our partners will *augment* us—they will help us to feel more secure in our own sense of self. Our partners will not validate us unless we can already validate ourselves.

Since we only see ourselves in our partners, what kind of relationship will we create if we depend on our partners to meet our needs? We won't attract partners who will meet our needs—we will attract partners who expect *us* to meet *their* needs. They won't even be able to consider meeting our needs.

On the other hand, when we're secure that we can meet our own needs, that we don't have to depend on other people to make us feel happy or complete, we will attract partners who feel the same way. The irony is that when we don't rely on our partners to meet our needs, they *will* meet our needs. Remember, we are responsible for maintaining the minimum daily balance in our safety and validation accounts. The deposits our partners make in these accounts supplement our needs. We feel *more* safe and *more* loved when we're in relationships. But we don't need a partner in order to feel safe or loved *enough*.

We have to recognize the difference between *wanting* a romantic partner and *needing* one. If we *need* a romantic partner because we don't feel whole without one, then we're not ready for one. If we *need* a romantic partner, we've created an *attachment* to finding a romantic partner. This means that finding a romantic partner becomes a *safety* need for us. We

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“Keeping in mind what safety means to you, consider your Marriage Blueprint. Does your Marriage Blueprint have enough space to accommodate your definition of safety? Or are there elements of your Marriage Blueprint that feel fundamentally unsafe to you?”

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can't feel safe unless we have a romantic partner, but we won't attract a romantic partner until we actually feel safe. We must release our attachment to finding a romantic partner and take responsibility for meeting our safety needs on our own. When we *want* a romantic partner to enhance our lives, but we also accept that we can live our lives perfectly well without one, *then* we're ready to create a romantic relationship.

### ***Safety Fears: Fear of Compromise, Change, or Loss of Self***

Ask yourself what being in a relationship means to the *individuals* in the relationship. When you're in a relationship, do you picture that you'll still get to be yourself, only more so? Or do you believe a relationship would require you to compromise, change, give up your privacy and lose your sense of individuality? Do you think of relationships as partnerships or as invasions? In short, do relationships seem *safe* to you? In order to answer this question, you'll have to explore your safety checklists and your Marriage Blueprint.

Review Chapter 5 of *The Relationship Handbook*, “Can We Meet Our Needs?” and pay close attention to the patterns that represent safety issues. You may not have identified with any of these patterns because they've never played out in your relationships. However, the *fear* that you might experience one of these patterns can be enough to make you avoid creating a romantic relationship in the first place. Consider if you truly know what it means to feel safe, and consider what feeling safe means to you.

Keeping in mind what safety means to you, consider your Marriage Blueprint. Does your Marriage Blueprint have enough space to accommodate your definition of safety? Or are there elements of your Marriage Blueprint that feel fundamentally unsafe to you? For example, your Marriage Blueprint might contain the belief that married couples have to function as a unit and must give up their individual lives. If you need to maintain your independence in order to feel safe, romantic relationships will not be safe for you. You will continue to avoid creating a romantic relationship until you adjust your Marriage Blueprint and create the belief that you can be in a committed romantic relationship and still maintain your individual identity.

### ***Bad Blueprints***

Never underestimate the power of a bad blueprint. I have a friend who is smart, funny, attractive, professional, motivated, and sure of herself. She is very much an example of a “great catch.” She's happy with her life, and generally comfortable being single. She's been in a few romantic relationships over the 15-odd years that I've known her, and several have been

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**“Consider your own Marriage Blueprint carefully. What does a romantic relationship look like to you? Do you want to create your parents’ relationship in your own life? Think about what you’ve actually experienced in your own life, not what you think a relationship *should* look like. You may be avoiding romantic relationships because you’re afraid that they will turn out to look like your Marriage Blueprint—and your parents’ relationship.”**

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long-term. But she’s never been in a relationship with a man who was her equal intellectually and socially, and she’s never felt what she considers to be a true romantic connection.

One of the reasons for this is that her parents had a truly hellish relationship, and this is the basis of her Marriage Blueprint. She’s aware that her parents’ relationship is the reason she has no interest in ever being married. But what she is just discovering is that her desire to avoid experiencing her parents’ relationship in her own life has also kept her from creating a real romantic connection with a partner.

Since she doesn’t have a model for how a successful, supportive romantic relationship would look, she’s never been able to create one for herself. Her experience with emotional connections is that they’re painful and abusive, and so she’s always created distance in her relationships so that she could avoid the pain. Instead, she’s had a series of pleasant, comfortable relationships with perfectly nice men that ultimately don’t meet her true desire for intimacy. She’s realizing now, however, that she does want something more in her life. And she’s also realizing that she has to create a clear picture of how it will look before she can actually create it.

Consider your own Marriage Blueprint carefully. What does a romantic relationship look like to you? Do you want to create your parents’ relationship in your own life? Think about what you’ve actually experienced in your own life, not what you think a relationship *should* look like. You may be avoiding romantic relationships because you’re afraid that they will turn out to look like your Marriage Blueprint—and your parents’ relationship.

In order to create a romantic relationship, you must have a clear idea of what it will look like and know exactly what it is that you want to create. You can’t simply look at your blueprint and say, “Well, I *don’t* want *that!*” because whether or not *that* is what you want, if you don’t create a clear blueprint of what you *do* want, *that* is what you are going to get.

What you *don’t* want isn’t helpful—you have to translate what you *don’t* want into what you *do* want. What kind of emotional connections do you want to have in your relationship? How do you want to be made to feel safe? How do you want to be made to feel loved? How much independence do you want? How much togetherness do you want? What will your responsibilities be in the relationship? What will your partner’s responsibilities be? If you’re having trouble answering these questions on your own, consider if you have any friends or family members who have relationships that you admire, and select the things you like from their relationships.

