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v.5.03

Part One

Of the
All-In-One eCourse
for

The "CAREFUL THINKER"
The "AUTHENTIC IDEALIST"
The "LOYAL CARETAKER"
The "READY ADVENTURER"

HOW TO KNOW WHO YOU ARE, AND BE WHO YOU ARE

By Dr. Andrew D. Atwood, LMFT, CSW

PART ONE COURSE CONTENTS

1. Welcome
2. Benefits of taking this course
3. Introduction
4. Some real limitations
5. Data that Informs

PART TWO COURSE CONTENTS

6. Analysis for Clarification
7. Thinking for Identification

PART THREE COURSE CONTENTS

8. Action that Transforms
9. Review
10. Next Steps

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1. WELCOME TO "HOW TO KNOW AND BE WHO YOU ARE"

This is such an important first step.

There is an old saying, "If you don't know where you are going, you will probably end up somewhere else." That is so true. Without a goal or direction, we tend to arrive at one surprise after another, and sometimes those surprises are wonderful, and sometimes they are horrible.

Same is true in relationships. If you don't know who you are, who you tend to be with some measure of consistency over time, then you cannot live with a great deal of intentionality.

Or, in other words, knowing who you really are makes it a lot easier to actually be who you are.

So welcome to "HOW TO KNOW WHO YOU ARE, AND BE WHO YOU ARE," an eCourse designed to help you to know who you really are so that you can be who you really are in the relationships that really matter to you.

2. BENEFITS OF TAKING THIS ECOURSE

1. Get a better handle on who you really are
2. Accept and like yourself more
3. Be in better control of yourself
4. Get along better with others
5. Find out why you get along easily with some people, and struggle with others
6. Increase your understanding of your uniqueness
7. Reduce your anxiety when relating with others
8. Identify your giftedness
9. Explain yourself better to others
10. Relate better with your lover

3. INTRODUCTION

How This eCourse Is Organized

There is a rather predictable format to this eCourse and you should be aware of it right at the outset.

There is a separate eCourse for each of the 4 types of people found on www.you-can-save-your-marriage.com. Each of the 4 types of people for whom tools and solutions have been developed has an opportunity to take their own separate version of this

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eCourse. Yes, there is a separate eCourse for the Ready Adventurer, the Loyal Caretaker, the Careful Thinker, and the Authentic Idealist.

However, this is the "All-In-One" eCourse and so material from all four separate eCourses is combined here.

Each separate eCourse has some similar material, and some unique material. Everything has been combined here so that you can learn not just about your own type, but the other 3 types as well.

4. SOME REAL LIMITATIONS

A Caution About Labeling

Putting a label on groups of people can be a dangerous thing, can't it? Labels are too often the seedbed of prejudice. Whenever we put a label on a person, or a group of persons, we must do three things.

1. We must delete a bunch of information.
   If, for example, I say . . .
   You are a Ready Adventurer, or
   You are a Careful Thinker, or
   You are an Authentic Idealist, or
   You are a Loyal Caretaker . . .

   Well, then, I haven't said anything about your gender, your age, your height or weight, your nationality, where you live, what you do for work, your taste in music . . . You get the point. When we "type" someone we exclude all sorts of information about them. Think about it. If all we know about someone is that he or she is a Democrat or a Republican, we have deleted a whole lot of other information, haven't we?

2. We must distort a bunch of information.
   A label is a distortion of the total picture. It can't help but be that way because any label is not the thing itself. For example, if I ask you to picture a bat in you mind, you have the freedom to imagine the Louisville Slugger you used to play with, the aluminum bat your kid's use in T-Ball, or the pine-pitch covered bat you have seen in the Major Leagues. Or, of course, you may have seen another bat altogether. Maybe even the one that flies around at night. The label "bat" can be very misleading.

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3. We must generalize a bunch of information.
   Let's be more specific with regard to the subject of generalizations. If you decide that you are a Careful Thinker and not an Authentic Idealist, for example, it doesn't mean that you have no Idealism in you whatsoever. That would be ridiculous.

Labels are full of deletions, distortions, and generalizations. Which is why they can be the seedbed of prejudice.

The Helpfulness of Labeling

Efficiency. That's where the helpfulness of labeling comes into play. We can be much more efficient if we can use a label, especially if the label is as free of deletions, distortions, and generalizations as possible.

Let me give you an example. In the field of mental health care there is such a thing as the Diagnostic and Statistical Manual of Mental Disorders, IV (or DSM IV if you prefer a shorter label). The DSM (and even shorter label!) is the industry standard for diagnosing "mental disorders." It is a big book and you would be amazed at all the behaviors it describes. Where it is particularly useful is in its efficiency at helping mental health practitioners to arrive at a common diagnosis for, let's say, depression. There is a long list of criteria for "depression" in the DSM, and if one is to be diagnosed with depression, one must fit the criteria. Then, any mental health worker who uses the DSM, and any insurance provider, knows what is being observed when you are diagnosed with depression. The label has helped everyone concerned to communicate efficiently.

Likewise, if you are a Careful Thinker, I know a lot about you and I can work with you better given what I know about you. The label has helped me to efficiently understand and adjust to the reality of who you are.

But, remember, we want to get rid of the deletions, distortions, and generalizations as much as possible. If you are a "student" that is helpful to know. But if you are a "kindergarten student in Mrs. Johnson's class at North Park Elementary in Grand Rapids" that is even more helpful to know.

If you are a strong Ready Adventurer, or a strong Loyal Caretaker, or a strong Careful Thinker, or a strong Authentic Idealist, that is important to know.

Efficiency Leads To Prejudice

The final word on this: Balance your sensitivity to efficiency with your sensitivity to prejudice. Too much efficiency leads to prejudice, and that is horrible.

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Know yourself and know your neighbor.

And, of course, know your lover as you know yourself.

These have been words of caution.

5. DATA THAT INFORMS

Here is where we turn to specific data that will help you to know more about yourself so that you can be yourself more.

What follows will inform you. Remember, in Section 6 we will focus on Analysis that will help you to further identify the impact your temperament type has on who you are and how you are in relationships. Then, in Section 7, you will be guided to identify specific way you can apply what you have learned in your own relationship, right now. The focus in Section 7 is on Action Steps.

With that having been said, we are ready to look at a list of 50 preferences for each of the 4 Types.

The instructions are simple.

Below you will find four lists of 50 statements, each describing a preferences that people of a similar type tend to exhibit. That is, the 50 statements for each type, each of which begins with the words "I prefer..." will describe, more-or-less, the typical preferences of people who are that particular type. Each of the 4 types has their own 50 statements. Look for the statements that describe you, or the statements that most accurately describes your lover.

It would be best if you copied and printed this list of 50 statements, and the three lists that follow, so that you can score each. Just put a check mark in the column that indicates your general preference. It is that simple.

In later sections you will be encouraged to refer back to the preferences you indicated when it comes time to analyze, think, and act on your preferences.

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So here is the list of 50 statements that describes the preferences typically associated with

The Careful Thinker.

Preference	Seldom	Often	Usually
1. I prefer to have the power that accompanies a clear mind and sharp thinking.			
2. I prefer to have power through my understanding of how things work.			
3. I prefer to have control over my environment.			
4. I prefer to have the ability to predict outcomes.			
5. I prefer to have the ability to explain why life is as it is.			
6. I prefer the hard sciences over the soft emotions.			
7. I prefer high degrees of competence in myself.			
8. I prefer high degrees of competence in the people around me.			
9. I prefer that everyone would be in effective control of themselves and their work.			
10. I prefer to be with those who have acquired mastery.			
11. I prefer to question, doubt, and wonder.			
12. I prefer to be my own best critic.			
13. I prefer to be highly competent.			
14. I prefer to work hard so that I might improve.			
15. I prefer others to work hard and improve.			
16. I prefer to act so that I might constantly improve.			
17. I prefer to monitor my own progress.			
18. I prefer to achieve mastery of my skills at work.			
19. I prefer to live with a list, on paper, or in my head.			
20. I prefer to be a perfect, and tend toward perfectionism.			
21. I prefer to pay attention to the credentials of others.			
22. I prefer not to blindly accept new ideas.			
23. I prefer to have reality tested and verified for truth.			
24. I prefer to hold to exacting standards for the truth, even if others see me as arrogant or difficult.			
25. I prefer to apply the scientific method throughout life.			
26. I prefer to avoid failure, but I worry about it anyway.			

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27.I prefer to live free of self-doubt, but struggle to do so.			
28. I prefer to live with exacting standards.			
29. I prefer to monitor my success and that of others around me.			
30. I prefer play that causes me to improve my performance, or that of others.			
31. I prefer to compete against others and myself.			
32. I prefer to expect better from others.			
33. I prefer not to be around fools.			
34. I prefer to be around excellent people and I struggle to find them.			
35. I prefer not to be so isolated, but I can be rather demanding to be around.			
36. I prefer to ponder and scrutinize successes and successful people.			
37. I prefer to speak in compact, terse, and logical language.			
38. I prefer not to state the obvious.			
39. I prefer to search and explore for explanations.			
40. I prefer activities that are complicated and exacting.			
41. I prefer to develop strategy more than tactics.			
42. I prefer to find the answers to "Why?" questions.			
43. I prefer to develop principles.			
44. I prefer to learn about new ideas.			
45. I prefer to be straight forward, even if perceived as cool or distant.			
46. I prefer to play with words and concepts, especially if abstract.			
47. I prefer to focus on the future.			
48. I prefer not to respect or give attention to past failures.			
49. I prefer careful logical thought over emotion.			
50. I prefer progress and competence greatly.			
TOTAL UP SCORES	T=	T=	T=
TOTAL UP ALL THREE FOR YOUR GRAND TOTAL			

The more check marks in the "usually" column, the more likely it is that you are a Careful Thinker. The more check marks in the "seldom" column, the less likely.

