

Relationship

Rules

The 4 Secrets
to Caring
Communication
for Your Family,
Your Love Life, &
Your Success

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Thanks for Buying this Book! You're a Hero!



Thanks for buying this book! You're supporting my vision to promote peace and caring communication with my Super Peace Monkey(TM) programs in schools and online. I aim to raise funds to reach 1,000,000,000 children.

If you would like to help create a more safe & loving community, raise funds for your favourite cause and/or or make a living by making a difference, you can visit Your Freedom Coaching at www.yourfreedomcoaching.com .

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From Relationship Titanic to Paradise: My Story



Growing up, I had a deep sense of not being “good enough”. Deep down, I didn’t feel like I deserved caring relationships. From a very early age, I learned that my body, my feelings and my passions were “wrong”.

For one thing, I’m female. Yes, I was born in a female body, and that in itself seemed to be a “sin” in many people’s eyes. Growing up in a very religious Christian family, I learned that Eve was evil, the downfall of humanity. My father was a minister and a top leader in the national church, so I heard about religion almost every day. “Evil Eve” was one of the only females I ever learned about in the songs and bible stories that I heard again and again. Most of the bible stories I heard praised men. I also learned that God was always called “He”, that “He” was a “father and son”. Like many females, I found it hard to identify with a masculine image of God. Religion quietly eroded my self-esteem (I have heard similar concerns from people of colour who grew up with images of a blond, blue-eyed Jesus and/or a white male God).

Over and over, people told me that Jesus died for my sins. I have vague memories of an adult giving me a colouring book picture of a murder scene (the crucifixion) when I was three years old. I coloured it in, feeling intense fear

and guilt. By age three, I was convinced that I had killed God. It was as though my self-esteem was thrown in the trash, on the Titanic of shame.

By the time I was a teen, I had experienced so much trauma that I felt lost in a grey haze, disconnected from my body and my feelings. Nothing I could think of to say seemed “good enough”, so I spent most of my high school years in silence. I’ll never forget the day in my grade 10 English class when the teacher put me in a presentation group with the popular girl. “Sharon!?! I’m supposed to give a presentation with Sharon!?! That kid can’t even talk!” The popular girl almost jumped out of her chair in outrage.

Finally, I set a goal to break out of my shell, and learn how to relate to other people. It quickly became my obsession. To create great relationships, I earned a Master’s degree in Psychology. Also, I spent years reading biographies and researching secrets of the world’s greatest leaders. Like a detective, I searched for every clue about how they created great relationships.

I was surprised to learn that many of the greatest leaders, from Ellen DeGeneres, to Oprah, to Steven Spielberg, to Michelle Obama, had triumphed over huge traumas and abuse. Somehow, they had left the Titanic behind, and created relationships and lives in Paradise. Not only that, but they had inspired millions. Gradually, I noticed patterns. There were four habits that the world’s greatest leaders shared.

Discovering

The 4 Secrets to Caring Communication™



Through years of research, I discovered four secrets that dramatically enhanced my love life, my friendships, and my career. I called them The 4 Secrets to Caring Communication™.

After learning the secrets, I dated many fabulous people, and eventually met my soul mate, who I adore. We regularly make each other laugh until our sides ache, enjoy fascinating conversations daily on a wide range of topics, shower each other with affection, and support each other in ways I never before dreamed possible.

With The 4 Secrets to Caring Communication™, most of my shyness and angst disappeared from dating. I no longer live on the “Titanic”! I’m enjoying a “paradise” of dating, life & relationships more and more often. These secrets enabled me to travel widely, and learn to build deep rapport in four languages and many cultures.



Over the past 25 years, I've also taught thousands of people about creating great personal & professional relationships. I love this field, because there's always more to learn.

Not only have I overcome my shyness, but with The 4 Secrets to Caring Communication™, “this kid who can't even talk” went on to inspire thousands of people from over 50 countries around the world with presentations in Spanish, French and English. I would often attract over \$20,000 in sales or service contracts from a single one-hour presentation.

Then, in 2010, the secrets helped me to inspire over two million people to support human rights, in just over two weeks. I started a facebook group that turned into an online movement with over 1,300 discussions, over 1,200 photos, and over 33,000 views of the first music video I produced to support equality. In just a few weeks, we group got more petition signatures than a multi-million dollar charity for equality.

With The 4 Secrets to Caring Communication™, I left the Titanic, and landed in paradise. You can, too. You deserve awesome personal & professional relationships! You deserve paradise, so let's get started! First, clarify your dreams.

You are about to learn

The 4 Secrets of Caring Communication™



You are about to learn the most important secret to create loving relationships in your personal and professional life.

- ✓ The 4 Titanic Traps that Kill Relationships™
- ✓ The 3 Essentials to Your Relationship Health & Safety™
- ✓ The 4 Secrets to Caring Communication™
- ✓ The 3 Keys to Heart-Melting Hugs

You are a Miracle



With the secrets you are about to learn, you can tear down walls of conflict and build bridges of understanding. You can create great relationships in your personal and professional life. In turn, your friends and family members will be able to create better relationships. You can create a powerful ripple effect. That ripple effect can spread around the world. In fact, I believe that together, we can create world peace.

Yes, you are a miracle. Even your ability to breathe is a magical fact that science will never fully explain. Your smile or words of encouragement can inspire a life. Think of a time when your heart felt free, easy and alive. How did that feeling affect your communication? How did that feeling affect your relationships? Everything you say and do has a powerful ripple effect that touches the people around you, and the people around them.

Your love can change the world.