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“We were raised in a society that implicitly—and often explicitly—tells us that it is only acceptable to be sexually attracted to the opposite sex. If you are emotionally, spiritually or physically attracted to your own gender, you must address your internalized homophobia. You must become *aware* that you carry the belief that something is wrong with you. You must *own* this belief, and then you must *choose* to release it and affirm the truth that you are whole and complete, and able to love whomever you choose. Releasing this belief is often the key to releasing many other patterns that make it difficult for you to feel safe or validated.”

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Ask yourself how much commitment you truly want. Are you willing to commit to a long-term relationship, or to get married? Or are you only willing to date someone for a time, without making any promises of a more permanent structure to the relationship. This is one of the challenges in heterosexual relationships: the longer they last, the more the couple feels pressured to get married, and marriage is not something that everyone wants. In fact, the prospect of marriage may be one of the core fears that keeps you from creating *any* romantic relationship in your life. Your fear of the “marriage” label may be keeping you from creating a relationship.

### *Fear of Family Outings*

Most of us accept that once a romantic relationship has reached a certain point, that we will have to introduce our partner to our family. Even in the best of circumstances, this can be uncomfortable. The prospect of subjecting our partner to our family is enough to make anyone feel unsafe. It may even be enough to keep us from creating a romantic relationship in the first place.

This issue is the most common for gay, lesbian and bisexual individuals, who have yet to “come out” to their families. Often, the story they tell themselves is that they’ll come out to their families when they have a reason to—for example, when they’re in a committed romantic relationship. Their fear of being rejected by their families is greater than their desire to be in a romantic relationship, however.

If you find yourself in this situation, you must be willing to explore both your family relationships, and your relationship to yourself. Depending on your upbringing, it may indeed be difficult or even impossible to be honest with your family about your sexuality and maintain any kind of relationship with them. Even if this is the case, however, your family is still your mirror: You fear that they will not accept you for who you are, because you do not accept and love yourself for who you are.

We were raised in a society that implicitly—and often explicitly—tells us that it is only acceptable to be sexually attracted to the opposite sex. If you are emotionally, spiritually or physically attracted to your own gender, you must address your internalized homophobia. You must become *aware* that you carry the belief that something is wrong with you. You must *own* this belief, and then you must *choose* to release it and affirm the truth that you are whole and complete, and able to love whomever you choose. Releasing this belief is often the key to releasing many other patterns that make it difficult for you to feel safe or validated.

When you reach the point where you truly love and accept yourself for who you are, you can once again consider your relationship with your family. If, when, and how you choose to come out to your family is

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“If every thought is creative, then our *unconscious* thoughts are just as creative as our *conscious* thoughts. Because we’re only conscious of about 3% of our thoughts, our unconscious thoughts are *more* creative than our conscious thoughts. This is why our beliefs define our reality. Our beliefs are nothing more than thoughts that we repeat on a continuous, unconscious loop.”

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entirely up to you. What matters is that you are now able to make a conscious choice. And one of the things you can choose is to create a romantic relationship, whether or not you choose to introduce your partner to your family.

## HOW TO CREATE YOUR IDEAL ROMANTIC RELATIONSHIP

If anything uncomfortable or upsetting came up for you while reading this chapter, please remember that this is simply the first step towards changing your reality and creating your ideal romantic relationship: *awareness*. Now that you’ve become *aware* of your beliefs and your fears, you can *own* them, and then *choose* to replace them with beliefs that will better support you.

You may be familiar with the idea that whatever we focus on will manifest in our lives. You may have used affirmations and visualizations to attract the love and abundance that you crave. And you may have become frustrated because the affirmations and visualizations didn’t seem to work.

The idea is sound—in fact, it’s a Universal Law. What we appreciate appreciates. Whatever we focus our attention on will increase. Of course, in order to get the results that we want, we need to read the fine print.

- ❖ *Every* thought is creative.
- ❖ The Universe operates in absolute values.

If every thought is creative, then our *unconscious* thoughts are just as creative as our *conscious* thoughts. Because we’re only conscious of about 3% of our thoughts, our unconscious thoughts are *more* creative than our conscious thoughts. This is why our beliefs define our reality. Our beliefs are nothing more than thoughts that we repeat on a continuous, unconscious loop.

Whatever receives the most focus and attention is what we will create in our lives. If the 3% of our conscious thoughts are focused on “success” and 97% of our unconscious thoughts are focused on “fear of failure” then “failure” is what we will create, because 94% of our attention is focused on failure.

How can this be? We weren’t focused on *creating* failure—we were focused on *avoiding* it. We were *afraid* of failure. The thing is, the Universe operates in absolute values. It doesn’t understand the concept of negation. When we think about how we *don’t* want something, it has the exact same effect as if we thought about how we *do* want it. There’s

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“Our affirmations and visualizations *do* work. We’re just not aware of what it is that we’re *really* affirming. We may tell ourselves that we want to attract a romantic relationship. However, what we *really* want is not to be single and alone. Our attention is actually focused on the fact that we’re single and alone, and *that’s what we create—the experience of being single and alone*”

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no such thing as negative attention. All attention is creative—and fear and worry are forms of attention.

Our affirmations and visualizations *do* work. We’re just not aware of what it is that we’re *really* affirming. We may tell ourselves that we want to attract a romantic relationship. However, what we *really* want is not to be single and alone. Our attention is actually focused on the fact that we’re single and alone, and *that’s what we create—the experience of being single and alone*.

In order to create our ideal romantic relationship, we have to identify and eliminate the thoughts, beliefs and patterns that limit us.

### ***Step 1: Accept That You Are Single By Choice***

The first step to creating your ideal romantic relationship is to accept that you are single because you *choose* to be single. When you wonder why you’re single, you step into victim consciousness and give away your power. When you accept that you are single because you *choose* to be single, you take responsibility for your life, and tap into your power to change it.

### ***Step 2: Identify Why You Want a Romantic Relationship***

It’s essential that you become aware of the reasons that you want to create a romantic relationship. Ask yourself:

- ❖ Why do you want a romantic relationship?
- ❖ What would a romantic relationship look like?
- ❖ What’s wrong with being single?
- ❖ How would a romantic relationship change your life?