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In between? Well, you make your own judgment.

About 8% of the population are Careful Thinkers. Another 10% are Authentic Idealists. Both are smaller in size compared to the other two types, but they have a tremendous impact on life.

Now here is the list of 50 statements that describes the preferences typically associated with

The Authentic Idealist.

Preference	Seldom	Often	Usually
1. I prefer to think of myself as one who is searching.			
2. I prefer to live according to my sense of purpose.			
3. I prefer to act in line with my goals.			
4. I prefer to be who I truly am.			
5. I prefer to live deeply.			
6. I prefer to live intimately with myself and my world.			
7. I prefer to wonder about how I can be who I truly am.			
8. I prefer to think of myself as a unique person.			
9. I prefer to live in a world of unity and harmony.			
10. I prefer to be self-actualized.			
11. I prefer not to be ordinary.			
12. I prefer to be recognized for my unique contributions.			
13. I prefer to consider myself a "becomer' who will not likely ever arrive.			
14. I prefer to live without a mask.			
15. I prefer to live such that I make a difference.			
16. I prefer to experience the drama of life.			
17. I prefer the subtleties of life and communication.			
18. I prefer to live with anticipation and then fulfillment.			
19. I prefer to invest a lot of energy in building relationships.			
20. I prefer to inspire and persuade others to a better life.			
21. I prefer to engage in wondering about the meaning of life.			

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22. I prefer to think of life as a journey toward deeper and deeper meaning.			
23. I prefer to think of the pen as mightier than the sword.			
24. I prefer to think of my life as a mission I've been called to.			
25. I prefer to join or support a meaningful cause.			
26. I prefer to work at that which expresses my uniqueness.			
27. I prefer to spend time transmitting ideas that will better life.			
28. I prefer to be a source of support and encouragement to others.			
29. I prefer to see the glass half full.			
30. I prefer to be around people some part of every day.			
31. I prefer interdependent relationships.			
32. I prefer to think of myself as a rather sensitive listener.			
33. I prefer to be what others might need me to be so that they can grow well.			
34. I prefer a relationship with more intimate intensity.			
35. I prefer to look for ways to live more openly and honestly.			
36. I prefer to live awake to the present moment.			
37. I prefer to live a less self-conscious life.			
38. I prefer not take criticism so personally.			
39. I prefer work that really matters to me, and the world.			
40. I prefer to work toward a vision of perfection.			
41. I prefer to take a romantic view of life.			
42. I prefer to watch people rather than the work they are doing.			
43. I prefer to think about the possibilities before us, rather than principles.			
44. I prefer to think of real life as mostly invisible.			
45. I prefer to search for bliss.			
46. I prefer to live for the good, the true, and the beautiful.			
47. I prefer to be pure of heart.			
48. I prefer to grow people more than property.			
49. I prefer interaction with one deep person, over			

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superficialities with many.			
50. I prefer to live a deeply meaningful life.			
ADD UP YOUR SCORES FOR SELDOM, OFTEN, USUALLY	T=	T=	T=
TOTAL UP ALL THREE FOR YOUR GRAND TOTAL			

Remember, the Authentic Idealists among us make up about 10% of the population, which is slightly more than the Careful Thinkers, who are only 8% of the population.

Next is the list of 50 statements that describes the preferences typically associated with

The Loyal Caretaker.

Preference	Seldom	Often	Usually
1. I prefer to be useful to my family.			
2. I prefer to be loyal.			
3. I prefer to live carefully, considering the "shoulds and oughts" of life.			
4. I prefer to do good rather than to have fun.			
5. I prefer to suffer the "slings and arrows of misfortune today, because I have hope for tomorrow."			
6. I prefer to belong, and to do what I have to do to belong.			
7. I prefer to give rather than receive.			
8. I prefer to take care of others, rather than be taken care of.			
9. I prefer to know exactly what I am supposed to do.			
10. I prefer to contribute, to be useful.			
11. I prefer to know what is expected of me.			
12. I prefer to work hard and live by the sweat of my brow.			
13. I prefer to know what the rules are.			
14. I prefer to know precisely who is in charge, and what is expected.			
15. I prefer to earn my status in life.			
16. I prefer to be cautious, even if that leads me to pessimism.			
17. I prefer to plan ahead and be prepared.			
18. I prefer to live by the motto, "a penny saved is a			

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penny earned."			
19. I prefer to be well grounded in my decisions, anticipating and planning for the worst.			
20. I prefer to be an industrious person.			
21. I prefer to fret a little, rather than be careless.			
22. I prefer to live by Murphy's Law.			
23. I prefer to plan for everything to take a little longer than expected.			
24. I prefer to belong closely to my group.			
25. I prefer to be known as someone my group can count on.			
26. I prefer to carefully observe traditions.			
27. I prefer to be quietly thanked for my hard work.			
28. I prefer to avoid situations when others dote all over me.			
29. I prefer to own high quality, long lasting possessions.			
30. I prefer to live by the motto, "waste not, want not."			
31. I prefer to be known as the foundation of my work group.			
32. I prefer to be thanked, but can't bring my self to ask for it.			
33. I prefer to be a person who embraces moral duty.			
34. I prefer to be a patriotic person.			
35. I prefer to be a leader in my group.			
36. I prefer to be a caretaker.			
37. I prefer to preserve history and heritage.			
38. I prefer to approach change carefully.			
39. I prefer the tried and true.			
40. I prefer to respect and defer to my elders.			
41. I prefer to understand and live by the fundamentals.			
42. I prefer to avoid the depression I feel at times when I'm overburdened.			
43. I prefer to be seen as a serious and thoughtful person who helps others.			
44. I prefer to care for the young, the old, and those in authority.			
45. I prefer to live by the standards, and to teach them to my children.			
46. I prefer not to associate with immoral people who have low standards.			
47. I prefer to work in an institution or business that			

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nurtures others.			
48. I prefer to live by the motto, "a good day's work for a good day's pay."			
49. I prefer to do the right thing at the right time.			
50. I prefer to belong, to be responsible, to be steadfast, to be reliable, and to be strong.			
TOTAL UP YOUR SCORES FOR SELDOM, OFTEN, USUALLY.	T=	T=	T=
TOTAL UP ALL THREE FOR YOUR GRAND TOTAL			

The Loyal Caretakers make up about 38% of the population. The Ready Adventurers, who we look at next, make up about another 45% of the population. Both are large groups of people.

Here is the list of 50 statements that describes the preferences typically associated with

The Ready Adventurer.

Preference	Seldom	Often	Usually
1. I prefer to be free.			
2. I prefer to not be tied down with obligations.			
3. I prefer to "do as I wish, when I wish."			
4. I prefer not to wait or save for tomorrow.			
5. I prefer to "eat, drink, and be merry, for tomorrow may never arrive."			
6. I prefer to be a person of action.			
7. I prefer to follow my own impulses and whims, regardless of where they take me.			
8. I prefer to be impulsive.			
9. I prefer a "ready, fire, aim" approach to life.			
10. I prefer to act on the sudden impulse to act.			
11. I prefer not to be bound by rules and discipline.			
12. I prefer to "just do it" rather than practice it.			
13. I prefer to "climb the mountain, just because it is there."			
14. I prefer to follow my urges without too much consideration for others, or from others.			
15. I prefer to test the limits.			

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16. I prefer to go into the unknown.			
17. I prefer action and chance before I get bored.			
18. I prefer to create even "bad" actions rather than be bored.			
19. I prefer to use tools, big or small, heavy or light, rather than not.			
20. I prefer to be a free-spirited person.			
21. I prefer to be known by others as a free-spirited person.			
22. I prefer to treat life as a gamble.			
23. I prefer excitement, risk and adventure.			
24. I prefer to be known as a fun loving and light hearted person.			
25. I prefer to see the glass as half-full!			
26. I prefer to be the life of the party.			
27. I prefer to try new activities, foods, and places to go.			
28. I prefer not to live by a routine.			
29. I prefer to be known as someone who survives setbacks.			
30. I prefer to live by the motto "easy come, easy go."			
31. I prefer not to delay.			
32. I prefer to not spend much energy on long-term goals.			
33. I prefer to not tolerate or put up with stuff I find intolerable.			
34. I prefer to go, go, go with lots of energy.			
35. I prefer to live in the moment, free of the burden of always trying to reach a goal.			
36. I prefer to be busy for long hours			
37. I prefer play to work, unless my work is play.			
38. I prefer to keep my mind and body busy all the time.			
39. I prefer to just walk away from something, or somebody, once I get bored.			
40. I prefer to belong to a group of friends, to an individual person.			
41. I prefer wild love making to a hug-a-day.			
42. I prefer to share my times, energy and possessions with my friends and co-workers.			
43. I prefer to act in a crisis, dropping whatever else I'm doing.			

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44. I prefer to drop plans for more urgent matters.			
45. I prefer not to deal with too many complex problems for too long.			
46. I prefer to be known as someone who survives accidents, rather than as someone who never takes a risk.			
47. I prefer to believe in my own good luck.			
48. I prefer not to hang out with careful, thoughtful planners.			
49. I prefer a sporting challenge today over carefully planning for the future.			
50. I prefer to act rather than to stop and think.			
TOTAL UP YOUR SCORES FOR SELDOM, OFTEN, USUALLY.	T=	T=	T=
TOTAL UP ALL THREE FOR YOUR GRAND TOTAL			

If you have 50 "seldom" checks, well you probably aren't much of a Ready Adventurer. But, if you have 50 "usually" checks, you are definitely a Ready Adventurer.