You Deserve Love & Respect

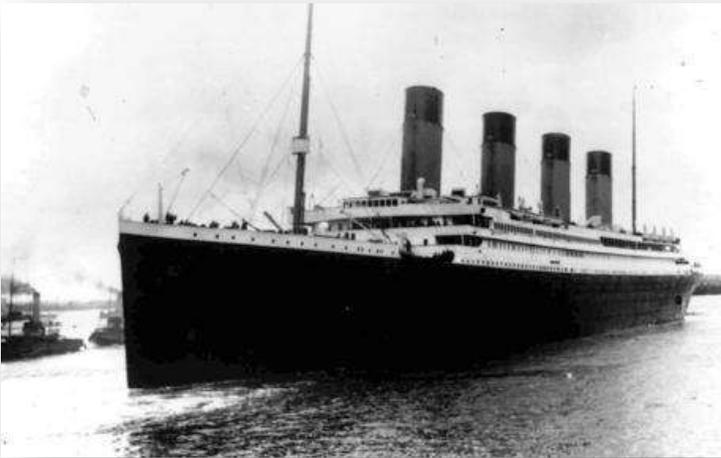


Would you like to experience caring, rewarding relationships, but deep down, are you feeling...

- afraid of rejection?
- hurt by the times you got burned in the past?
- secretly ashamed, and afraid that you might not be “good enough”?

If you answered “yes”, you are not alone, and you are not to blame. You may have been rejected by your community, neighbours, workplace, family, friends and/or former partner(s). Often, these rejections were not even your fault. Often, they were caused by a crazy system that I call The Titanic Traps(TM). Did you see the movie, Titanic? It really shows the old school way of creating relationships.

Are Your Relationships on the “Titanic” or in “Paradise”?



The Titanic is the perfect symbol of the old, shame-based mentality. Man above nature, man above woman, first class above second & third classes, white people above people of colour, straight people above

LGBT (Lesbian, Gay, Bisexual and Trans) people. In a system built on shame, fear and rigid hierarchies, people become alienated from themselves and each other. We spend enormous amounts of energy desperately trying to be “good enough.” Racism, classism, sexism and homophobia have eroded our love and our self-esteem.

Of course you are afraid of rejection! Rejection can cut like a knife when it feels like “proof” of that deep shame-based belief that we are not important or not “good enough”. In fact, your heart may feel like it got thrown in the trash... on the Titanic!

Many school systems teach competition for “scarce” grades and approval. Children who are shame-filled can seem easier to control. Likewise, the media fills us with shame in order to sell more products. Many religious organizations teach that we are shameful “sinners” as a way to gain power, control and money. Likewise, many workplaces use rigid hierarchies and cut-throat competition to motivate employees to work insane jobs with insane hours for low pay. Even many families foster shame in children, in an effort to control them. People who believe that they are not “good enough” are easy to manipulate, so many people in power send that message on a regular basis.

Their message, over & over is, “You are not good enough as you are. You are ugly, you are fat, you are stupid, you are evil, your passion and sexuality are evil... *and you have ring around the collar!* Do what we say! Give us your obedience, your time and/or your money, and we will make you “good enough” for a short while. Pay us for the product/ service/ grades / degree / job title/ redemption from sin, because you need it. We will make you attractive enough, smart enough, strong enough, rich enough or spiritual enough!”

As a result of the Titanic system, most of us spend enormous amounts of energy struggling to keep from sinking into the icy waters of shame. How can we possibly communicate when all we can think about is our physical & emotional *survival*? Whenever conflict or challenge comes up, it's like we hit an iceberg of pain. How can we create great relationships as our “ship” of self-image is sinking?



There is hope. You are about to learn four powerful, life-changing secrets to great relationships. These secrets are like a golden helicopter that can rescue you and your relationships from the Titanic, and transport you to relationship paradise. First, you're probably wondering who I am and why you should listen to me.

What are Your Relationship Hopes & Dreams?



Would you like to learn The 4 Secrets to Caring Communication™, so you can...

- enjoy more confidence & self-love?
- build trust & rapport more quickly & easily?
- enjoy more safe touch and affection?
- experience more mutual support?
- deepen your sexual and emotional intimacy?
- attract your soul mate and create a great relationship?
- enjoy healthier, happier, longer-lasting relationships?
- experience a greater sense of belonging?

If you had total confidence, what would you do?



Would you like to

... ask that single person you like for coffee?

... spend more time with your parents and/or your children?

... ask your partner to move in with you and/or marry you?

...ask your partner to go on a retreat and bring the romance back into your relationship?

Would you like to Create Great Relationships at Work?



Would you like to learn The 4 Secrets to Caring Communication™ so you can enjoy more peace & collaboration in your workplace?

- build better rapport with your boss or clients?
- stand up to a bully at work?
- be your own boss and attract great clients?

- enjoy more career success?
- resolve work conflicts more quickly and easily?
- make a greater difference in the world?

What would you say?

When I began working on this series of books, I got a number of messages from an acquaintance who had invited me for coffee, but we weren't compatible for dating. In the messages, public and private, my acquaintance tried to attack my credentials to write these books.

What would you say in this scenario?

One day, I was sitting in a Thai restaurant. The man at the next table constantly put down his very active, little daughter, saying, "sit still! What's wrong with you!?! You're such a stupid idiot!" What would you say in this scenario?

One of my clients was visiting to her brother, when he exploded with prejudiced & homophobic comments. What would you say in this scenario?

Here's what actually happened in each of these scenarios, with the power of The 4 Secrets to Caring Communication™...

Real Example of The 4 Secrets to Caring Communication™



When I began working on this series of books, I got a number of messages from an acquaintance who had invited me for coffee, but we weren't compatible for dating. In the messages, public and private, my acquaintance tried to attack my credentials to write these books.

Here is my response, and the exchange that followed...

Me: I'm feeling hurt. Instead of putting me down, could you please discuss your needs & feelings? Are you feeling anxious about a new person who you don't know, and needing trust & integrity? Are you feeling frustrated with your own writing or dating life, and needing connection or success?

Acquaintance: I wasn't trying to put you down... You did ask for our opinions... I would like for us to get to know each other... I recently lost a friendship. I found out they were lying to me, so yes, trust is an issue for me... I have not had a partner for five years. Yes, I am very lonely...

Me: Thanks for your honesty. That was much easier to hear. Yes, this town can be a lonely place. . . By the way, I thought about what you said and changed the subtitle.

