

IN
THE
NAME
OF

love 2

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Words and thoughts have power.



The way we think about things &
the way we speak about them
enable them to manifest.



When was the last time you found yourself complaining about your partner instead of constructively expressing your feelings?

Did the person you chose to share this with have positive feedback or negative?

How did that alter or support your opinion?



When your positive thoughts about each other are so strong, they tend to supersede your negative feelings and therefore it takes a much more significant conflict to lose your equilibrium as a couple.



Most marriages start off with such a high positive set point that it is hard for either partner to imagine the relationship derailing.



HOMework 1

As an exercise for one week, try to be extra thoughtful when it comes to your partner.

Refrain from saying anything negative - and only do things that are considerate.

I realize this is extreme but it is a one week exercise.



We expect our spouse to be our:



We expect our spouse to be our:

Best friend



We expect our spouse to be our:

Best friend

Excellent parent



Great lover

We expect our spouse to be our:

Best friend

Excellent parent



Great lover

We expect our spouse to be our:

Best friend

Good provider

Excellent parent



Great lover

We expect our spouse to be our:

Best friend

Good provider

Loving care giver

Excellent parent



Great lover

We expect our spouse to be our:

Best friend

Good provider

Loving care giver

Excellent parent

Willing volunteer



Great lover

We expect our spouse to be our:

Best friend

Good provider

Loving care giver

Excellent parent

Willing volunteer

Physically fit



Healthy

Great lover

We expect our spouse to be our:

Best friend

Good provider

Loving care giver

Excellent parent

Willing volunteer

Physically fit



Healthy

Great lover

We expect our spouse to be our:

Best friend

Good provider

Loving care giver

Excellent parent

Sensitive

Willing volunteer

Physically fit



Healthy

Great lover

We expect our spouse to be our:

Best friend

Good provider

Loving care giver

Excellent parent

Generous

Willing volunteer

Sensitive

Physically fit



Great lover

Healthy

Well liked

We expect our spouse to be our:

Best friend

Good provider

Loving care giver

Excellent parent

Generous

Willing volunteer

Sensitive

Physically fit



Healthy

Well liked

Great lover

We expect our spouse to be our:

Open minded

Best friend

Good provider

Loving care giver

Excellent parent

Generous

Willing volunteer

Sensitive

Physically fit



Healthy

Well liked

Great lover

We expect our spouse to be our:

Open minded

Best friend

Good provider

Loving care giver

Excellent parent

Generous

Willing volunteer

Sensitive

Physically fit

Polite



Healthy

Well liked

Great lover

We expect our spouse to be our:

Open minded

Best friend

Good provider

Loving care giver

Excellent parent

Generous

Willing volunteer

Sensitive

Physically fit

Polite

Intelligent



Healthy

Well liked

Great lover

We expect our spouse to be our:

Open minded

Best friend

Good provider

Loving care giver

Excellent parent

Generous

Willing volunteer

Sensitive

Physically fit

Polite

Intelligent

Have similar interests



Healthy

Well liked

Great lover

We expect our spouse to be our:

Open minded

Best friend

Good provider

Loving care giver

Excellent parent

Generous

Willing volunteer

Sensitive

Physically fit

Polite

Intelligent

Have similar interests

Happy to spend leisure time with us



To the degree that we're separated from others is to the degree we're separated from the Creator.

We cannot be separated from others & still be connected to the Light.



Think back in the past week or month to where you could have awakened compassion for your partner but you found it hard to relate or support them and what they were going through.



To really feel for another person
there must be an aspect of
humility.



How do you keep score in your relationship?

By keeping score how does that lead you to make mistakes in the way you behave in your relationship?



There are 2 steps we need to take to avoid focusing away from the blessings we have:

1. Be aware that there is a constant voice or force that is going to try to get us to focus only on areas we're lacking. This voice is coming from the dark side of our nature.

2. It's our responsibility to fight this tendency, this means telling ourselves "I'm going to forget about that one area of lack & I'm going to focus even more strongly & reawaken appreciation for what I do have."



How much appreciation do you have for your partner?

Where do you have it & what is it specifically?

If you don't, why not?

Write down 3 things you can find to appreciate about them.



In what ways do you support your partner & does he/she support you?

In what ways can you be more supportive of each other?



HOMework 2

Choose to focus on 1 of the 5 ideas we covered tonight that you know needs the most attention in your relationship. Put energy towards growing that everyday in the coming week.



IN
THE
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love

Part 2
Lecture 3

Tuesday, November 30th @ 8 PM

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Still have questions?

email askmonica@kabbalah.com