You make your own judgment about how strong a Ready Adventurer you are. If you want some "cross validation," as they say in the scientific world, you can go to www.keirsey.com and take the Keirsey Temperament Sorter. There is also a link to David Keirsey's website on www.you-can-save-your-marriage.com.

Now, here is a shift.

We have just taken a look at 4 lists of 50 preferences, each unique to a specific type of person. Now we want to look at how each of the 4 types relates to others. Hence, another 4 lists of preferences will follow, one for each type.

Take the list below, which describes 40 preferences for being in relationship, and put a check mark in the appropriate box to the right which describes your typical preference with regard to each item.

The Careful Thinker in Relationships

PREFERENCE	Seldom	Often	Usually
1. I prefer to connect around shared thoughts.			
2. I prefer to avoid a lot of social gatherings.			
3. I prefer to look upon promiscuity with disdain.			
4. I prefer my love relationships to be rather			

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private.			
5. I prefer to be with someone who is worthy of my time and energy.			
6. I prefer to give careful consideration to the growth of my relationships.			
7. I prefer to plan out whom I will relate to, for how long, and what our relationship will be like.			
8. I prefer to stick with the lover I have chosen.			
9. I prefer to avoid courting behavior, even in my marriage.			
10. I prefer to behave in a relationship according to my rules, more than society's rules.			
11. I prefer not to be considered an uncaring person.			
12. I prefer not to be considered an aloof and distant person.			
13. I prefer to be appreciated in spite of my abstractness, desire for efficiency, and independence.			
14. I prefer to investigate and problem solve a lot.			
15. I prefer to be understood as one who cares, even though I seem lost in thought.			
16. I prefer to be appreciated by my lover for my affection, in spite of my lack of demonstrated affection.			
17. I prefer to tune-in to my lover once my lover gets my attention.			
18. I prefer to be reminded to keep my focus on my lover, rather than my work.			
19. I prefer that my lover not feel bad about getting my attention.			
20. I prefer to speak efficiently, with minimum use of words.			
21. I prefer to avoid stating the obvious and being redundant "I love" to my lover.			
22. I prefer that my lover just trust my love, knowing that if it changes, she/he will be the first to be told.			
23. I prefer not to be coached by my lover into more socially acceptable behavior.			
24. I prefer to avoid emotional surges within me for fear they will get out of control.			
25. I prefer to not make mistakes and so I like to			

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live carefully.			
26. I prefer to control my emotions and will do so with logic.			
27. I prefer to display my loving emotions in private, not public.			
28. I prefer not to show off in front of others, even my lover.			
29. I prefer to be loyal and supportive to my lover and family.			
30. I prefer to make myself happy, and believe others should do the same.			
31. I prefer to help others to achieve self-control and mature independence.			
32. I prefer to remain objective and avoid useless emotional battles.			
33. I prefer to own classic things that have beauty and will last.			
34. I prefer to own tools, land, and the latest gadgets.			
35. I prefer to imagine and fantasize about sexual encounters almost more than the real encounter itself.			
36. I prefer to walk away from destructive and hurtful conversations.			
37. I prefer not to think bout my personal appearance too much, except that it be easy and efficient for me.			
38. I prefer romance to be low key and thoughtfully planned.			
39. I prefer to be understood as a careful thinker, rather than as a remote and expression less person.			
40. I prefer the intimate sharing of ideas with my lover to mindless pastimes together.			
TOTAL UP YOUR SCORES FOR SELDOM, OFTEN, USUALLY.	T=	T=	T=
TOTAL UP ALL THREE FOR YOUR GRAND TOTAL			

Again, the more your scores are in the "usually" column the more likely it is that you are a Careful Thinker.

For now, simply observe who you are as indicated by your responses to each of the preferences. In the following sections, you will be guided to Analyze and Think about

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your preferred way of being in the world so that you can define some Action steps for bettering yourself, and your relationships.

Now, here is another inventory to check out your preferences for relating. Below you will find another list, different from the first. This one focuses on 40 preferred ways of relating to your lover if you are an Authentic Idealist. Remember, we are still in the Data collecting Section of this eCourse.

Follow the same instructions, indicating your preference, by indicating your preference with a check mark in the appropriate box to the right.

The Authentic Idealist in Relationships

PREFERENCE	Seldom	Often	Usually
1. I prefer to be in love.			
2. I prefer my lover to be my soul mate.			
3. I prefer the high energy of romance.			
4. I prefer romantic sex over purely erotic sex.			
5. I prefer my lover to be tenderly in tune with me.			
6. I prefer my lover romance me with thoughtful gestures.			
7. I prefer a loving relationship that is full of perfect love.			
8. I prefer a love that is alive and will never die.			
9. I prefer a relationship with sustained passion.			
10. I prefer a deep spiritual relationship with my lover.			
11. I prefer to be with a lover who finds me wonderfully satisfying.			
12. I prefer to put my lover at the center of my world.			
13. I prefer, if I am a man, to have passionate sex. If I am a woman, I prefer to hear words of passionate love even more.			
14. I prefer to think of, even fantasize about my lover being ideally in love with me.			
15. I prefer, if I am a man, to have my lover be a little of everything to me at the same time - a mother, mistress, daughter, whore, and wife.			
16. I prefer, if I am a man, to withdraw slightly after			

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a romantic interlude. If I am a woman, I prefer to stay close.			
17. I prefer my lover's satisfaction of being with me.			
18. I prefer to have a long lasting deeply passionate relationship with my lover.			
19. I prefer to pursue my romantic ideal no matter what.			
20. I prefer to have a relationship with lots of mutual understanding and support.			
21. I prefer to give and receive acts of genuine appreciation.			
22. I prefer to give and receive loving expressions and terms of endearment.			
24. I prefer to remember my lover with a special gift.			
25. I prefer to have the special holidays of my life remembered by my lover.			
26. I prefer those close to me to yet have a measure of independence from me.			
27. I prefer to bring people close to me more than do I actually enjoy prolonged interaction with them.			
28. I prefer people to desire and want me.			
29. I prefer to receive complete understanding.			
30. I prefer to assume that I am competent, but have learned that I am not at times as competent as I assumed.			
31. I prefer at times to not be emotionally available to my lover.			
33. I prefer often the anticipation of intimacy more than the intimacy itself.			
34. I prefer a deep relationship, and will work to create one, and I'll leave a shallow relationship.			
35. I prefer to have my uniqueness valued by my lover.			
36. I prefer at times to stay focused on my work rather than on my lover or our family.			
37. I prefer to dream about ideal love and sexual bliss even more than I act on my dreams.			
38. I prefer that others be the ideal I expect them to be.			
39. I prefer my lover to want me deeply.			
40. I prefer that my relationships be free from pain and frustration.			
TOTAL UP YOUR SCORES FOR SELDOM,	T=	T=	T=

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OFTEN, USUALLY			
TOTAL UP ALL THREE FOR YOUR GRAND TOTAL			

Again, the more check marks you have in the "usually" column, the more likely it is that you prefer to be an Authentic Idealist in your relationship with your lover. The score is not that critical, because, as you noticed, some of the questions are not gender specific. You are after your general tendencies, and some specific issues.

Now, take the following list of 40 preferences and check the box to the right for each statement indicating your typical preference.

The Loyal Caretaker in Relationship

PREFERENCE	Seldom	Often	Usually
1. I prefer to be in a traditional relationship.			
2. I prefer to be simply content with my lover.			
3. I prefer to be loyal to my lover and family.			
4. I prefer to be a dependable person.			
5. I prefer to avoid wild parties in favor of more commonplace activities.			
6. I prefer to interact socially with others at social events.			
7. I prefer to act like a lady, or a gentleman when with my lover.			
8. I prefer to leave little to chance, planning ahead in order to assure a well-run relationship.			
9. I prefer to avoid irresponsible sex.			
10. I prefer to have a proper and "clean" relationship rather than an improper and dirty one.			
11. I prefer to avoid behaving improperly with my lover.			
12. I prefer to let my hair down when with same sex friends, but to act more properly with those of the opposite sex.			
13. I prefer to have fairly conventional relationships.			
14. I prefer to have a fairly traditional family.			
15. I prefer men/boys, and women/girls to behave properly in our family.			
16. I prefer to be valued as a lady or gentleman to a lover who is a little wild and crazy.			