Acquaintance: Thanks for being truthful with me. I want that. I hate it when people are fake. Thanks for thinking of my opinion.

Real Example of The 4 Secrets to Caring Communication™



The man at the next table constantly put down his very active little daughter, saying, “sit still! What’s *wrong* with you!?! You’re such a stupid idiot!”

When the daughter and mother left to use the washroom, I said to the man, “I know it can be really stressful for the parents, but her active energy is actually a sign of a very bright & healthy child.”

He puffed up with pride. “Yeah, and she speaks three languages, too...” He bragged about his daughter for a few minutes, and when she returned from the washroom, he spoke much more kindly towards her. I hope that this new perception and attitude towards his child carries on.

Real Example of The 4 Secrets to Caring Communication™



One of my clients was visiting to her brother, when he exploded with homophobic comments. She put her arm around him and said, “Oh, Jim, you don’t *really* believe that, do you?” Stunned, he stammered and said,

“well, I guess I never really thought about it... That’s just what I heard people say.” She told him her positive experience with LGBT people, and he opened up his mind.

As you build skills with The Four Secrets to Great Relationships™, prepare for miracles. Not all situations turn around quite as quickly & magically as these ones did, but many do. When you free your heart from old, competitive patterns of relating, you invite others to do the same.

Research shows that you learn more from writing



Research shows that you learn more from writing and speaking than you learn from reading and listening. In this online course, you will find a number of exercises to help you clarify your relationship goals, and apply what you learn in your personal and professional life. I strongly encourage you to fill out the exercises or write your answers in a journal. You may also wish to discuss your answers with a friend or partner.

How satisfied are you with your current relationships?

On a scale of one to ten (where ten is awesome), how would you rate:



- Your relationship with yourself
- Your relationship with your body
- Your intimate relationship
- Your family relationships
- Your relationships in your community
- Your friendships
- Your relationships at work or school

What are your best & most challenging relationships?

What are your top three most satisfying relationships?

1)

2)

3)

What are your top 3 most challenging relationships?

1)

2)

3)

What are three recent interactions that you really enjoyed?

- 1)
 -
- 2)
 -
- 3)
 -

What are three recent interactions that you wish you could have changed?

- 1)
 -
- 2)
 -
- 3)
 -
 -

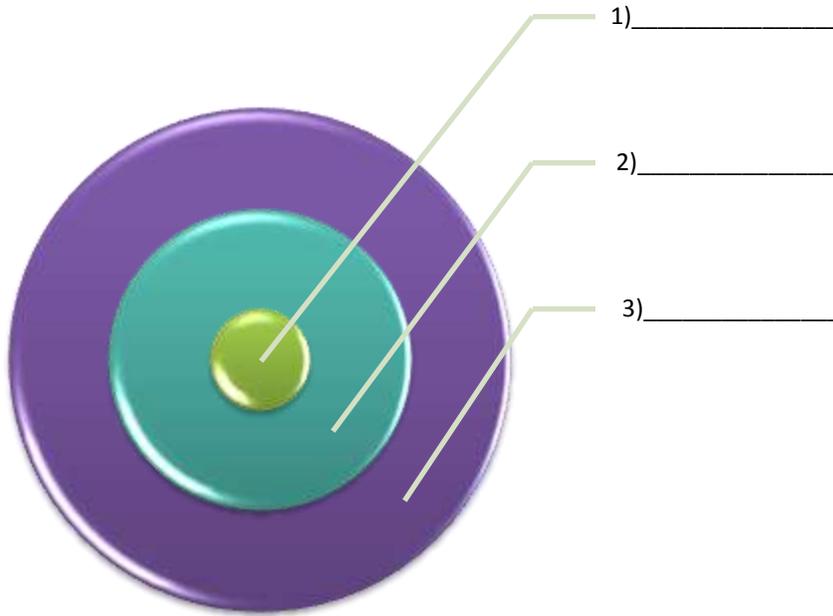
What are three ongoing relationship patterns in your life that you really like?

- 1) 
- 2) 
- 3) 

What are three ongoing relationship patterns in your life that you would really like to change?

- 1)
- 2)
- 3)

If you could have your dreams come true, what would be your top 3 relationship goals?



What else do You Want?

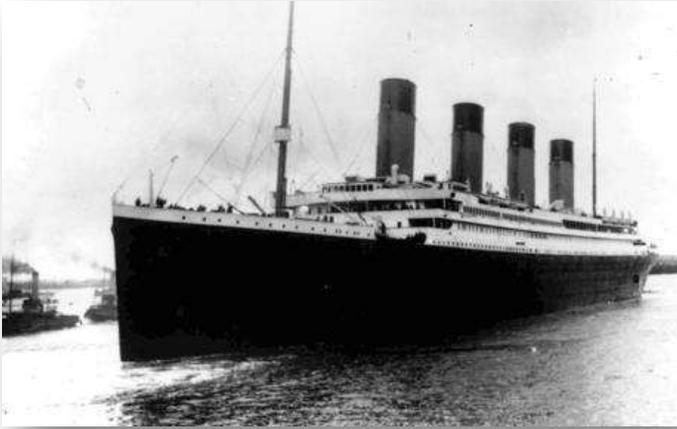
Often, we have subconscious reasons for creating relationships. When we are clear and honest about our motivations, we enjoy healthier relationships. For example, I once dated someone who helped me to escape an unsafe situation. In my gratitude over the help, I fell completely in love.... Or so I thought. Soon, I realized that I'd fallen out of the frying pan and into the fire.

Gloria Steinem said that women need to become the men they want to marry. Same goes for men or LGBT people. A relationship may or may not be the best way to meet the following needs. In either case, it helps to be aware of your motivations, so you have more options.

Would you also like to. . .