You’ve already explored these questions once in this chapter. Even so, it’s important to answer them again (and again). As you begin to take back your power and accept responsibility for your life, your answers to these questions will evolve. Use these questions to identify any lingering fears or negative thoughts you have about romantic relationships. When you reach the point that you only *want* a romantic partner, but you no longer believe that you *need* one, you will be ready to create your ideal romantic relationship.

### ***Step 3: Learn to Meet Your Own Needs***

Remember that you are responsible for maintaining the minimum balance in your safety and validation accounts. Our relationships can help us to feel *more* safe and *more* validated. But when we believe that we need

another person to make us feel safe or validated *enough*, we deny the truth of who we are, give away our power, and become a victim.

Review Chapter 3 of *The Relationship Handbook* to explore your safety needs. Use the Present Moment Safety Exercise on page 48 to increase the balance in your safety account. Review Chapter 4 to explore your validation needs. Look for ways that you can practice *praise*, *gratitude* and *love* for yourself. Finally, explore Chapter 5 and identify any patterns you may have that make it difficult for you to feel safe or validated. Use the strategies for change, along with *awareness*, *ownership* and *choice* to replace your limiting beliefs with beliefs that better support you.

### ***Step 4: Review and Revise Your Marriage Blueprint***

Once you are able to feel safe and validated in general, it's important to consider if you can feel safe and validated in a romantic relationship. Take a very close look at your Marriage Blueprint. If you want to create your ideal romantic relationship, you must actually expect that you will feel safe and validated when you're in a romantic relationship. The questionnaire in Chapter 6 of *The Relationship Handbook* will help you to identify some of the specific elements in your Marriage Blueprint. Chapter 16 will show you how to redesign your Marriage Blueprint so that you can create the kind of romantic relationships you truly want.

### ***Step 5: Imagine Your Ideal Romantic Relationship***

You have reclaimed your power by accepting responsibility for your choices. You're meeting your own needs, and you no longer give away your power by believing that you need a romantic partner to help you to feel safe and validated. You have explored and revised your Marriage Blueprint so you have a clear picture of how your needs can be met in a romantic relationship. Now, all you need to do to create your ideal romantic relationship is to imagine it.

Most of us don't *imagine* our ideal relationship, however. Most of us *fantasize* about it. There's a very big difference.

*Fantasy* is wishing that the world were different than it is. When we fantasize, we give away all of our power and assume the role of victim. We believe that we need something outside of ourselves to save us. When we fantasize about something, *we do not believe that*

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“When we *imagine* something, we believe that we can create it. We may not know exactly how it will manifest. However, we do know that it *will* manifest. We have a pretty good idea of how it will look when we’ve reached our goal. But what really matters is that we know how we will *feel* when we’ve created it. In a very subtle way, we recognize the difference between our wants and our needs. The thing that we imagine creating is a way to meet our needs. The surface details aren’t important. What matters is that we believe that we will create the experience of having our needs met.”

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*it will actually come true.* More importantly, when we fantasize about changing some condition in our lives, *our attention is on that condition, so the condition increases!* If we fantasize about how a romantic partner would rescue us from the pain of being single, what we create is more pain of being single.

On the other hand, when we *imagine* something, *we believe that we can create it.* We may not know exactly how it will manifest. However, we do know that it *will* manifest. We have a pretty good idea of how it will look when we’ve reached our goal. But what really matters is that we know how we will *feel* when we’ve created it. In a very subtle way, we recognize the difference between our wants and our needs. The thing that we imagine creating is a way to meet our needs. The surface details aren’t important. What matters is that we believe that we will create the experience of having our needs met.

What does your ideal romantic relationship look like now?

Now that you’re able to meet your own safety and validation needs, you may find that your answers have evolved considerably. For example, if your validation account was overdrawn, when you fantasized about your ideal partner, you may have pictured a super-model, fresh from the pages of *GQ* or *Victoria’s Secret*. A drop-dead-gorgeous romantic partner would meet your validation needs in a number of ways. First of all, you would feel more attractive because someone that beautiful chose you. Of course, one of the other benefits of a trophy partner is the status it gives you. Other people’s envy increases the balance of your validation account.

Because you no longer need a partner to meet your basic validation needs, physical perfection may seem far less important. Sure, you still want a partner whom you find attractive. But now, all that matters is that *you* find your partner attractive. It doesn’t matter what the rest of the world thinks. You want a partner whom you can love and appreciate for who they are, and who will love and appreciate you for who you are.

As you imagine how your ideal romantic relationship will look:

- ❖ Think about the kinds of emotional connections you will share with your partner.
- ❖ Picture the activities that you will enjoy with your partner.
- ❖ What are the things that will make you and your partner laugh?
- ❖ What kinds of conversations will you have?
- ❖ How will you feel when you spend time with your partner?

When you imagine the different elements of your relationship with your ideal partner, pay close attention to how you *feel*. See yourself in

this relationship. Know that you are safe and validated in this relationship. Most importantly, believe that you deserve this relationship, and know that you will create it. Finally, release your thoughts and your intentions, and allow yourself to enjoy the love and companionship that you are attracting and experiencing in your life right now.

# EXERCISE

## IDEAL ROMANTIC PARTNER CHECKLIST

### OBJECTIVES:

- ❖ Become *aware* of the qualities that matter to you in your ideal romantic partner.
- ❖ Become *aware* of how you imagine your life would look once you've attracted your ideal romantic partner.
- ❖ Become *aware* of your attachments.
- ❖ Become *aware* of the kind of romantic relationship you truly want to create right now.