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17. I prefer to hold to rules and regulations.			
18. I prefer a long engagement to an impulsive romance.			
19. I prefer to have sex once I am certain of the commitment between us.			
20. I prefer to schedule, observe rituals and holidays, and I respect family traditions.			
21. I prefer a predictable marriage with lots of stability.			
22. I prefer routines and can get grumpy when my plans don't go well.			
23. I prefer to be a good hearted and good-natured person in all my relationships.			
24. I prefer to maintain the well-established traditions of life.			
25. I prefer to do chores around the house, keeping our place neat and well cared for.			
26. I prefer to make a schedule for others and myself close to me.			
27. I prefer a pleasant time together, but not a frivolous time.			
28. I prefer to keep our property, possessions, and people well maintained.			
29. I prefer to plan ahead for a rainy day.			
30. I prefer to keep my possessions well maintained so they last a long time.			
31. I prefer possessions that are simple, traditional, and durable.			
32. I prefer to work with my lover to build a good home life.			
33. I prefer a family conservative sex life.			
34. I prefer as a woman to serve my husband and as a man to have sex so that tension may be relieved.			
35. I prefer to believe that as long as I care for my lover, my lover will be happy with me.			
36. I prefer to give careful consideration to the welfare of my society and community.			
37. I prefer to be of service to my lover.			
38. I prefer to be appreciated for all the care I demonstrate, and seldom feel as though I am appreciated enough. But, I seldom complain about it.			
39. I prefer to be considered a pillar of my family network.			
40. I prefer to help straighten out those of my family			

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who lose their way.			
TOTAL UP YOUR SCORES FOR SELDOM, OFTEN, USUALLY.	T=	T=	T=
TOTAL UP ALL THREE FOR YOUR GRAND TOTAL			

Again, the more you checked "Usually" the more likely it is that you are a Loyal Caretaker.

For now, simply observe who you are as indicated by your responses to each of the preferences. In the following sections you will be guided to Analyze and Think about your preferred way of being in the world so that you can define some Action steps for bettering yourself, and your relationships.

Here is a different list of preferences, this time focusing on your preferred way of relating to others as a Ready Adventurer. The drill is the same. Check whether you seldom, often, or usually prefer to….

The Ready Adventurer in Relationships

PREFERENCE	Seldom	Often	Usually
1. I prefer to have fun and excitement in my relationships.			
2. I prefer to make my relationships a party.			
3. I prefer to have a playmate for my lover.			
4. I prefer to have freedom and variety in my relationships.			
5. I prefer the adventure of romance to what might be the humdrum of marriage.			
6. I prefer to be silent and absent when in conflict with my lover.			
7. I prefer to avoid conflict by being busy elsewhere.			
8. I prefer a lover who looks fit and sexy.			
9. I prefer to look fit and sexy myself.			
10. I prefer sex that is full of variety and even risk.			
11. I prefer to be stimulated by sexy looks, play things, and provocative talk.			
12. I prefer to have my closest relationships be like a mini-vacation a lot of the time.			
13. I prefer my closest relationships to be light			

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hearted and fun.			
14. I prefer to stay away from deep discussions about the meaning of life.			
15. I prefer to stay away from a lot of social responsibilities in talk and action.			
16. I prefer to stay away from the boredom of deep study and reflection, preferring action instead.			
17. I prefer to avoid talk of commitment.			
18. I prefer to hang loose and make life up as I go along.			
19. I prefer to let my partner do a lot of the work of working on our relationship.			
20. I prefer to break free if cornered by a clingy lover.			
21. I prefer to avoid a long and drawn out courtship to a person, or anything else.			
22. I prefer to just accept what is at this moment.			
23. I prefer to not make a big deal out of my quick but fleeting temper.			
24. I prefer to act sexually, socially, and economically rather than be bored.			
25. I prefer not to have money problems, but my impulsive spending has created problems.			
26. I prefer not to hurt anyone, even though I do on occasion, and do so with regret.			
27. I prefer to flirt with attractive members of the opposite sex.			
28. I prefer to be generous to those with whom I am having fun.			
29. I prefer to sort of get into a hobby or sport and get lost in it for a while.			
30. I prefer to have people just drop-in and hangout while we all have a good time.			
31. I prefer to have a lover who is very compatible with me sexually.			
32. I prefer to avoid the sensitive and delicate egos of less bold people.			
33. I prefer a spouse who is a mother or father to my own playful inner child.			
34. I prefer to be impulsive and to act more than to think and deliberate.			
35. I prefer to gamble a little with life every now			

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and then.			
36. I prefer to let everyone just live, and let live.			
37. I prefer at times to play with my tools and toys more than do I want to just b e with my lover.			
38. I prefer to be appreciated for my grand gestures.			
39. I prefer to live in the fast lane.			
40. I prefer a lover who lives in the fast lane with me.			
TOTAL UP YOUR SCORES FOR SELDOM, OFTEN, USUALLY.	T=	T=	T=
TOTAL UP ALL THREE FOR YOUR GRAND TOTAL			

This time the more "usually" preferences you have the greater is the likelihood that you are a Ready Adventurer and the greater the likelihood that you prefer this style of relating to your lover.

For now, simply observe who you are as indicated by your responses to each of the preferences. In the following sections, you will be guided to Analyze and Think about your preferred way of being in the world so that you can define some Action steps for bettering yourself, and your relationships.

This is the end of PART ONE of this THREE PART eCourse.

As always, if you have any questions or concerns at this point, please feel free to email me at
DrAtwood@you-can-save-your-marriage.com.

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Part Two

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Of the
All-In-One eCourse
for

The "CAREFUL THINKER"
The "AUTHENTIC IDEALIST"
The "LOYAL CARETAKER"
The "READY ADVENTURER"

HOW TO KNOW WHO YOU ARE AND BE WHO YOU ARE

By Dr. Andrew D. Atwood, D.Min., LMFT, CSW

Let's review a moment....

PART ONE COURSE CONTENTS

SECTIONS
1. Welcome
2. Benefits of taking this course
3. Introduction
4. Some real limitations
5. Data that will Inform You

PART TWO COURSE CONTENTS

SECTIONS
6. Analysis that will bring you Clarification
   - STEP 1. Mining the FACTS
     With 8 Tasks
   - STEP 2. Listening to your HEART
     With 3 Tasks
   - STEP 3. Checking what actually WORKS
     With 4 Tasks
   - STEP 4. Examining what is RIGHT

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With 5 Tasks

PART THREE COURSE CONTENTS

SECTIONS
7. Action that will Transform You
    STEP 5: Sharing your identity with yourself, and with your lover
        Skill 1: Self-awareness
            4 Tasks
        Skill 2: Self-disclosure
            4 Tasks
        Skill 3: Listening to another
            4 Tasks
        Skill 4: Accepting another
            4 Tasks
    STEP 6: Contracting with each other for your emotional needs
        Skill 5: Bringing your needs to others
            4 Tasks
        Skill 6: Making commitments to others
            4 Tasks
    STEP 7: Creative and collaborative teamwork
        Skill 7: Managing your own self alone
            4 Tasks
        Skill 8: Managing closeness with others
            4 Tasks
8. Review
9. Next Steps
10. Further Resources

In SECTION 6, Analysis that will bring You Clarification, you will be encouraged to look at the Data that you generated in Section 5. The intent is to pull some lessons from Section 5.

So, let's get into some Analysis!

SECTION 6. ANALYSIS THAT WILL BRING YOU CLARIFICATION

There is an order to how your analysis will flow, and it involves 4 Steps, both of which are critical to Section 7 and the 2 Steps you will take there.

In Section 6 you will take these 4 STEPS:

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STEP 1. Mining the FACTS
With 8 Tasks
STEP 2. Listening to your HEART
With 2 Tasks
STEP 3. Checking what actually WORKS
With 4 Tasks
STEP 4. Examining what is RIGHT
With 5 Tasks

You will be encouraged to work through all 4 STEPS, and all 19 Tasks, by addressing some pointed questions that have been designed to help you to reach greater CLARITY about the unique issues involved in being the person you are.

STEP 1. Mining for the FACTS.

Step 1 – Mining for the FACTS.
Task 1. Recording your work.

Working through this eCourse will be a whole lot easier, more meaningful, and especially more useful if you record your work. Hence, it is recommended that you get out some paper on which you can log your answers to most of these questions. You will want to refer back to your answers, or you might even want to share your answers with your lover.

It is highly recommended that you use something like a cheap spiral notebook for writing your answers. This way you can keep everything in one place, and protect your confidentiality more easily. The object is to have a place where you can freely express yourself. Do whatever you have to do to make sure you have that freedom.

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Step 1 – Mining for the FACTS.
Task 2. When you added up the checks for SELDOM, OFTEN, and USUALLY, did your GRAND TOTAL indicate that, yes ... you are an strongly one type, or a strong combination?

Remember, if your score was low in one type, you might actually be another type. Check back to www.you-can-save-your-marriage.com, or at the material in Part One of this eCourse, and look at all 4 types and see if one suits you more.

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Step 1 – Mining for the FACTS.

Task 3 . How STRONG in one type are you?

Like so much in life, you can be more-or-less any one type. What is your sense about yourself? Are you intensely one specific type, or just mildly so? And what is your sense of those around you? Are you surrounded by similar types, or by other types? Birds of a feather often flock together, but not all of the time.

••

Step 1 – Mining for the FACTS.

Task 4. Take a look at the preferences which you checked indicating that you USUALLY prefer to behave that way. Start at the top of the list, and write out an illustration of each.

Nothing long, but something that supports your judgment. This alone would be a lengthy task if you happened to have checked "usually" to all the preferences.

For example, suppose you checked "Usually" for the first preference in the Authentic Idealist list.

1. I prefer to think of myself as one who is searching.			√

You might write something like this:

"Yup, that's me. I buy and read books about self-help stuff. It is like I am always searching for more wisdom or something. Who was it that said, 'An unexamined life isn't worth living?' Look at me! I can't remember who said that, so I have the impulse to "search" for the answer. Where did I put *Bartlett's Familiar Quotations* anyway?"

One of the very real characteristics of the Authentic Idealist is that they are the ones who are most comfortable writing. Idealists are generally our playwrights, novelists, and authors. So, if you have the urge to write a great deal about each of the "Usually" preferences you checked, go right ahead and be who you are . . . Write!