- feel safer in the world & more protected?
- heal wounds or trauma from the past?
- enjoy more respect from friends, family or the community?
- escape an unhealthy situation?
- enjoy more financial freedom or stability?
- save money on housing?
- save money on costly legal battles?
- save time by sharing cooking, cleaning and home repairs?
- get pregnant and /or share child care?
- accept yourself and/ or your sexuality?
- feel proud of yourself?

The Four Titanic Traps that can Kill Relationships



The Titanic is the perfect symbol of the old shame-based mentality. We spend enormous amounts of energy desperately trying to be “good enough.”

The hit movie Titanic brought this old shame-based mentality to life. It showed that even the accident itself was due to an obsessive desire for the funders to “prove” their worth by astonishing the world with their speedy arrival in New York. It seemed that they wanted to rise above nature. In a number of powerful moments, the movie shows how deadly this shame-based culture can be. In some ways, our ecological crisis, wars and economic turmoil all boil down to this old paradigm.

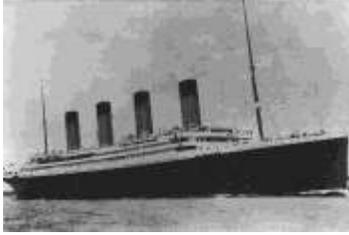
To survive and thrive, we need to get off the “Titanic”. There are other ways of being in the world that feel less like a shipwreck and more like beach in paradise. We can shift from hierarchy to equality, from war against nature to collaborating with nature, from alienated individualism to healthy interdependence, from cut-throat competition to collaboration.

We can shift out of well-ingrained patterns of assuming, blaming, criticizing and disrespecting, and discover the keys to peace.

The Four Titanic Traps that can Kill Relationships

The traps begin with A,B,C, and D, so they are easy to remember...





Titanic Traps



Assuming & labelling

In the movie, after the Titanic hits the iceberg, a busboy knocks on the door of a rich man to offer him a life jacket. The rich man slams the door in the boy's face and calls him an "idiot". The man's label and assumption costs him his life. Sometimes, we slam the door on ourselves and our dreams. The most common false assumption we make is "I'm not good enough." The most common false label is "I'm unimportant". The 4 Secrets to Caring Communication™ can free you from this trap.



Blaming

In the movie, Rose's fiancé frames her lover, by placing the valuable *Heart of the Sea* necklace in the lover's pocket. Everyone blames the innocent lover for supposedly stealing it, and they handcuff him to a pipe deep in the lower part of the ship.

When we blame ourselves or others, we chain ourselves to the titanic of shame. The 4 Secrets to Caring Communication™ can free you from this trap.



Criticizing

When Rose's fiancé finds out that she has slept with her lover, he chases the lover *down into the sinking ship*, trying to shoot him. He doesn't even seem to realize that he is risking his own life for the sake of revenge.

Contrary to popular opinion, criticizing is not constructive. Putting someone down is not “coaching”, it is emotional abuse. Clear suggestions can be constructive, especially when someone offers them along with plenty of positive feedback. The 4 Secrets to Caring Communication™ can free you from the trap of criticizing or being criticized.



Disrespecting & abusing

When the people from third class try to get off the ship, others lock a gate to keep them down below, so they can't access the too-few life boats above. Abuse, violence and war are the extreme Titanic Traps. The 4 Secrets to Caring Communication™ can free you from this trap.

Your Golden Helicopter



When you notice yourself or someone else getting caught in a Titanic trap, you can take a deep breath. If you are upset, you can exhale slowly, and leave the situation as quickly as possible.

If the situation happens with someone who is important to you, such as a client, a boss or a partner, you can excuse yourself to get a glass of water, go use the washroom, meditate & calm down, go get a bite to eat, or take a walk to clear your head. Once you are calmer, it's 100 times easier to resolve a conflict.

If it's a dangerous or violent situation, you can yell, run, and tell (ask the police, neighbours, or anyone else to help you). Yelling can help you to use your adrenaline to get yourself safe, instead of freezing in fear. It can also attract attention and scare off an attacker. Of course, classes in Aikido (a martial art based on harmony) or Wen-Do (self-defence for women) can teach you far more than you can learn from a book.

Remembering the Titanic helicopter image can help you to start shifting to a new state (instead of assuming, blaming, criticizing, or disrespecting yourself or others in return). Then, you can use the First Secret to get back to Paradise.

Your Relationship Health & Safety

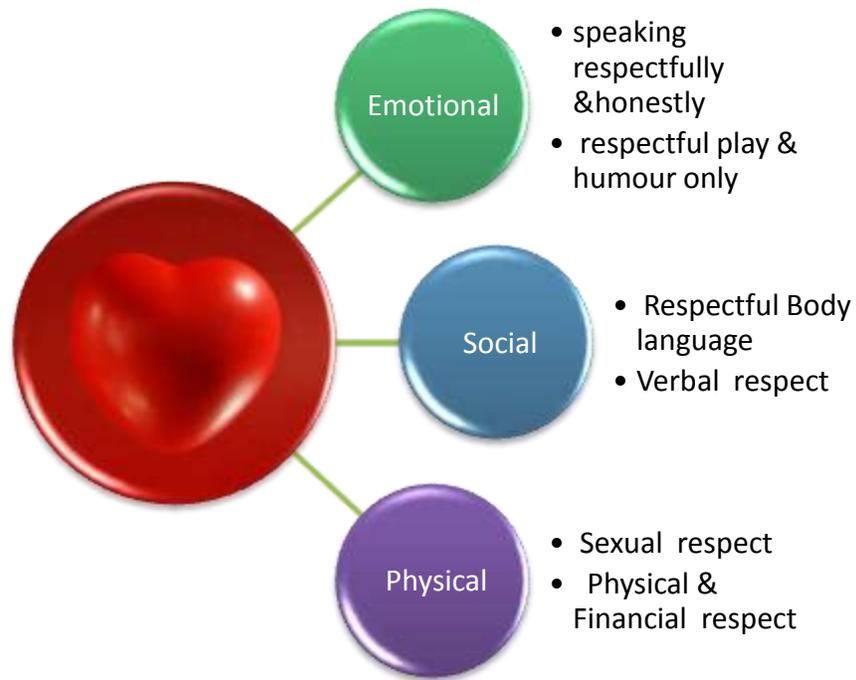


What if you and/or your partner is stuck in a Titanic Trap? What if assuming, blaming, criticizing and disrespecting are sinking you and/or your relationship?