### REMEMBER:

## AWARENESS OWNERSHIP CHOICE!

*Use the present moment awareness exercise to restore the balance in your safety account if you feel at all triggered or unsafe during this exercise!*

### INSTRUCTIONS

#### Part 1

The first part of the questionnaire asks you to identify what kind of relationship you want to create. This is not nearly as obvious of a question as you might think. Carefully consider what kind of relationship you want to create *right now* in your life. You may want to attract a life partner and get married—*eventually*. But are you truly interested in creating that relationship this minute? At this time, you may only be ready to find someone to date, or to create a casual love affair. Remember that whatever you want is absolutely perfect. And remember that your desires—and your relationship—can evolve.

Identify what kind of relationship you want at this time. Identify the relationship label that you would like to have describe your ideal relationship. Finally, describe what that label means to you.

#### Part 2

This section lists the various qualities of your ideal romantic partner. Rate how important each quality is to you from a scale of 1 (not important) to 10 (essential). Complete the detail portion for any quality you rate at 6 or greater.

PART 2: QUALITIES OF MY IDEAL PARTNER			
EDUCATION			LEVEL OF IMPORTANCE <b>8</b>
COMPLETE IF LEVEL OF IMPORTANCE IS 6 OR MORE	<input type="checkbox"/> High School	<input type="checkbox"/> Some College	<input type="checkbox"/> Bachelors <input checked="" type="checkbox"/> Masters <input checked="" type="checkbox"/> Professional Degree
	<input type="checkbox"/> Less education than I have	<input checked="" type="checkbox"/> Same education as I have	<input type="checkbox"/> More education than I have
INTELLIGENCE			LEVEL OF IMPORTANCE <b>6</b>
COMPLETE IF LEVEL OF IMPORTANCE IS 6 OR MORE	<input type="checkbox"/> Below Average	<input type="checkbox"/> Average	<input checked="" type="checkbox"/> Above Average <input type="checkbox"/> Way Above Average <input type="checkbox"/> Genius
	<input type="checkbox"/> Less intelligent than I am	<input checked="" type="checkbox"/> As intelligent as I am	<input type="checkbox"/> More intelligent than I have
CAREER			LEVEL OF IMPORTANCE <b>4</b>
COMPLETE IF LEVEL OF IMPORTANCE IS 6 OR MORE	<input type="checkbox"/> Administrative	<input type="checkbox"/> Attorney	<input type="checkbox"/> Business Owner <input type="checkbox"/> Clerical <input type="checkbox"/> Counselor
	<input type="checkbox"/> Doctor	<input type="checkbox"/> Education	<input type="checkbox"/> Engineer <input type="checkbox"/> Entertainment <input type="checkbox"/> Financial
	<input type="checkbox"/> Government	<input type="checkbox"/> Health Care	<input type="checkbox"/> Labor <input type="checkbox"/> Management <input type="checkbox"/> Real Estate
	<input type="checkbox"/> Retail	<input type="checkbox"/> Stock Broker	<input type="checkbox"/> Technical <input type="checkbox"/> Other
DESCRIBE CAREER:			

If the level of importance is less than 6, you don't need to complete the detail section.

### Part 3

This section covers the activities that you enjoy—both on your own and with a partner. Rate each activity on a scale of 1 (least enjoyable) to 10 (most enjoyable). Then indicate whether you prefer to enjoy the activity alone or with a partner on a scale of 1 (always alone) to 6 (only enjoy with partner). At the end of this section, you can fill in and rate additional activities that you enjoy.

RATE ACTIVITY (1 TO 10)	ACTIVITY	PREFER TO DO ALONE			PREFER TO DO WITH PARTNER		
		1	2	3	4	5	6
6	Amusement Parks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
3	Business Networking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	Book Club/Discussion Group	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9	Camping	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8	Coffee & Conversation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

### Part 4

This section covers lifestyle choices of your partner. Rate each category on a scale of 1 (not important) to 10 (most important) and indicate your preferences by checking the appropriate boxes.

PART 4: LIFESTYLE											
<b>10</b>	<table border="0"> <tr> <td>LEVEL OF IMPORTANCE</td> <td><b>SMOKING</b></td> </tr> <tr> <td><input checked="" type="checkbox"/> Non-Smoker</td> <td><input type="checkbox"/> Once in a While</td> </tr> <tr> <td><input type="checkbox"/> Smoker</td> <td><input type="checkbox"/> Cigars</td> </tr> <tr> <td><input type="checkbox"/> Smokeless Tobacco</td> <td></td> </tr> </table>	LEVEL OF IMPORTANCE	<b>SMOKING</b>	<input checked="" type="checkbox"/> Non-Smoker	<input type="checkbox"/> Once in a While	<input type="checkbox"/> Smoker	<input type="checkbox"/> Cigars	<input type="checkbox"/> Smokeless Tobacco			
LEVEL OF IMPORTANCE	<b>SMOKING</b>										
<input checked="" type="checkbox"/> Non-Smoker	<input type="checkbox"/> Once in a While										
<input type="checkbox"/> Smoker	<input type="checkbox"/> Cigars										
<input type="checkbox"/> Smokeless Tobacco											
<b>5</b>	<table border="0"> <tr> <td>LEVEL OF IMPORTANCE</td> <td><b>FOOD &amp; DIET</b></td> </tr> <tr> <td><input type="checkbox"/> Junk Food</td> <td><input checked="" type="checkbox"/> Keep it Healthy</td> </tr> <tr> <td><input checked="" type="checkbox"/> Low-Carb</td> <td><input type="checkbox"/> High-Carb</td> </tr> <tr> <td><input checked="" type="checkbox"/> Meat &amp; Potatoes</td> <td><input type="checkbox"/> Vegetarian</td> </tr> <tr> <td><input type="checkbox"/> Other</td> <td><input type="checkbox"/> Vegan</td> </tr> </table>	LEVEL OF IMPORTANCE	<b>FOOD &amp; DIET</b>	<input type="checkbox"/> Junk Food	<input checked="" type="checkbox"/> Keep it Healthy	<input checked="" type="checkbox"/> Low-Carb	<input type="checkbox"/> High-Carb	<input checked="" type="checkbox"/> Meat & Potatoes	<input type="checkbox"/> Vegetarian	<input type="checkbox"/> Other	<input type="checkbox"/> Vegan
LEVEL OF IMPORTANCE	<b>FOOD &amp; DIET</b>										
<input type="checkbox"/> Junk Food	<input checked="" type="checkbox"/> Keep it Healthy										
<input checked="" type="checkbox"/> Low-Carb	<input type="checkbox"/> High-Carb										
<input checked="" type="checkbox"/> Meat & Potatoes	<input type="checkbox"/> Vegetarian										
<input type="checkbox"/> Other	<input type="checkbox"/> Vegan										
<b>7</b>	<table border="0"> <tr> <td>LEVEL OF IMPORTANCE</td> <td><b>ALCOHOL</b></td> </tr> <tr> <td><input checked="" type="checkbox"/> Don't Drink</td> <td><input checked="" type="checkbox"/> Occasional Drinker</td> </tr> <tr> <td><input type="checkbox"/> Social Drinker</td> <td><input type="checkbox"/> Heavy Drinker</td> </tr> <tr> <td><input type="checkbox"/> Clean &amp; Sober</td> <td></td> </tr> </table>	LEVEL OF IMPORTANCE	<b>ALCOHOL</b>	<input checked="" type="checkbox"/> Don't Drink	<input checked="" type="checkbox"/> Occasional Drinker	<input type="checkbox"/> Social Drinker	<input type="checkbox"/> Heavy Drinker	<input type="checkbox"/> Clean & Sober			
LEVEL OF IMPORTANCE	<b>ALCOHOL</b>										
<input checked="" type="checkbox"/> Don't Drink	<input checked="" type="checkbox"/> Occasional Drinker										
<input type="checkbox"/> Social Drinker	<input type="checkbox"/> Heavy Drinker										
<input type="checkbox"/> Clean & Sober											