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Of course, it should be interesting to note that with the other 3 Types there is less encouragement to write in this way. That is, if you are a Careful Thinker, a Loyal Caretaker, or a Ready Adventurer you are encouraged to take more notes, rather than to write so much. Writing is actually a talent and gift given the Authentic Idealist. Regardless, if you have the urge to write, go right ahead!

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Step 1 – Mining for the FACTS.

Task 5. Try this. Briefly write about times when you have been especially who you are.

Use the first 50 preferences to guide you. These stories should be documentation to support the fact that you are of the type you believe you are.

This time, you are invited to run a little deeper. As you look at the 50 preferences your memory has been jogged and you have recollected moments in time when you exhibited those tendencies. This is the time to do a little historical research on your self. When in the past were you especially the way you typically are? Write a little story.

••

Step 1 – Mining for the FACTS.

Task 6. When today are you behaving as the particular type of person you are?

Think about yourself during the day. At work, for example. Do you act like the person you are in the work you do? It will be impossible for those preferences to not come out in how you approach both the people you deal with each day, and the actual work at hand.

1. Is my work itself, work that is full of Idealism, or Adventure, or Thinking, or Caretaking?
2. How important is it to me to be who I really am in my work?
3. If my work is not particularly suited for my basic nature, do I pursue my basic nature outside of work?

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Step 1 – Mining for the FACTS.

Task 7. Let's look at how your personal type plays out in your relationships.

Just as you did with the first list of 50 preferences, turn to the list of 40 preferences that are focused on you and your relationships. When you add up the totals of SELDOM, OFTEN, and USUALLY, and then examine the GRAND TOTAL, is there support for looking at your self as the type of person you perceive yourself to be?

Remember, if there is not fairly strong evidence to support being, for example, an Authentic Idealist, it might be that you are only mildly so, or that you are really another type of person, or maybe some special blend. Most Idealists like to think of themselves as special.

Start at the top of each of the lists of 40 preferences and note those that you checked "Usually." Those are pretty important issues for you. Just as you did for the 50 preferences, write out a brief supporting statement for each of the preferences you checked. You might, if you are an Authentic Idealist, write something like this:

1. I prefer to be in love.			√

"Oh boy, I really do. There has to be some energy in my relationship with my lover, or I get some weird restless feeling. I'm reminded of a quote I once heard attributed to Elizabeth Taylor, "I'll never sleep with a man I'm not in love with." What, she's been married 6 times, or something? This being in love stuff is great, but dangerous, too."

You get the idea. Generate some free association around all the preferences you checked "Usually."

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Step 1 – Mining for the FACTS.

Task 8. What happens to you when you cannot, for one reason or another, fulfill your preference to live the life you prefer to live?

Here is a list of questions for you to wonder about, and write about.

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- When I can't be who I am, I get frustrated. How do I demonstrate my frustration at home?
- Do I take my frustration at work out on people at home?
- Do I have health ways of managing my frustration?
- Is my physical health impacted by my frustration at times?
- Where in life am I most frustrated in my efforts to be who I am?

STEP 2: Listening to Your HEART

Step 2 – Listening to Your HEART

Task 1. Of the "Usually" checks on your list, which have the strongest emotional charge?

That is, which of the preferences you marked USUALLY stir up some emotion inside of you? The emotion might be a negative one, or a positive one. It doesn't matter at this point. Which have a strong emotional charge?

Go through both lists, the 50 preferences and the 40 preferences, and put an "E" by the one's that have an emotional charge of significance. You have to use your gut feelings to do this well. The emotion might be strongly positive, or strongly negative. If you have to sit and think about it for too long then you do not trust your emotions to give you the correct answer. Just quickly look at all 90 items and put an "E" next to the ones that stir your heart, or your gut.

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Step 2 – Listening to Your HEART

Task 2. Now what in the world is going on with my emotions? The key to doing this well is to trust those feelings of yours. Look at each of the preferences you marked with an "E" and write a little something about each of them that explains why you believe you reacted emotionally. What about this preference stirs my emotions? For example, if you put an "E" next to

25. I prefer to have the special holidays of my life remembered by my lover.	E √		

You should take a moment and wonder about what is generating that feeling. Write something down. It might be as simple as this:

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"By my lover? That isn't the problem. It is the kids. I want my kids to remember me on Father's Day and the ingrates don't unless prompted. I feel like I am neglected, even though I have to provide the bread and butter for them all the time. But, am I being too selfish? I don't know."

You get the idea. The purpose here is to stimulate you to greater self-awareness through an exercise like this

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Step 2 – Listening to Your HEART

Task 3. How have I behaved when my needs for being myself have gone unmet?

The context for asking this question can change depending on the role you are in. Look at each of the roles listed below and ask your self the question. Again, write the answers.

How have I behaved when my needs for being myself have gone unmet? Look at each role and ask the question.

1. Husband
2. Wife
3. Employee
4. Employer
5. Parent
6. Child
7. Relative
8. Friend
9. Best-Friend
10. Business Associate
11. Family Member
12. Volunteer
13. Church Member
14. Neighbor
15. Citizen
16. Lover
17. Girlfriend
18. Boyfriend
19. Other?

The point is to begin to focus on how you behave when your basic preferences for being who you really are in life are frustrated. We all have rather typical ways we

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respond when we don't get what we want, and you are no exception. You don't behave defensively in brand new ways each day! No, you have a pattern of defensiveness. Your buttons get pushed and off you go in some defensive way, and there is no doubt some consistency to the way you react.

When are your buttons pushed?

How do you react?

Make some notes that describe the stories that go with each of your roles. Be as honest as you can be, of course.

STEP 3: Examining what is RIGHT

The issue of "rightness" begins to get at where you fit in your group. Consider this for a moment. Your "tribe" determines what is "right" and what is "wrong."

Let me give you an example. (Forgive me, but I am using the Authentic Idealist again, probably because that's my own type!) As an Authentic Idealist you might fit in really well at the local bookstore, drinking a cup of coffee and browsing aisle after aisle. However, as an Authentic Idealist you might not fit in well at a strange pool hall and bar after 11:00 at night. Your personality, your clothing, your way of being in the world might be judged as being "right" in one place, and not so "right" in another.

It depends.

It depends on who you are and what tribe of people you are spending time with.

Now here is the same list of roles. Take a look at each and think about the larger context in which you function in each of these roles.

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Step 3 – Examining what is RIGHT

Task 1. Ask yourself, "Is it 'right' for me to be an my type in this role?"

Again, make some notes. At the least, write "no," "maybe," or "yes" after each role indicating your gut feeling about your judgment about how well you are doing in all of your roles.

1. Husband
2. Wife
3. Employee

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4. Employer
5. Parent
6. Child
7. Relative
8. Friend
9. Best-Friend
10. Business Associate
11. Family Member
12. Volunteer
13. Church Member
14. Neighbor
15. Citizen
16. Lover
17. Girlfriend
18. Boyfriend
19. Other?

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Step 3 – Examining what is RIGHT

Task 2. Very closely tied to the question above is this one. Who are the people who are determining if you are "right"?

If you are looking at your self as an employee, for example, it would be appropriate to identify your tribe as your superiors and your coworkers. Maybe you would add others depending upon your circumstances. **Take each of the roles one more time and note who comprises the "tribe" for each.**

1. Husband
2. Wife
3. Employee
4. Employer
5. Parent
6. Child
7. Relative
8. Friend
9. Best-Friend

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10. Business Associate
11. Family Member
12. Volunteer
13. Church Member
14. Neighbor
15. Citizen
16. Lover
17. Girlfriend
18. Boyfriend
19. Other?

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Step 3 – Examining what is RIGHT

Task 3. How much guilt and shame do you feel for not being "right"?

Guilt is what we feel when we believe we have done something wrong.

Shame is what we feel when we believe that we are somehow bad for having done wrong.

They are different, guilt and shame.

Take a look the first list of 50 preferences and run down through the whole thing. Ask your self, "Do I feel guilt or shame attached to any of these?"

If you do, make note of it somehow.

If it is guilt, then you ought to figure out whom you should apologize to.

If it is shame, then you should apologize, as it were, to your self.

Once you have apologized to either your self or another, then it is time to just let it go. That is the secret to forgiveness.

How many times should you let go? 70 x 7. It is necessary if you are to live in the present moment.

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Step 3 – Examining what is RIGHT

Task 4. Now, let's focus on your lover. Does you lover believe you are "right" for him or her?

This one can have a lot of wallop to it.

Here is list of questions you can write about. Consider each one, and write a little if you feel so moved.

1. Did my lover find me to be "right" when we first met? Or, did my lover want me to be more "right" in some way?

2. Did I find my lover "right," or "wrong," or somewhere in between when we first met? Again, the issue here might be your personal standards for "right" or "wrong," or you might be considering the standards of the tribe to which you belong. Make a list of those "right" and "wrong" issues.

3. How has your lover's family deemed you? Have you been "right" for them? There might be particular people in your lover's family who have had a strong impact on your answer. Who are they, and what has happened to influence their opinions?

4. How has your own family deemed you? Have you been "right" for them? There can be lots of baggage here with regard to your parents and extended family. Think about them, write their names down, and wonder about how "right" you have been in their eyes.

5. Does your lover find you to be "right" or "wrong" today? Make a list of those issues.

6. Do you find your lover to be "right" or "wrong" in specific ways today?

Again, this might be a judgment you make relevant to your own personal standards, or relevant to the standards of your tribe. And, remember, your "tribe" might be the men or women you hang out with, the other families in your social network, your own personal extended family, your colleagues at work, others at

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Church, or those in your neighborhood. Those groups are "tribes" and they may, or may not, find you or your lover "right".