When do you work on a relationship, and when do you move on? Where the relationship is healthy and safe, and both partners are putting time & energy into making it work, it is often worth your time to continue.

If it's not healthy and safe, and /or both partners aren't working on the relationship, you may be better off single. The following checklist may help you get some clarity. If you do decide to leave an unhealthy and/or unsafe relationship, get all the support you can, preferably from professionals and /or organizations in your area.

Three Essentials to Your Relationship Health & Safety



Emotional Health & Safety

Score each item from 0 (never) to 5 (always). . .

Score Yourself	Score Your Partner	Do you and your dating interest, friend or partner. . .
		...speak tactfully, honesty and openly about anything that can affect each other and your relationship?
		. . . show each other respect as an equals?
		...use respectful play and humour only?
		...listen to each others' opinions with respect, even if you disagree?
		...take responsibility for your own thoughts, feelings, words and actions?
		...keep promises whenever humanly possible?
		...learn from mistakes?
		... speak and act in ways that are mutually beneficial?
		...respect each others' time & energy?

Social Health & Safety

Score Yourself	Score Your Partner	Do you and your dating interest, friend or partner. . .
		... respect each other when speaking to other people?
		... give and receive in a balanced way?
		...show respect to each others' friends and family members, even if you disagree with them?
		... encourage each other to keep up healthy & loving relationships with friends & family members?
		... show empathy and compassion to plants, animals and children?

Physical & Sexual Health & Safety

Score Yourself	Score Your Partner	Do you and your dating interest, friend or partner. . .
		...touch each other in ways that are safe, healthy and loving?
		... always get a crystal clear, clean & sober, wide-awake "yes" from the other before sexual touching?
		... engage only in sex that is mutually loving, empowering, safe and healthy?
		...drive safely and responsibly, especially when you are in the car together?
		... respect each others' home, belongings and money?
		...listen to boundaries with respect and ask questions if you need clarification?
		...only initiate sex when you are awake, clean and sober enough to drive?

You Deserve Health & Safety



If you experience any emotional, physical, social, financial or sexual abuse, it is essential to get professional help as soon as possible. You can contact your local social service agencies for counselling, support and/or referrals. You deserve love, safety and respect. Always.

If you are in a healthy and safe relationship, you can use The 4 Secrets to Caring Communication™. Sometimes, these secrets can also work to help people escape unsafe situations. However, every situation is different, so if you are at risk, it's best to get help from trustworthy local people. Women's shelters, social service organizations, police, friends, family, counsellors and even strangers may be willing and able to help. Some people may not have the skills, resources or understanding to help, but others will. Keep reaching out until you get safe. You are worth it.

The 4 Secrets to Caring Communication™

The Four Secrets all start with the letter A, so they are easier to remember, especially when we're under stress and /or or dealing with conflict.



Access inner freedom

- Begin every day and every communication by making sure you are breathing deeply and fully. Also, make sure you are feeling warm, well-rested, well-fed and well-loved. The idea is profoundly simple. *Applying* it is simply profound. When you love your body and yourself first, you have the resources to deal with conflict, stress, or fear of rejection.



- **Appreciate** everyone in the situation (look for the good in yourself & others, and mention it). I use a magnifying glass because when you're frustrated, appreciation can take a little detective work.



- **Ask** questions & ask for what you want. The clearer and simpler your request, the better your chances of getting what you need.



- **Actively listen for feelings & needs.**

For example, you can say things like, “Are you feeling anxious (angry, sad, overwhelmed, excited....)?” or “Do you need safety (love, stability, connection, freedom...)?”

Access Inner Freedom

(The Ellen DeGeneres Secret)



If you think of Ellen DeGeneres dancing and smiling, and you will get what I mean when I say “Access Inner Freedom”. Ellen seems so happy and so present in the moment. Most people faced with a huge live audience plus TV cameras would be overwhelmed by fear, stress and adrenaline. Ellen, however, looks blissed out.

In researching this book, I was surprised to learn that Ellen’s huge success began after a very traumatic situation. Her girlfriend had just died in a car accident. Feeling guilty and depressed, and living in poverty, she was sleeping on a flea-infested bed. She found herself wishing she could call God to ask the meaning of it all. She grabbed a paper & pen and wrote her now famous monologue, “phone call to God.” She visualized performing it on the Johnny Carson show, and winning his respect. In time, she did just that... and the rest is history. Ellen accessed her inner freedom, and spread smiles around the world. She also inspired millions to open their hearts & minds to equality.

To access your inner freedom, especially in stressful situations, just remember the acronym “FREE.”

FREE	Suggestions for Accessing Inner Freedom
<p>Free your breathing (wear comfortable shoes & clothes, like Ellen, and relax your breath)</p>	<ul style="list-style-type: none"> ○ breathe deeply so your abdomen expands & contracts ○ meditate daily to practice deep breathing ○ laugh often
<p>Relax your body(think of Ellen's relaxed smile)</p>	<ul style="list-style-type: none"> ○ get plenty of sleep & rest ○ drink plenty of water ○ eat delicious & nutritious foods (especially raw, vegan, fresh & organic)
<p>Express thanks (think of how Ellen thanks her audience for the applause, and says, "back at you!")</p>	<ul style="list-style-type: none"> ○ do what you love ○ set clear goals & intentions and feel gratitude in advance ○ visualize things going well ○ hug people
<p>Excuse yourself or move (think of how Ellen dances after her monologues)</p>	<ul style="list-style-type: none"> ○ move regularly, especially in challenging or stressful situations ○ exercise, walk in nature & stretch regularly

The #1 Secret to Great Relationships™:

Access Inner Freedom



Inner Freedom is a state of bliss. Begin every day and every important communication by breathing deeply into your heart. Also, make sure you are feeling warm, well-rested, well-fed and well-loved. Remind yourself of at least five things that you love about yourself.

