



TruthFULLY

EMPOWERMENT
TRAINING

3D Relationships

4D Relationships

SECRECY

Withholding information from my partner and myself.

With secrecy, my partner never gets to know who I truly am. Because I hide the truth from myself, I don't really know who I am either.

HONESTY & OPENNESS

Total honesty with my partner.

Honesty means being 100% who I truly am. With honesty, my partner gets to know who I truly am. I do not withhold a comment or information just to avoid hurting my partner, or to control the relationship. Because I can never really know or predict what will hurt another or how they will react to my honesty, I should therefore stop assuming responsibility for the other person's emotions, growth, and reactions to my honest non-manipulative communications.

CONDITIONAL LOVE

I will love you, only as long as you fulfill my needs and expectations. I will withdraw my love if you don't satisfy me.

UNCONDITIONAL LOVE

Even if you don't fulfill my needs and expectations, I will still love you. I love you for who you are without trying to change you. But although I love you without conditions, that doesn't mean I won't set boundaries with you.

EXPECTATION

I want, expect, and try to get my partner to fulfill my expectations and needs. I use my partner to satisfy my needs.

NO EXPECTATIONS

I trust and enjoy my partner as they are. If my needs are not being met by the relationship, I accept my partner as they are and release the relationship in search of a partnership that is in alignment with what I need and want.