STEP 4. Checking what actually WORKS

There is a shift here. The question now is more pragmatic. What actually works?

Some people find relationships that work, and others don't.

Some people find a career that works for them, and others don't.

Some people actually find meaning in their life, and others don't.

Some people actually search long and hard, and find the Holy Grail, but others don't.

••

Step 4 – Checking what actually WORKS

Task 1: Here is a short list of questions aimed at helping you to figure out how well your life, in both its whole and in its parts, is working.

Give yourself a score for each; write a little about each if you feel led, and use these as discussion starters for you and your lover.

	QUESTION	SO-SO	GOOD	GREAT
1	Is your relationship with your lover working?			
2	Is your career working for you?			
3	Are your friendships working for your?			
4	Is your spiritual life working for you?			
5	Is your financial life working for you?			
6	Is your family working for you?			
7	Is your extended family working for you?			
8	Is the material stuff in			

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	your life working for you?			
9	Is being a parent working for you?			
10	Is your sexual relationship working for you?			
11	Is your own personal growth working for you?			
12	Is the way you self disclose, the way you speak to your lover, working for you?			
13	Is the way your lover is listening to you, working for you?			
14	Is the amount of acceptance and trust you are experiencing with your lover working for you?			
15	Is the amount of soulful intimacy you are having with your lover working for you?			
16	Is the way you are getting your needs met in your relationship with your lover working for you?			
17	Do the demands your lover puts on you, work for you?			
18	Is the way you two solve problems working for you?			
19	Is the amount of time together working for you?			
20	Is the amount of time alone working for you?			

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Step 4 – Checking what actually WORKS

Task 2: Step back and take a look at this whole list and see if anything important has been left out.

Everyone's life is unique and I didn't know if I should have added, "Are your oboe lessons working out?" So if there is something that is especially important in your life and it is not included in this list, add it yourself, and evaluate how well it is working. Remember, the focus of this eCourse is on your relationship with your lover, so give that relationship some extra thought.

••

Step 4 – Checking what actually WORKS

Task 3: What issues on this list are most frightening to talk about with your lover?

This is a big one. Make a list of the items from the 20 questions above; which of these 20 are the most frightening to discuss with your lover?

You might even want to think about just how frightening it would be to bring these subjects up with your lover by ranking the degree of fear associated with each. Try a similar format and give each item a score for FEAR. 1 would be for a little scary, 2 would be for pretty scared, and 3 would be an "I don't even want to go there!"

••

Step 4 – Checking what actually WORKS

Task 4: You guessed it! Let's NOT go there until ready!

Look at the whole list and pick the one issue that causes you the most fear. Of course, there is one school of thought that says you should dig into that one because once you get on the other side of that everything else is easier. But, that ONE issue could be so big, so threatening, that trying to talk about it could end up in a horrific mess.

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My recommendation is that you take the least frightening issue and begin there. BUT, you must work your way up from there. A certain amount of lollygagging is understandable, but total avoidance is not.

This is an issue of which I have spoken in SAVE YOUR MARRIAGE, the ebook I offer on www.you-can-save-your-marriage.com. In really intimate relationships there is always a measure of anxiety. I am not an advocate of sharing every last detail of one's life. My rule of thumb is this, **"Be as intimate as you think you BOTH can handle safely."** Note that I did not say "comfortably." If you think you can handle your fears or your lover's fears safely, then go ahead and bring the subjects up. It will be uncomfortable. But, it must be safe to do so. If you only deal with what is comfortable you will avoid all sorts of important data, and your relationship will suffer for it.

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Step 4 – Checking what actually WORKS

Task 5: Practicing Peace. If you have some really important and difficult stuff to talk about, stuff that will be very uncomfortable and you want to make sure you have a safe environment in which to broach the subject, and then you need to learn how to be a well-centered person.

I highly recommend William Martin's eBook ***PRACTICING PEACE***. You can find it on our homepage at www.you-can-save-your-marriage.com. Bill has developed 26 exercises for anyone who wants to find their "center." Oprah high lighted one of Bill's earlier books in her "O Magazine," so you know you are getting solid and practical help from ***PRACTICING PEACE*** by William Martin.

SUMMARY REMARKS

Often, when working with an individual or a couple in my office, I put a diagram on the white board that spells out these 4 issues. I ask the questions . . .

- What are the FACTS?
- What is in your HEART?
- What is RIGHT?
- What will WORK?

Sometimes a person will tell me that they have the facts, and sometimes not.

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Sometimes a person will tell me that their lover is in their heart, and sometimes not.
Sometimes a person will tell me that the relationships right, and sometimes not.
Sometimes a person will tell me that the relationship works, and sometimes not.

These four areas present a wonderful organizing system.

You have done some Analysis and, and now it is time to collect your thoughts.

Where are you at right now with yourself, and with your relationship? Step back and take a broad look at yourself, and your relationship, and write something in your workbook about "where you're at right now in your life?"

Action is the focus of the next part of this 3 PART eCourse. There you will find some helps for planning a strategy, and for taking action. Meet you then!

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Part Three

Of the
All-In-One eCourse
for

The "CAREFUL THINKER"
The "AUTHENTIC IDEALIST"
The "LOYAL CARETAKER"
The "READY ADVENTURER"

HOW TO KNOW WHO YOU ARE AND BE WHO YOU ARE

Dr. Andrew D. Atwood, D.Min., LMFT, CSW

Let's review a moment....

PART ONE COURSE CONTENTS

SECTIONS
1. Welcome
2. Benefits of taking this course
3. Introduction
4. Some real limitations
5. Data that will Inform You

PART TWO COURSE CONTENTS

SECTIONS

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6. Analysis that will bring you Clarification
    STEP 1. Mining the FACTS
        8 Tasks
    STEP 2. Listening to your HEART
        3 Tasks
    STEP 3. Checking what actually WORKS
        4 Tasks
    STEP 4. Examining what is RIGHT
        5 Tasks

PART THREE COURSE CONTENTS

SECTIONS

7. Action that will Transform You
    STEP 5: Sharing your identity with yourself, and with your lover
        Skill 1: Self-awareness
            4 Tasks
        Skill 2: Self-disclosure
            4 Tasks
        Skill 3: Listening to another
            4 Tasks
        Skill 4: Accepting another
            4 Tasks
    STEP 6: Contracting with each other for your emotional needs
        Skill 5: Bringing your needs to others
            4 Tasks
        Skill 6: Making commitments to others
            4 Tasks
    STEP 7: Creative and collaborative teamwork
        Skill 7: Managing your own self alone
            4 Tasks
        Skill 8: Managing closeness with others
            4 Tasks
8. Review
9. Next Steps
10. Further Resources

In PART ONE we looked at the Data that informs you.

In PART TWO we took the Data and did some Analysis.

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Now, in PART THREE we will develop 8 Skills you can use in all your relationships, and especially with your lover. If you want to familiarize yourself with where we have been in this eCourse, simply review the outline above.

Let's move on to some "Action that Transforms" both you, and your lover.

SECTION 7: ACTION THAT WILL TRANSFORM YOU

Some of what follows might sound a little like jargon. If it does, that is because there is some jargon here. But the words and concepts are fairly simple and by using them we will be able to do important things.

- **First, we will stay focused.**
- **Second, we will include all of the major areas of your relationship.**
- **Third, we will give you an opportunity to direct your actions toward your own unique circumstances.**

There are three major areas of all relationships. Someone who is good at all three of these is generally good at relating. The first area has 4 Skills connected with it, and the second area has 2 Skills connected with it. The third area has yet another 2 Skills. Here are the three major areas of all relationships.

- **Sharing your identity with yourself, and your lover**
- **Contracting with each other for your emotional needs**
- **Creative and collaborative teamwork**

You should know that as you approach each of these major areas you will be encouraged to do so with great amounts of intimacy.

So let us begin.

The first 4 Skills focus on "Sharing your Identity with yourself, and others."

This is the first area to be considered when we work on specific actions to better your life. We begin here because it is the logical place to begin, and it is the area where this eCourse is particularly focused. That is, self-awareness is like the vehicle you are in. It makes a difference if you are on a bike, or in a tank, or in a rowboat. The journey of life can be taken with more efficiency and efficacy if you know what sort of vehicle you are in. Here we are talking about four skills:

Skill 1: Self-awareness
Skill 2: Self-disclosure

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Skill 3: Listening to another
Skill 4: Accepting another

Suffice it to say that these 4 Skills are the foundation to relating well to yourself and others. So, this is where we begin.

Skill 1: Self-Awareness

Skill 1 – Self-Awareness
Task 1: Getting all the FACTS about Your Self.

1. How much do you identify with any of the four types as you scan them on the home page at www.you-can-save-your-marriage.com, or here in this eCourse?

2. Look at the work you have done in earlier parts of this eCourse, especially in the data collection and analysis parts, and establish for your self the factualness of this picture of yourself. How much of that is really you?

3. Can you add any more facts to this description of yourself? You recall that no map has all the details, and so you are far more complicated than we are discussing right here. But for now, can you add any more pertinent facts to the description of you?

4. How have you changed over the years?

Skill 1 – Self-Awareness
Task 2: Do You Know Your HEART?

1. In your heart, how good do you feel about who you are? This is a question about your level of self-esteem.

2. What parts of you do you feel wonderful about?

3. Make a list of the parts of you that you want to work on over the next period of time, say 3 months, 6 months, and 1 year.