Yoga, meditation, nature walks, and dancing to inspiring music with a great beat are some of the best pathways to inner freedom. Choose your bliss, and practice it daily. The idea is profoundly simple. *Applying* it is simply profound. When you love your body and yourself first, you have one hundred times more resources to deal with whatever happens.

When you are in a state of inner freedom and loving bliss, there is only love and learning. When you are in a state of inner freedom, you can create great relationships with almost anyone. In fact, when you are in a state of inner freedom, you can inspire millions (see the appendix).

Appreciate everyone

(The Stephen Spielberg Secret)



If you look for the good in everyone, you can create great relationships even in very difficult situations. For example, Stephen Spielberg was badly bullied when he was 15. Instead of blaming himself or the boy who

was bullying him, Spielberg thought about what the bully might *need*. He realized that the bully probably needed to feel important, so he invited the bully to star as the hero in a home movie he was making! The bully became his *best friend*.

Telling people what you appreciate about them can help create trust & rapport. If you let them know specifically what they did and how it helped you or others, that's even more meaningful. To make your appreciation memorable, you can add smile, hugs, affection, gifts, thank you cards, or even favours. One highly successful company has a selection of small gifts in the Human Resources

department. Anyone can write a note of appreciation for a colleague, boss or employee, and get a free gift to give along with the note. This simple practice helps prevent workplace politics and create a culture of appreciation.

What do you appreciate most about the people you listed in your relationship challenges & goals? Which kinds of appreciation will they most enjoy?

Ask questions & ask for what you want

(The Oprah Winfrey Secret)



Oprah is a master at asking. The brilliance of her interview technique begins with her insightful questions. She also excels at asking for what she wants. It's why she is one of the world's most successful women.

The most powerful questions are usually

open-ended:

- Who...?
- What...?
- When...?
- Where...?
- How...?
- Why...?
- Other...

What questions or clear requests can help you to achieve the relationship goals you named earlier?

Actively listen for feelings & needs

(The Michelle Obama Secret)



In a macho Titanic culture, feelings and needs are taboo. People who recognize and respect their feelings and needs are can be difficult to control. As a result, many of us have learned to judge and to suppress or hide our feelings and needs.

Empathizing with people's feelings and needs is quite a revolutionary act. It can tear down walls and build bridges of understanding. After all, we all experience feelings and needs. Even if we dislike something that someone says or does, we may be able to understand the feelings or needs that motivated them. That understanding is the first step to rapport and peace.

Before they even started dating, Michelle Obama hired Barack Obama. Presumably, he learned most of his political savvy from her. He gained a lot of his power from his ability to listen and empathize with many different people with diverse perspectives.

What are you feeling & needing now?

Empathy helps People feel S.A.F.E.

One of the most challenging elements of The 4 Secrets is naming emotions. For example, if someone says “I feel *that*...”, they are usually expressing a judgement, not an emotion. Most emotions are variations on Sadness, Anger, Fear & Excitement (just remember the acronym SAFE).

Sadness etc.	Anger	Fear	Excitement
hurt,	irritated,	Surprised,	elated,
grieving,	annoyed,	concerned,	joyful, glad,
discouraged,	impatient,	distressed,	relieved,
hopeless,	mad,	reluctant,	relaxed,
lonely,	frustrated,	nervous,	calm,
disillusioned,	enraged,	anxious,	excited,
disappointed...	upset,	afraid,	grateful,
	angry,	terrified, confused,	turned on,
	disgusted...	uncomfortable,	amazed,
		overwhelmed,	fulfilled,
		ashamed	trustful, intrigued,
		guilty	energetic,
		embarrassed...	eager,
			inspired, proud,
			touched,
			encouraged,
			thankful,
			hopeful,
			confident,
			optimistic...

Acknowledging Needs shows C.A.R.E.

In conflict, you can ask, “are you feeling... because you need. . .?” When you guess at someone’s feelings and needs, in a spirit of genuine caring, you can turn conflict into collaboration almost magically. The acronym CARE can help you remember the four categories of needs easily...

Caring for Physical Needs

Safe touch, healthy food, clean water, safety, exercise & freedom of movement, pleasure, clean air, health, protection, rest, shelter, sex, healthy temperature...

Appreciation & other Emotional Needs

Self-love, self-esteem, fun, laughter, bliss, healing, emotional expression or release, ease, peace, harmony...

Respect & other Social Needs

Belonging & inclusion, acceptance, respect, connection, friendship, equality, intimacy, empathy, love, appreciation, kindness, consideration, emotional safety trust, understanding...

Expression and Intellectual & Spiritual Needs

Learning, creative expression, stimulation, freedom of thought, freedom of speech, beauty, harmony, peace, inspiration, choosing and following goals & dreams, self-expression, creativity, meaning, contribution & making a difference, connection to Spirit or Divine Source...

Quick Quiz for You

On a scale of 1-5, where 5 is very often, how often do you already use each of these secrets?

Self- Rating	The Four Secrets to Caring Communication™
	 <p data-bbox="672 709 1349 804">Access inner freedom (The Ellen DeGeneres Secret)</p>
	 <p data-bbox="672 1008 1373 1102">Appreciate everyone (The Stephen Spielberg Secret)</p>
	 <p data-bbox="672 1243 1336 1337">Ask questions & ask for what you want (The Oprah Winfrey Secret)</p>
	 <p data-bbox="672 1480 1304 1575">Actively listen & empathize (The Michelle Obama Secret)</p>

Plan Your Communication

How could you use each of these secrets to help you face the challenges and achieve the goals you listed earlier?