### Part 5

This last section covers physical appearance. It is the last section because in the scheme of things, it is truly the least important. When you rate each category, consider it in the context of all of the other qualities you have selected. If you attracted a partner who met all of your criteria in the first four sections, how critical is their physical appearance?

You're certainly entitled to a romantic partner whom you find physically attractive! However, as you explore this section, consider what attributes are negotiable, and what attributes are truly essential.

# IDEAL ROMANTIC PARTNER CHECKLIST

## PART 1: WHAT KIND OF RELATIONSHIP DO I WANT TO CREATE?

<input type="checkbox"/> Friendship	<input type="checkbox"/> Casual Dating	<input type="checkbox"/> Love Affair	<input type="checkbox"/> Life Partner
<input type="checkbox"/> Extra-Marital Affair	<input type="checkbox"/> Long-Distance	<input type="checkbox"/> Internet	<input type="checkbox"/> Other
DESIRED RELATIONSHIP LABEL:			
WHAT DOES THIS LABEL MEAN?:			

## PART 2: QUALITIES OF MY IDEAL PARTNER

EDUCATION		LEVEL OF IMPORTANCE	
COMPLETE IF LEVEL OF IMPORTANCE IS 6 OR MORE	<input type="checkbox"/> High School <input type="checkbox"/> Some College <input type="checkbox"/> Bachelors <input type="checkbox"/> Masters <input type="checkbox"/> Professional Degree		
	<input type="checkbox"/> Less education than I have <input type="checkbox"/> Same education as I have <input type="checkbox"/> More education than I have		

INTELLIGENCE		LEVEL OF IMPORTANCE	
COMPLETE IF LEVEL OF IMPORTANCE IS 6 OR MORE	<input type="checkbox"/> Below Average <input type="checkbox"/> Average <input type="checkbox"/> Above Average <input type="checkbox"/> Way Above Average <input type="checkbox"/> Genius		
	<input type="checkbox"/> Less intelligent than I am <input type="checkbox"/> As intelligent as I am <input type="checkbox"/> More intelligent than I have		

CAREER		LEVEL OF IMPORTANCE	
COMPLETE IF LEVEL OF IMPORTANCE IS 6 OR MORE	<input type="checkbox"/> Administrative <input type="checkbox"/> Attorney <input type="checkbox"/> Business Owner <input type="checkbox"/> Clerical <input type="checkbox"/> Counselor		
	<input type="checkbox"/> Doctor <input type="checkbox"/> Education <input type="checkbox"/> Engineer <input type="checkbox"/> Entertainment <input type="checkbox"/> Financial		
	<input type="checkbox"/> Government <input type="checkbox"/> Health Care <input type="checkbox"/> Labor <input type="checkbox"/> Management <input type="checkbox"/> Real Estate		
	<input type="checkbox"/> Retail <input type="checkbox"/> Stock Broker <input type="checkbox"/> Technical <input type="checkbox"/> Other		
	DESCRIBE CAREER:		

FINANCES		LEVEL OF IMPORTANCE	
COMPLETE IF LEVEL OF IMPORTANCE IS 6 OR MORE	<input type="checkbox"/> Needs financial support <input type="checkbox"/> Making ends meet <input type="checkbox"/> Comfortable <input type="checkbox"/> Affluent		
	<input type="checkbox"/> Less money than I have <input type="checkbox"/> As much money as I have <input type="checkbox"/> More money than I have		

SOCIABILITY		LEVEL OF IMPORTANCE	
COMPLETE IF LEVEL OF IMPORTANCE IS 6 OR MORE	<input type="checkbox"/> Not social <input type="checkbox"/> Somewhat social <input type="checkbox"/> Moderately social <input type="checkbox"/> Very social		
	<input type="checkbox"/> Less social than I am <input type="checkbox"/> As social as I am <input type="checkbox"/> More social than I am		