4. Are there parts of you that your heart doesn't want to even face? Let your heart be honest.

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Skill 1 – Self-Awareness

Task 3: Are You Morally RIGHT?

1. What world do you belong to? Who are the people and what do they believe about being self-aware?

2. Are you a member in good standing of your group when it comes to self-awareness? Are you more self-aware, or less self-aware?

3. Is self-awareness something your group – be it family or work place, or friends – is it something they really value? How do you know?

4. Imagine a group of your peers getting together and voting on the degree to which you are an acceptable member of their group. How well would you fit in? Is the degree of "fit" okay with you? Try this with each of the groups to which you belong.

Skill 1 – Self-Awareness

Task 4: How well are you WORKING?

1. Do you believe you know yourself well enough?

2. Can you make a list of the tasks you engage in which are intended to increase your self-awareness?

3. Is what you are doing to cultivate self-awareness actually helping you to become more self-aware?

4. Do you take enough time for quiet deep reflection?

Skill 2: Self-Disclosure

Skill 2 – Self-Disclosure

Task 1: Getting all the FACTS.

1. How introverted are you? If you live mostly in your own head, you tend to be rather introverted. Or, conversely, because you were born a rather introverted person, you tend to have a lot going on in your mind, but you don't disclose much of it.

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2. How extraverted are you? If you think it, and say it, all in an instant, you are likely an extraverted person. Do you get your energy from interacting with the world around you?

3. Who are the other people in your life who know you?

4. How skilled and comfortable are you at sharing yourself with others?

Skill 2 – Self-Disclosure

Task 2: In your HEART, how truthful are you?

1. How honest are you with yourself? Do you pretend that you are not who you are? Do you deny who you are?

2. How truthful have you been with your lover about who you really are? Have you told him, or her the truth?

3. Do you have "best friends?" And, if so, how truthful are you with them?

4. What is it that you don't want others to know about you?

Skill 2 – Self-Disclosure

Task 3: How RIGHT are you in your group?

1. How frequently do you find yourself to be too forthright, too open, just saying too much to others in your group? Are you oddly noisy in your group?

2. How frequently do you wish you could share more with your group, be they friends, family, or co-workers? Are you oddly quiet in your group?

3. Do you believe that you fit your group? Is the real person you are also a good fit for your group, or would you fit better somewhere else? Remember to think of your group as your friends, family, or co-workers.

4. How has your fit changed over time? Were you once a better fit in your group than you are now?

Skill 2 – Self-Disclosure

Task 4: How well are you Working?

1. Do you believe that the amount of self-disclosure you give is adequate for those around you? At work, at home?

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2. How often do you wish someone knew you better?

3. How effectively do you believe you are in self-disclosing to your lover?

4. What grade would your lover give you for your skills at self-disclosure?

Skill 3: Listening to Another

Skill 3 – Listening to Another
Task 1: Getting all the FACTS.

1. How much time do you spend consciously listening to others?

2. Have you gotten feedback from others indicating that you are a good listener?

3. Does your lover consider you a good listener?

4. Do you listen more than talk, or talk more than listen? Be honest.

Skill 3 – Listening to Another
Task 2: In your HEART, how truthful are you?

1. When you listen, are you really listening, or are you busy framing your response?

2. Do you really care about the person you are listening to? Do you really want to know the other person? Is this especially true of your lover?

3. Can you let yourself actually feel what the other person is sharing with you?

4. Do you look at someone else, especially your lover, when he or she is sharing with you?

Skill 3 – Listening to Another
Task 3: How well are you Working?

1. Do others seem to like to talk with you? That would be a good indication that you are a good listener.

2. What have you learned about your lover in recent days from listening?

3. What sort of people are you good at listening to?

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4. How judgmental are you when listening?

Skill 3 – Listening to Another
Task 4: How RIGHT are you in your group?

1. Does your lover believe you are a good listener?

2. Do your friends find you to be a good listener?

3. Does your family find you to be a good listener?

4. Do people at work find you to be a good listener?

Skill 4: Accepting Another

Skill 4 – Accepting Another
Task 1: Getting all the FACTS.

1. What is there about other people that you find easy to accept?

2. What is there about other people that you find hard to accept?

3. When are you in a particularly non-accepting mood?

4. How do you communicate your acceptance, or your non-acceptance?

Skill 4 – Accepting Another
Task 2: In your HEART, how truthful are you?

1. Generally, is the acceptance you give to others honest acceptance?

2. When are your guts stirred to the point where you cannot accept someone?

3. Who are you struggling to accept? An individual? A group?

4. Is your acceptance of your lover honest?

Skill 4 – Accepting Another
Task 3: How RIGHT are you in your group?

1. With your friends, are you accepted for your degree of acceptance of them?

2. With your co-workers, are you accepted for your degree of acceptance of them?

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3. With your family, are you accepted for your degree of acceptance you demonstrate toward them?

4. With your lover, are you accepted for your degree of acceptance?

Skill 4 – Accepting Another

Task 4: How well are you WORKing?

1. Are you personally satisfied with the level of acceptance that you give to others?

2. Do others find you to be an accepting person?

3. Who finds you to be a judgmental person?

4. Are you excluded from some groups or relationships because you are too judgmental?

Let me address an important issue here. How do you know when there is a problem with self-awareness in your life, or in your relationships? The telltale sign is always withdrawal. **When you withdraw, or your friend or lover withdraws, there is a problem somewhere in these first 4 Skills. Usually, someone doesn't feel accepted and therefore they withdraw. That feeling of lack of acceptance needs to be address. Withdrawal is a symptom of a problem in these first 4 Skills.**

With Skills 5 and 6 there is a shift in focus. Now we are going to focus on "Contracting with Each Other for Your Emotional Needs."

Here we take the second step in examining how well we are doing at being ourselves in the world that is ours. The first step was focused on being aware of yourself and sharing yourself with your lover.

Now we will look at the next set of skills, the 5th and 6th in our list:

Skill 5: Bringing your needs to others.
Skill 6: Making commitments to others.

This area is referred to as the area of "contracting." The question is: Who am I going to be for you, and who are you going to be for me?

In all relationships it is important to be able to effectively bring your needs to others. This is obviously critical with your lover. And, just as you bring your needs to your

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lover, so your lover brings his or her needs to you. Do you make commitments to meet your lover's needs? Do you keep those commitments? You get the idea.

As before, there are 4 Tasks for both Skill 5, and for Skill 6. Use your journal to write your carefully considered responses to each. Again, share as you think you should.

Skill 5: Bringing your needs to others.

Skill 5 – Bringing your needs to others
Task 1: Getting all the FACTS.

1. Do you bring your needs for belonging, love, self-esteem, success and power, fun and freedom to your lover?

2. Which of those six needs do you bring to your lover most often?

3. With whom else do you get your needs met? Consider all six needs for belonging, love, self-esteem, success and power, fun, and freedom.

4. When do you not bring your needs to others? When do you try to just take care of yourself?

Skill 5 – Bringing your needs to others
Task 2: In your HEART, how truthful are you?

1. Are you honest with your lover about your needs, or do you hold something back from him or her?

2. Are you honest with your family about your needs, or do you hold something of yourself back from them?

3. Are you honest with your co-workers about your needs, or do you choose to hold something back from them? If so, why? If not, why not?

4. Are you honest with your friends about your needs, or do you hold something back from them? What is your reasoning for doing so?

Skill 5 – Bringing your needs to others
Task 3: How RIGHT are you in your group?

1. Do you experience yourself as more, or less needy than your lover?

2. Do you experience yourself as more, or less needy than other members of your family?

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3. Do you experience yourself as more, or less needy than your other co-workers?

4. Do you experience yourself as more, or less needy than your friends?

Skill 5 – Bringing your needs to others
Task 4: How well are you WORKing?

1. Do you believe you are effective in bringing your needs to your lover?

2. Do you believe you are effective in bringing your needs to your friends?

3. Do you believe you are effective in bringing your needs to your family members?

4. What needs are particularly frustrated, in what relationships, and with what specific people?

Skill 6: Making commitments to others.

Skill 6 – Making commitments to others
Task 1: Getting all the FACTS.

1. What commitments have you made to your lover?

2. How about your family? What commitments have you made to them?

3. Your friends? What commitments have you made to them?

4. And what commitments have you made to your co-workers?

Skill 6 – Making commitments to others
Task 2: In your HEART, how truthful are you?

1. Which of the commitments you have made to the significant others in your life are you comfortable with right now?

2. Which of the commitments you have made do you feel uncomfortable with today?

3. Given that a commitment in effect puts limits on you, how comfortable are you with the control placed on you by your commitments? Some of us are afraid of these controls and so avoid commitments. Do you?

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4. Would you consider yourself a highly principled person?

Skill 6 – Making commitments to others
Task 3: How RIGHT are you in your group?

1. Does your lover consider you a person of integrity? As one who makes and keeps commitments?

2. Do your friends consider you a person of integrity?

3. How about your family? Do they find you to be a person of integrity?

4. Your co-workers? Do they find you to be a person of integrity?

Skill 6 – Making commitments to others
Task 4: How well are you WORKing?

1. Do you make commitments to others?

2. Do you keep your commitments to others?

3. Do you expect others to make commitments to you?

4. Do others keep their commitments to you?

When Skills 5 and 6 are not working well, there inevitably is frustration. Think about it. **When we don't contract well we don't get what we want, or what we need. Frustration is what we experience when we don't get what we want. If your friend or lover is frustrated, they aren't getting what they want. If there is frustration, work on Skills 5 and 6.**

With Skills 7 and 8 we turn to the area of "Collaborative Teamwork."