Access inner freedom (The Ellen DeGeneres Secret)



Appreciate everyone (The Stephen Spielberg Secret)



Ask questions & ask for what you want (The Oprah Winfrey Secret)



Actively listen & empathize (The Michelle Obama Secret)

Real Examples of The 4 Secrets to Caring Communication™



Now, let's review the scenarios from before, to see how each of these secrets helped to transform the situations.

When I began working on this series of books, I got a number of messages from an acquaintance who had invited me for coffee, but we weren't compatible for dating. In the messages, public and private, my acquaintance tried to attack my credentials to write these books.

Access inner freedom

I felt upset, so I took time out to rest and to eat so I felt calm before responding.

Appreciate

In this case, I decided to start by focusing on appreciating my own feelings and needs in the situation.

Me: I'm feeling hurt...

Ask

Me: Instead of putting me down, could you please discuss your needs & feelings? ...

Actively listen for feelings & needs

Me: Are you feeling anxious about a new person who you don't know, and needing trust & integrity? Are you feeling frustrated with your own writing or dating life, and needing connection or success?

Acquaintance: (admits to loneliness)

Appreciate

Me: Thanks for your honesty. That was much easier to hear.

Actively listen for feelings & needs

Yes, this town can be a lonely place. . . I thought about what you said and changed the subtitle.

Appreciate

The great thing about using these secrets is that others will often respond in kind. My acquaintance showed appreciation in return ...

Acquaintance: Thanks for being truthful with me. I want that. I hate it when people are fake. Thanks for thinking of my opinion.



Real Example of The 4 Secrets to Caring Communication™



One day, I was sitting in a Thai restaurant. The man at the next table constantly put down his very active daughter, saying, “sit still! What’s wrong with you!?!”

Actively listen for feelings & needs

When the daughter and mother left to use the washroom, I said to the man, “I know it can be really stressful for the parents,

Appreciate

but her active energy is actually a sign of a very bright & healthy child.”

Appreciate

He puffed up with pride. “Yeah, and she speaks three languages, too...” He bragged about his daughter for a few minutes, and when she returned from the washroom, he spoke much more kindly towards her.



Real Example of The 4 Secrets to Caring Communication™

One of my clients was visiting to her brother, when he exploded with prejudiced homophobic comments.



Appreciate

She *put her arm around him* and said,

Ask

“Oh, Jim, you don’t really believe that, do you?”

Stunned, he stammered and said, “well, I guess I never really thought about it. That’s just what I heard people say.”

Appreciate

She told him her positive experience with LGBT people, and he opened up his mind.

Applying The 4 Secrets to Caring Communication™

Now, you can look back at the relationship challenges that you listed earlier. Choose one situation to write about here, in order to plan your communication with that person...

	Me	Other(s)
<p>Access inner freedom</p> 	<p>Am I feeling. . .</p> <ul style="list-style-type: none"> <input type="radio"/> Warm? <input type="radio"/> well-rested? <input type="radio"/> well-fed? <input type="radio"/> well-loved? 	<p>Do they seem to be feeling...</p> <ul style="list-style-type: none"> <input type="radio"/> warm? <input type="radio"/> well-rested? <input type="radio"/> well-fed? <input type="radio"/> well-loved?
<p>Appreciate</p> 	<p>What I appreciate about myself...</p>	<p>What I appreciate about her or them...</p>

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Your Three Secrets to Free Heart Hugs™



Free Heart Hugs™ are the warm, melting hugs that bridge the hearts & souls of the people embracing. They can deepen and solidify relationships with a power beyond words. They can melt anxiety, ease loneliness, and even help dissipate depression.

Research shows that safe touch even inspires better health. It boosts your immune system.

As with any touch, it needs to be safe and consensual to all involved. If you ask, “want a hug?” or simply open your arms and say, “free hugs”, you can invite people to enjoy a great hug. It’s free, environmentally friendly, and it feels great. My friend Paul reminds me of a giant teddy bear. He gives such warm hugs that I often went across town for a meeting mostly to get a “Paul hug”. He taught me some of these secrets. I made them all start with H, so they are easier to remember.

1. Heart breathing

Breathe deeply and fully into your heart, before, during and after the hug.

2. Head tilt forward

Tilt your head towards the person you are hugging. This creates a warm feeling and helps to relax your spine and the rest of your body. If there is a big height difference between the two people hugging, you can stand on different steps, or the taller person can get down on bended knee.

3. Heart connection

Hug with one arm over and one arm under, so that your hearts touch. You can experiment to see which side feels more connected to your heart. Do you prefer to hug with your head to the left, or to the right? Be aware of pressure, especially if you are strong. Both people need to be able to breathe easily and to let go of the hug when they are ready. If your hug partner is open to it, you can experiment with a longer embrace.



You Can Earn a Certificate as a 4 Secrets to Caring Relationships™ Counsellor

Would you like to...

- Make your family and/or community safer and more loving?
- Help people to create great relationships?
- Help create a more peaceful & caring world?
- Make a living by making a difference?
- Inspire people to create more loving and Caring Communication?
- Enhance your own personal & professional relationships?
- Create deep, heart-felt connections with people?
- Join a team of like-minded people?
- Enjoy the freedom of living & working wherever you want?
- Be your own boss and succeed in self-employment?
- Counsel people one-to-one by phone, online or in person?
- Enjoy the freedom to live & work wherever you choose, with people you choose?
- Attract your ideal clients quickly and easily?

If you answered "yes" to one or more of the above, you are invited to join our online courses and/or certificate programs.



You will learn through:

- ✓ Live interactive weekly tele-classes
- ✓ Learning videos
- ✓ Practicing with clients
- ✓ Coaching Social Network Q & A Centre Online
- ✓ Coaching Exercises
- ✓ Private coaching with author Sharon J. Love, M.Ed. (1 hour per level)

For more information or to apply

To apply for The 4 Secrets to Caring Communication™ Coaching Certificate Program, you can visit Your Freedom Coaching at www.yourfreedomcoaching.com .

Sharon J. Love, M.Ed.