AMBITION		LEVEL OF IMPORTANCE
COMPLETE IF LEVEL OF IMPORTANCE IS 6 OR MORE	<input type="checkbox"/> Not ambitious <input type="checkbox"/> Somewhat ambitious <input type="checkbox"/> Moderately ambitious <input type="checkbox"/> Very ambitious	
	<input type="checkbox"/> Less ambitious than I am <input type="checkbox"/> As ambitious as I am <input type="checkbox"/> More ambitious than I am	
ENERGY		LEVEL OF IMPORTANCE
COMPLETE IF LEVEL OF IMPORTANCE IS 6 OR MORE	<input type="checkbox"/> Low energy <input type="checkbox"/> Moderate energy <input type="checkbox"/> High energy <input type="checkbox"/> Very high energy	
	<input type="checkbox"/> Less energy than I have <input type="checkbox"/> As much energy as I have <input type="checkbox"/> More energy than I have	
SENSE OF HUMOR		LEVEL OF IMPORTANCE
COMPLETE IF LEVEL OF IMPORTANCE IS 6 OR MORE	<input type="checkbox"/> Campy <input type="checkbox"/> Clever <input type="checkbox"/> Dry <input type="checkbox"/> Friendly <input type="checkbox"/> Goofy <input type="checkbox"/> Obscure <input type="checkbox"/> Sarcastic <input type="checkbox"/> Witty	
	<input type="checkbox"/> Makes me laugh <input type="checkbox"/> Laughs at my jokes <input type="checkbox"/> Make each other laugh	
INTIMACY		LEVEL OF IMPORTANCE
COMPLETE IF LEVEL OF IMPORTANCE IS 6 OR MORE	Less Intimate <input type="checkbox"/> More Intimate	
	<input type="checkbox"/> Less intimate than I am <input type="checkbox"/> As intimate as I am <input type="checkbox"/> More intimate than I am	
AUTONOMY		LEVEL OF IMPORTANCE
COMPLETE IF LEVEL OF IMPORTANCE IS 6 OR MORE	Autonomous <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Partnered	
	<input type="checkbox"/> Less autonomous than I am <input type="checkbox"/> As autonomous as I am <input type="checkbox"/> More autonomous than I am	
SPIRITUALITY & RELIGION		LEVEL OF IMPORTANCE
COMPLETE IF LEVEL OF IMPORTANCE IS 6 OR MORE	<input type="checkbox"/> Agnostic <input type="checkbox"/> Anglican <input type="checkbox"/> Atheist <input type="checkbox"/> Baha'i <input type="checkbox"/> Buddhist <input type="checkbox"/> Catholic <input type="checkbox"/> Christian	
	<input type="checkbox"/> Confucian <input type="checkbox"/> Eastern Orthodox <input type="checkbox"/> Hindu <input type="checkbox"/> Jewish <input type="checkbox"/> Mormon <input type="checkbox"/> Muslim	
	<input type="checkbox"/> New Thought <input type="checkbox"/> Pagan/Wicca <input type="checkbox"/> Protestant <input type="checkbox"/> Shinto <input type="checkbox"/> Spiritual <input type="checkbox"/> Unitarian	
<input type="checkbox"/> Less spiritual than I am <input type="checkbox"/> As spiritual as I am <input type="checkbox"/> More spiritual than I am		
POLITICS & SOCIAL VIEWS		LEVEL OF IMPORTANCE
COMPLETE IF LEVEL OF IMPORTANCE IS 6 OR MORE	<input type="checkbox"/> Apolitical <input type="checkbox"/> Democrat <input type="checkbox"/> Republican <input type="checkbox"/> Independent <input type="checkbox"/> Green	
	<input type="checkbox"/> Independent <input type="checkbox"/> Libertarian <input type="checkbox"/> Liberal <input type="checkbox"/> Moderate <input type="checkbox"/> Conservative <input type="checkbox"/> Other	
	<input type="checkbox"/> Less political than I am <input type="checkbox"/> As political as I am <input type="checkbox"/> More political than I am	

SEX DRIVE		LEVEL OF IMPORTANCE
COMPLETE IF LEVEL OF IMPORTANCE IS 6 OR MORE	<input type="checkbox"/> Let's just cuddle	<input type="checkbox"/> Once or twice a month
	<input type="checkbox"/> Conventional	<input type="checkbox"/> Adventurous
	<input type="checkbox"/> Less sexual than I am	<input type="checkbox"/> As sexual as I am
	<input type="checkbox"/> Once or twice a week	<input type="checkbox"/> Once or twice a day
	<input type="checkbox"/> Experimental	<input type="checkbox"/> Kinky
	<input type="checkbox"/> More sexual than I am	<input type="checkbox"/> Fetishes
MONOGAMY		LEVEL OF IMPORTANCE
COMPLETE IF LEVEL OF IMPORTANCE IS 6 OR MORE	<input type="checkbox"/> Completely monogamous	<input type="checkbox"/> Occasional indiscretions
	<input type="checkbox"/> Play together	<input type="checkbox"/> Play separately
	<input type="checkbox"/> Don't ask, don't tell	<input type="checkbox"/> Open Relationship
MOOD MANAGEMENT		LEVEL OF IMPORTANCE
COMPLETE IF LEVEL OF IMPORTANCE IS 6 OR MORE	<input type="checkbox"/> Low-Maintenance	<input type="checkbox"/> Easy Going
	<input type="checkbox"/> Hot Under the Collar	<input type="checkbox"/> Drama Queen/King
	<input type="checkbox"/> Emotionally Unstable	<input type="checkbox"/> Average Moods
	<input type="checkbox"/> Cool & Collected	<input type="checkbox"/> High-Maintenance
	<input type="checkbox"/> Emotionally Healthy	
PERSONALITY		LEVEL OF IMPORTANCE
COMPLETE IF LEVEL OF IMPORTANCE IS 6 OR MORE	<input type="checkbox"/> Adventurous	<input type="checkbox"/> Bitchy/Sarcastic
	<input type="checkbox"/> Flamboyant	<input type="checkbox"/> Flirtatious
	<input type="checkbox"/> Introverted	<input type="checkbox"/> Loving
	<input type="checkbox"/> Conservative	<input type="checkbox"/> Extroverted/Social
	<input type="checkbox"/> Funny	<input type="checkbox"/> Intellectual
	<input type="checkbox"/> Romantic	<input type="checkbox"/> Serious

### PART 3: ACTIVITIES

Consider the activities you enjoy, both on your own and with a partner. Rate each activity on a scale of 1 (least important) to 10 (most important). Then rate how you prefer to enjoy this activity: always alone (1-2), either alone or with a partner (3-4); or always with a partner (5-6).