Here is a quick review of the first 6 Skills.

Skill 1: Self-awareness
Skill 2: Self-disclosure
Skill 3: Listening to another
Skill 4: Accepting another
Skill 5: Bringing your needs to others.
Skill 6: Making commitments to others.

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Now, we look at two more Skills:

Skill 7: Managing your own self alone.
Skill 8: Managing closeness with others.

Collaborative Teamwork is really necessary for survival. Men and women approach this effort with different preferences. Nonetheless, it is extremely important that those in relationship with each other, no matter what the combination of genders, take the step of collaborative teamwork. It can be as simple as figuring out how to take the garbage out, and as complex as how to help warring nationalities to get along.

Skills 7 and 8 are integral to effective collaborative teamwork. Whenever we try to work as a team, within large groups or just with your lover, you must be able to manage distance. You must be able to manage intimacy and closeness. If we are too alone for too long, we get anxious. If we are too close for too long, we get anxious. It is not a matter of whether or not we will experience some anxiety, but which anxiety we will experience. We will experience both, more or less, depending on our choices.

The choices are two: Can I enter into solitude and handle the anxiety of being alone, and can I enter into intimacy and handle the anxiety of being controlled by another?

These issues, as is the case with much of the material in this eCourse, are spoken of in greater detail in my eBook *SAVE YOUR MARRIAGE*, which can be found on our website.

If we can handle the twin problems of being with ourselves, and with others, then we can engage in collaborative teamwork. Think about it. If you can be alone without becoming lonely, then you have the strength to stand alone in life. If you can't, you are driven to attach to other people. If you can be with other people without attaching, then you can avoid the pitfalls associated with controlling others through your attachment.

Learn to be alone without being lonely, and together without controlling with attachment.

Let's take a look at Skills 7 and 8 in more detail.

Skill 7: Managing your own self alone.

Skill 7 – Managing your own self alone
Task 1: Getting all the FACTS.

1. How much time do you take to be alone with your self?

2. What do you do to calm your own anxiety?

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3. What do you do to foster your own creativity?

4. What do you do for "self-care"?

Skill 7 – Managing your own self alone
Task 2: In your HEART, how truthful are you?

1. Do you dread being along?

2. Do you have confidence in your own creativity?

3. Are you comfortable with the amount of anxiety in your life?

4. Are you caring well for your body, mind, soul, and spirit?

Skill 7 – Managing your own self alone
Task 3: How RIGHT are you in your group?

1. Is your group okay with the amount of solitude you take for your self?

2. Is the amount of anxiety you experience in life within the range of normal for your family, friends, co-workers, and lover?

3. Do others find your creativity valuable?

4. Are others okay with how you take care of your body, mind, soul, and spirit?

Skill 7 – Managing your own self alone
Task 4: How well are you WORKing?

1. Are you satisfied with the quality of solitude you get in life?

2. How much anxiety do you live with, and around what issues?

3. Are you satisfied with the amount of creativity you have in your life?

4. Is the self-care you do actually working for you?

Skill 8: Managing closeness with others.

Skill 8 – Managing closeness with others
Task 1: Getting all the FACTS.

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1. Do you get close with others? Who and when?

2. What do you do with friends, family, co-workers, and your lover? What do you do with some, and not with the others? You extend yourself to some, and not to others. What makes the difference?

3. How anxious are you about being controlled by friends, family, co-workers, and your lover?

4. How creative can you be with friends, family, co-workers, and your lover?

Skill 8 – Managing closeness with others
Task 2: In your HEART, how truthful are you?

1. Do you feel comfortable working collaboratively with your friends, co-workers, family, and especially your lover? When do you feel great? When do you feel poorly about your collaborative efforts?

2. What makes you feel uncomfortable collaborating?

3. How anxious are you about controlling others, or being controlled by them?

4. How comfortable are you with the creativity you bring to your relationships, and the effectiveness of creative and collaborative efforts?

Skill 8 – Managing closeness with others
Task 3: How RIGHT are you in your group?

1. Do you believe others are comfortable in seeking out your help?

2. Are you perceived as a valuable resource when it comes to helping others to solve their problems?

3. Can you offer suggestions to others respectfully? Just how bossy are you?

4. Do others find your creativity helpful often enough so that both you and they find your continued contributions to be worthwhile?

Skill 8 – Managing closeness with others
Task 4: How well are you WORKing?

1. Does the closeness you create in your life with others seem to work for you? Or not?

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2. Look at your relationships. Are they working? Are you co-laboring together in ways that are working for everyone involved?

3. Is the amount of anxiety you have during your collaboration with others manageable?

4. Do you actually bring helpful creativity to the collaborative process of problem solving with others? Or, does your opinion seldom count enough for you?

How do you know when Skills 7 and 8 are not working? Conflict. The conflict is always between how much you should take care of yourself, and how much you should take care of those with whom you belong. If you focus on yourself, there are some great benefits. But, there are also some real disadvantages to being so self-focused. On the other hand, if you focus on the others in your world, there are some real benefits. But, too much of a good thing can result in some real problems. Here is where conflict comes into play. Conflict is a control drama that involves a balancing act between "my way or your way." **The solution is to find a win-win alternative, and the solution is in finding a way to be alone without being lonely, and together with others without controlling attachment. Pay attention to conflict for it surely indicates a problem with Skills 7 and 8.**

Section 8: Review

PART ONE-COURSE CONTENTS

SECTIONS
1. Welcome
2. Benefits of taking this course
3. Introduction
4. Some real limitations
5. Data that will Inform You

PART TWO COURSE CONTENTS

SECTIONS
6. **A**nalysis that will bring you Clarification
   STEP 1. Mining the FACTS
   With 8 Tasks
   STEP 2. Listening to your HEART
   With 3 Tasks
   STEP 3. Checking what actually WORKS

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With 4 Tasks
STEP 4. Examining what is RIGHT
With 5 Tasks

PART THREE COURSE CONTENTS

SECTIONS
7. Action that will Transform You
STEP 5: Sharing your identity with yourself, and with your lover
Skill 1: Self-awareness
4 Tasks
Skill 2: Self-disclosure
4 Tasks
Skill 3: Listening to another
4 Tasks
Skill 4: Accepting another
4 Tasks
STEP 6: Contracting with each other for your emotional needs
Skill 5: Bringing your needs to others
4 Tasks
Skill 6: Making commitments to others
4 Tasks
STEP 7: Creative and collaborative teamwork
Skill 7: Managing your own self alone
4 Tasks
Skill 8: Managing closeness with others
4 Tasks

8. Review
9. Next Steps
10. Further Resources

Section 9: Next Steps

This eCourse has been designed to help you to "know who you are and be who you are." The fact is that you do really matter. You matter to your own self, to your lover, to your family, your friends, to your co-workers, and to God. You play a significant role in the way your community lives and moves and has its being.

But your journey is not over. Not nearly.

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The continued growth and evolution of our species is dependent upon the strides we all take as individuals and as a community to raise our consciousness, and with that, to raise the level of our behavior with each other.

You can become more. And, to become more, you must live a reflective life in community with others.

For them to grow, they too must live reflectively with you.

We live alone, together. We are a part and apart at the same time. Always.

You are urged to share your journey with others who are also on the way. There are two things to you can do to help right now!

1. Write something of your self-discovery process and send it to us at contact@you-can-save-your-marriage.com. We will be publishing excerpts from real life stories in future editions of this eCourse. Our hope is that by sharing such stories we can affirm each other, and encourage each other. Give us your story about what really helped you to "know who you are and be who you are."

2. You can tell other like-minded people about this eCourse. Anyone can go to www.you-can-save-your-marriage.com and sign up for this 3 PART eCourse. We support each other, we all benefit. It is the Golden Rule.

3. Certainly, if you have any questions or concerns, any comments about this eCourse, any recommendations at all, please email them to us at contact@you-can-save-your-marriage.com and we will do our best to respond to them promptly. Make sure you indicate which course you took by type and title. If we are unclear, we will email you back again.

Section 10: Further Resources

1. *Please Understand Me II,* Temperament Character Intelligence. By David Keirsey. Prometheus Nemesis Book Company, 1998.

2. *Type Talk,* The 16 Personality Types That Determine How We Live, Love, and Work. By Otto Kroeger and Janet M. Thuesen. A TildenPress Book., 1988.

3. *The 16 Sixteen Personality Types.* Descriptions for Self-Discovery. By Linda V. Berens and Dario Nardi. Telos Publications, 1999.

4. http://keirsey.com. This is the web page where you can learn a great deal more about David Keirsey's 4 temperaments.

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Thanks so much for traveling on this journey together.

May you know who you are, and may you joyously be who you are!

Andrew D. Atwood, D.Min., LMFT, CSW
On behalf of the folks at www.you-can-save-your-marriage.com

Thank you for engaging in this eCourse.

We at www.you-can-save-your-marriage.com are greatly interested in your comments and feedback. What here works for you? What doesn't work for you? What moves your heart, and what doesn't? What seems to be morally right, and morally wrong?

If you would be willing to share something of your story with us, and with future "students," please do so by emailing me at contact@you-can-save-your-marriage.com

I would enjoy hearing from you.

And Check out my eBook **SAVE YOUR MARRIAGE** on our website. You will find lots of practical advice for those who want to be well married for years to come. And, of course, make sure you sign up for our **FREE Monthly Newsletter**. It, too, is full of practical help.

Many Thanks,
Dr. Andrew D. Atwood

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