

BATTLING TO BLISS TEMPLATE

THE FIGHT	
<p>Triggers: What set the fight off? What fight am I avoiding? What was happening as the fight erupted?</p>	
<p>Feelings: How did I feel just before? What did I feel prior and during the fight? Was there another yearning or feeling I was avoiding?</p>	
<p>Yearning: What did I really want to happen instead and what did I think that would do for me? What's my deeper yearning beneath the fight? (Use the chart in Chapter 4).</p>	
<p>Share: your yearning with your partner. What's the fight? <i>or</i> What fight am I avoiding? What was happening right before the fight?</p>	
ENGAGE	
<p>Follow the yearning: Choose at least one of the seven rules of engagement and act on it or choose a behavior or way of being from the right side of the continuum—and do it.</p>	

<p>REVEAL</p>	
<p>Feelings: When have I felt this way before? Is there a pattern? What's familiar to me about this feeling? When have I felt this way before as a child?</p>	
<p>Thoughts: What am you thinking on the surface and what's really going on underneath? What core mistaken beliefs relate? What unfinished business got triggered? What is my unfinished business that surfaced in this fight?</p>	
<p>Share: what you discovered in revealing with your partner.</p>	
<p>LIBERATE</p>	
<p>Think: Use your revealing to plan and make liberating moves: What can I do differently next time? Plan to do it differently next time and tell your partner what moves you intend to make—and do it.</p>	
<p>Act: Action includes what you do, think, and feel. Do make it different.</p>	

REMATRIX

Strategize: Plan and strategize liberating consistently to change your patterns and shift your mistaken beliefs.

Use If/Then's or Implementation Intentions: If _____ (situation, circumstance, way of being, mood, time of day, event, with a particular person, etc.), then I will _____.