RATE ACTIVITY (1 TO 10)	ACTIVITY	PREFER TO DO ALONE			PREFER TO DO WITH PARTNER		
		1	2	3	4	5	6
	Amusement Parks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Business Networking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Book Club/Discussion Group	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Camping	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Coffee & Conversation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

RATE ACTIVITY (1 TO 10)	ACTIVITY	PREFER TO DO ALONE			PREFER TO DO WITH PARTNER		
		1	2	3	4	5	6
	Cooking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Dining Out	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Fishing/Hunting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Gardening/Landscaping	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Hobbies & Crafts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Movies (Go Out)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Movies (Stay In)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Museums and Art	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Music and Concerts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Nightclubs/Dancing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Performing Arts/Theatre	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Playing Cards	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Playing Sports	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Religious/Spiritual Activities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Shopping/Antiques	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Travel/Sightseeing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Video Games	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Volunteering	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Walks on the Beach/in the Park	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Watching Sports	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Wine Tasting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>LIST AND RATE OTHER ACTIVITIES BELOW</b>							
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

RATE ACTIVITY (1 TO 10)	ACTIVITY	PREFER TO DO ALONE			PREFER TO DO WITH PARTNER		
		1	2	3	4	5	6
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### PART 4: LIFESTYLE

	<b>LEVEL OF IMPORTANCE</b>	<b>SMOKING</b>
<input type="checkbox"/>	Non-Smoker	<input type="checkbox"/>
<input type="checkbox"/>	Once in a While	<input type="checkbox"/>
<input type="checkbox"/>	Smoker	<input type="checkbox"/>
<input type="checkbox"/>	Cigars	<input type="checkbox"/>
<input type="checkbox"/>	Smokeless Tobacco	

	<b>LEVEL OF IMPORTANCE</b>	<b>FOOD &amp; DIET</b>
<input type="checkbox"/>	Junk Food	<input type="checkbox"/>
<input type="checkbox"/>	Keep it Healthy	<input type="checkbox"/>
<input type="checkbox"/>	Meat & Potatoes	<input type="checkbox"/>
<input type="checkbox"/>	Vegetarian	<input type="checkbox"/>
<input type="checkbox"/>	Vegan	
<input type="checkbox"/>	Low-Carb	<input type="checkbox"/>
<input type="checkbox"/>	High-Carb	<input type="checkbox"/>
<input type="checkbox"/>	Other	

	<b>LEVEL OF IMPORTANCE</b>	<b>ALCOHOL</b>
<input type="checkbox"/>	Don't Drink	<input type="checkbox"/>
<input type="checkbox"/>	Occasional Drinker	<input type="checkbox"/>
<input type="checkbox"/>	Social Drinker	<input type="checkbox"/>
<input type="checkbox"/>	Heavy Drinker	<input type="checkbox"/>
<input type="checkbox"/>	Clean & Sober	

	<b>LEVEL OF IMPORTANCE</b>	<b>DRUGS</b>
<input type="checkbox"/>	Just Say "No"	<input type="checkbox"/>
<input type="checkbox"/>	Prescription Only	<input type="checkbox"/>
<input type="checkbox"/>	Marijuana	<input type="checkbox"/>
<input type="checkbox"/>	Occasional Recreation	<input type="checkbox"/>
<input type="checkbox"/>	Clean & Sober	

	<b>LEVEL OF IMPORTANCE</b>	<b>LIVING ARRANGEMENTS</b>
<input type="checkbox"/>	Lives Alone	<input type="checkbox"/>
<input type="checkbox"/>	Roommates	<input type="checkbox"/>
<input type="checkbox"/>	Lives with Family	<input type="checkbox"/>
<input type="checkbox"/>	Lives with Children	

	<b>LEVEL OF IMPORTANCE</b>	<b>CHILDREN</b>
<input type="checkbox"/>	Has No Children	<input type="checkbox"/>
<input type="checkbox"/>	Wants Children	<input type="checkbox"/>
<input type="checkbox"/>	Does Not Want Children	<input type="checkbox"/>
<input type="checkbox"/>	Has Children	

LEVEL OF IMPORTANCE	PETS
	<input type="checkbox"/> No Pets Currently <input type="checkbox"/> Allergic to Pets <input type="checkbox"/> Wants Pets <input type="checkbox"/> Birds <input type="checkbox"/> Cats <input type="checkbox"/> Dogs <input type="checkbox"/> Exotic <input type="checkbox"/> Fish <input type="checkbox"/> Gerbils/Guinea Pigs, etc. <input type="checkbox"/> Horses <input type="checkbox"/> Rabbits <input type="checkbox"/> Reptiles <input type="checkbox"/> Other

LEVEL OF IMPORTANCE	CLEANLINESS
	<input type="checkbox"/> Complete Slob <input type="checkbox"/> A Little Clutter <input type="checkbox"/> Reasonably Tidy <input type="checkbox"/> Everything in its Place <input type="checkbox"/> Neat Freak

LEVEL OF IMPORTANCE	HEALTH/HIV STATUS
	<input type="checkbox"/> HIV Negative <input type="checkbox"/> HIV Positive <input type="checkbox"/> Unsure/Never Tested <input type="checkbox"/> Healthy <input type="checkbox"/> Health Challenges