Sharon J. Love, M.Ed. (Psychology) is the founding President of OUTstanding Lives.org. For over 20 years, she has empowered speakers and professionals to create great relationships in their careers and personal lives. She has inspired thousands of people with her dynamic presentations in Spanish, French and English.

In 2010, as a hobby, she created the facebook group, I Bet we Can Find 1,000,000 People Who Support Same-Sex Marriage. It attracted over two million people in just over two weeks. Her new “crazy” dream is to promote peace and caring communication with her Super Peace Monkey(TM) programs in schools. She hopes to raise funds to reach 1,000,000,000 children.

For information on upcoming online courses, retreats and events, you can visit Your Freedom Coaching at www.yourfreedomcoaching.com .

Appendix:

Your Inner Freedom can Inspire the World



When I was young, the sweetest guy I knew was my cousin. He listened to me with clear respect and treated me like an equal... an experience so new to me, from a guy, that it took me by surprise. He gave me hope and new-found self-respect.

Then, one day, he told his parents that he was “not straight”. I don't know how my uncle responded, but I doubt it was positive. Soon after, my cousin took his own life. I was devastated. In my grief, I vowed to do everything I could to save lives of LGBT youth.

On January 30, 2010, I spent almost a full day clearing my shame and replacing it with self-love, using the Free Your Heart Method™ that I created. I wrote down everything I was ashamed of (which took several pages), Then, I crossed out each item, and wrote affirmations and healing action plans to replace the shame with self-love. (I strongly suggest you try this exercise, regularly). Afterwards, I felt so light. My heart felt free. I was in Paradise.

You Can Inspire Millions by Living Your Bliss



The next day, I was feeling great and having fun. I drank tons of water. Then, in a state of inner freedom and pure, relaxed bliss, I sat down at my computer and created a facebook group called "I Bet We Can Find 1,000,000 People who Support Same-Sex Marriage." After all, marriage equality sends a clear message of hope and equality to youth of all sexual orientations. If we want to stop bullying in schools and families, we need to stop bullying by governments.

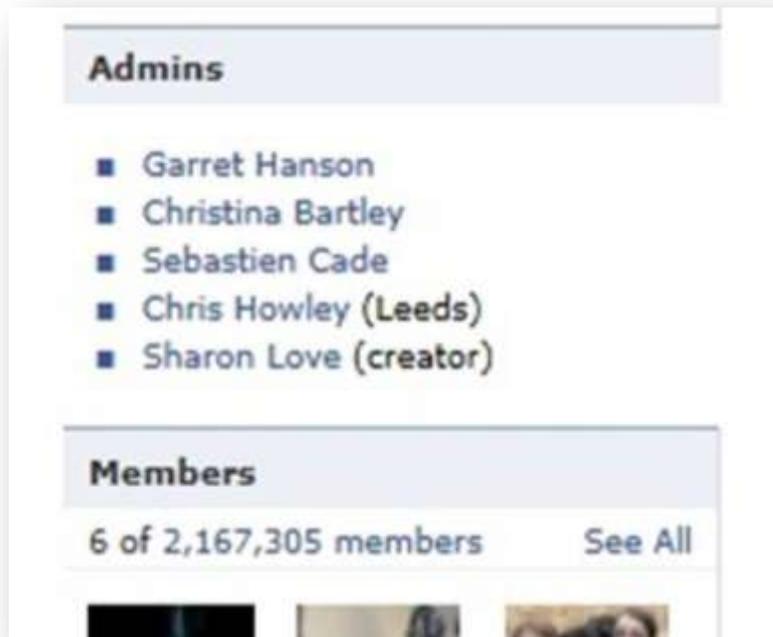
Your Inner Freedom Attracts Your Dreams like a Magnet



Within seconds, people started joining from around the world. I can feel my spine tingling all over again. By the end of that day, over 1,000 people had already joined. The next day, it doubled. The next day, it doubled again. At the time, I was working as

the bilingual learning manager for a large organization. One day, I came home from work, and over 500,000 more people had joined in one day!

Your Inner Freedom Makes a Difference



Love was pouring in from around the world. People were writing, "I'm straight, but I support this!" "Marriage is a human right!" and "Love is love!" A young girl wrote a heart-warming true story called, "I love my two moms". A

grandmother wrote, "I want my gay grandson to marry a nice man." A bullied gay youth wrote in, and instantly got messages of support and encouragement from all around the world. Our group inspired millions, and even saved lives.

Your Inner Freedom is Worth Millions of Dollars

Someone wrote, "I want to sign a petition!" So I created a petition. In just a few weeks, over 60,000 people signed the petition and 13,000 people



also signed up for a newsletter. In just a few weeks, we got more signatures than a multi-million dollar American charity for marriage equality. This entire movement did not cost me a cent... it was pure

passion, and The Four Secrets™!

You are invited to join us for online courses, certificate programs and retreats.

Simply click www.yourfreedomcoaching.com .

Thanks to YOU!

Publishing is a lot like giving birth. It takes a good deal of support. Thanks to Sue Burness of Radical SelfCare.ca, Natalia Bravo, Drew Williams, Melissa Moon, Brian Birch, and Noelani Rodriguez for your awesome emotional support. Thanks to Tracey Erin Smith for helping me free up my creativity with your empowering, inspiring, and life-changing Soul o' Theatre course.

Thanks to the hundreds of LGBT people who participated in my surveys and research for this book. Thanks also to my facebook friends, and the admins and members of various facebook and Google Plus groups for their input on the title, cover and content. Thanks to everyone else who has supported me and this course. You know who you are! I love you all. You are all awesome.

Most important, thanks again to you for buying this book! You're supporting my vision to promote peace and caring communication with my Super Peace Monkey(TM) programs in schools and online. I aim to raise funds to reach 1,000,000,000 children. If you would like to help create a more safe & loving community, raise funds for your favourite cause and/or or make a living by making a difference, you can visit Your Freedom Coaching at www.yourfreedomcoaching.com.

Yes, YOU are helping change the world! Thank you.