### PART 5: PHYSICAL APPEARANCE

LEVEL OF IMPORTANCE	AGE
	<input type="checkbox"/> 18 to 25 <input type="checkbox"/> 26 to 29 <input type="checkbox"/> 30 to 39 <input type="checkbox"/> 40 to 49 <input type="checkbox"/> 50 to 59 <input type="checkbox"/> 60 or older

LEVEL OF IMPORTANCE	ETHNICITY
	<input type="checkbox"/> African/African American/Black <input type="checkbox"/> Asian/Pacific Islander <input type="checkbox"/> Latina/Latino <input type="checkbox"/> Middle Eastern/North African <input type="checkbox"/> Native/Aboriginal <input type="checkbox"/> White/European <input type="checkbox"/> Mix/Multi

LEVEL OF IMPORTANCE	BODY TYPE
	<input type="checkbox"/> Athletic <input type="checkbox"/> Average <input type="checkbox"/> Chubby <input type="checkbox"/> Curvy <input type="checkbox"/> Large <input type="checkbox"/> Muscular <input type="checkbox"/> Overweight <input type="checkbox"/> Slim <input type="checkbox"/> Underweight <input type="checkbox"/> Voluptuous

LEVEL OF IMPORTANCE	HEIGHT
	<input type="checkbox"/> Under 5 feet <input type="checkbox"/> 5 ft. to 5 ft. 3 <input type="checkbox"/> 5 ft. 4 to 5 ft. 7 <input type="checkbox"/> 5 ft. 8 to 5 ft. 11 <input type="checkbox"/> 6 ft. to 6 ft. 4 <input type="checkbox"/> Over 6 ft. 4

LEVEL OF IMPORTANCE	TATTOOS & PIERCINGS
	<input type="checkbox"/> None <input type="checkbox"/> Pierced Ear(s) <input type="checkbox"/> Other Piercings <input type="checkbox"/> Discreet Tattoo <input type="checkbox"/> Prominent Tattoos

# ABOUT THE AUTHOR

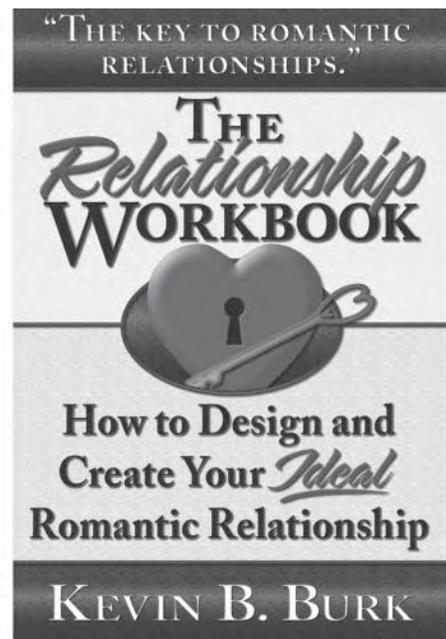
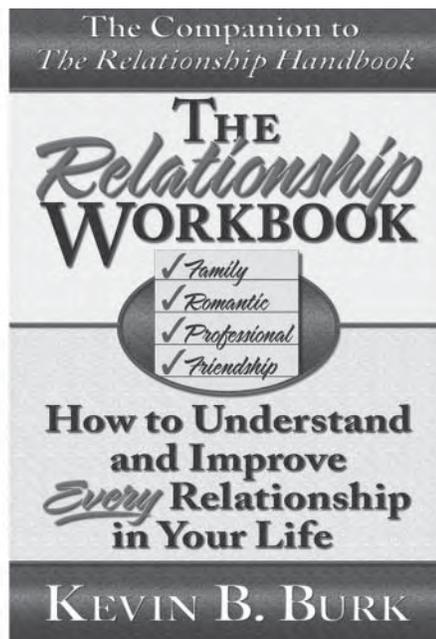
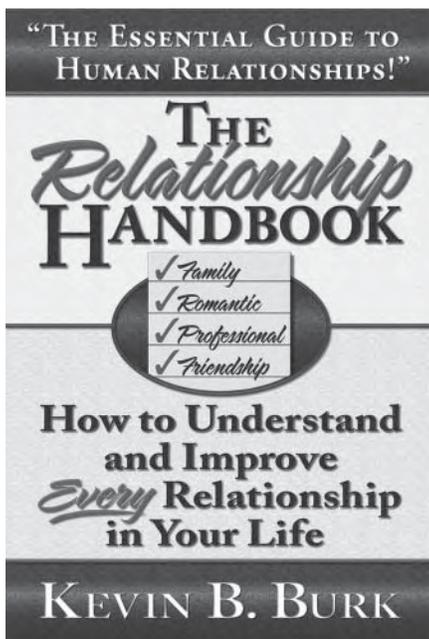


**K**evin B. Burk has been helping people across the world to improve their relationships through his relationship coaching and astrological counselling practice since 1993. Burk is a member of the International Association of Coaches, and holds a Level IV Certification in Astrological Counseling from the National Council for Geocosmic Research. His astrology web site, [www.theRealAstrology.com](http://www.theRealAstrology.com) has hosted over 1.8 Million visitors since its launch in 1996, and is one of the top astrology resources on the Internet.

Burk is a frequent guest on Michael Mercury's Sacramento-based radio show, "The Center of the Universe." He is currently teaching relationship workshops and seminars in cities across the United States including San Diego (where he currently lives), Anaheim, Portland, Seattle, and Houston.

## PRIVATE CONSULTATIONS AVAILABLE

*Kevin B. Burk is available for private consultations, both with individuals and couples. Both in-person and telephone consultations are available. If you would like more information, or to schedule a consultation, contact Kevin Burk directly at 619.807.2473 or via e-mail at [Kevin@EveryRelationship.com](mailto:Kevin@EveryRelationship.com). You may also visit him on the web at [www.EveryRelationship.com](http://www.EveryRelationship.com).*



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**KEVIN B. BURK**

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**by**

**Kevin B. Burk**

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