

AWAKEN YOUR PRECIOUS PRESENT
Discover What's Missing Find The Answers
Ignite The Spark Within

- **Welcome To Issue #29-July 2006**
- ***New Phone #! 847-566-3122!**
- **Article: What are the Essential Elements of a Loving Relationship?**
- **Article: What Shamu Taught Me About a Happy Marriage by Amy Sutherland**
- **Relationship Coaching Definitions: Realm**
- **Upcoming Local Events**
- **Visit our website at www.trulyhumancoaching.com**

To Submit ☺
articles,
questions or
comments,
write Jim
directly at:
Jim@trulyhumancoaching.com

Have an
upcoming
event? Contact
Jim to submit
today!

“Seeing is for
impeccable
men. Temper
your spirit
now, become a
warrior, learn
to see, and then
you’ll know
that there is no
end to the new
worlds ...”

Welcome to Issue #29



Greetings Friends,

Relationships... we are enmeshed in them, involved in them, a part of them, create them. We cannot not be in relationship... even when we are alone, we are still ‘in relationship’ with others, with nature, with our bodies, our thoughts, with the past and with our future. It is in our interest to be intentional about our relationships, yes, how do we want each relationship to be? How do we want to think and feel about these relationships? What kind of space do we want to create, what kind of mood do we set?

This month is all about relationships. I ask you to give me your thoughts by answering “what are the essential elements of a loving relationship?”; share a beautiful story (properly referenced although without permission from the author ☺) and the useful definition of “realm” that affects us all from time to time.

MY NEW PHONE NUMBER : 847-566-3122!!
Yes, please change my number in your records ☺

If you would like to know more about relationships coaching, or join me with your partner for a complimentary sample; write jim@trulyhumancoaching.com or call 847-566-3122

Enjoy the articles, browse the upcoming local events and create greatness in all you do.

Blessings to you all,

Jim

The Essentials Elements of a Loving Relationship

What are the essential elements of a loving relationship? Are there universal or culturally agreed upon elements, aspects, or characteristics of loving relationships? In fact, is there enough information and agreement about what a loving relationships is in order to then define its essential characteristics? Yes, in fact, knowing how we define the 'it' before we describe 'it's elements' would be the true order of things, in the normal course of things, as things go.

I started asking the question: "What are the essential elements of a loving relationship?" I asked myself first, then my partner, then other coaches, friends and associates. Note: not one person asked me what I meant by "Loving Relationships"... not one. Is it really that common of an understanding? Is it like the saying: "use your common sense". That my mother used to tell me? Was this part of the common sense that was not as common in my household that I missed? I think not...

What are the essential elements of a loving relationship?

So now I'm asking you! What do you consider the essential elements of a loving relationship?

Now, there are no 'right or wrong' answers to this question, what is considered 'essential' to one person may be considered insignificant, desired, or 'non-essential' to others. What I'm looking for is "WHAT IS ESSENTIAL FOR YOU?" What is it that is it that you want and need most in relationships? What is it that for you makes a loving relationship successful, joyous and valuable?

WHAT IS ESSENTIAL FOR YOU?

Send your answers to jim@trulyhumancoaching.com Next month I will reprint your answers, (with or without mention of you, as you so desire) as well as use the information as I write my second book: The Essential Elements of Loving Relationships!

.....

Realm

Feeling 'yuck'; making bad pictures in your mind about potential bad things that could happen, listening as your gremlins tell you how something that you really want won't work out, how you really know that you deserve less that you want... YUCK!

These things are some of the characteristics of 'realm'. Realm is a place that we all 'go to' at some point normally when things seem 'really tough'. "Realms are like small personal enclosed worlds that have their own 'weather', their own irrational beliefs and their own 'geography', (desolate, desert, etc...)

How do you recognize a 'realm'? One moment, a person might be holding their own in a conflict or discussion when suddenly they become fatigued, overwhelmed or they simply appear to run out of skills. It's as if a trap door has appeared out of nowhere and swallowed them up!

Realms are normally self-protective; people go into a realm when things are 'too tough', they can no longer stretch to stay engaged in the situation.

What do you do when you or another person you are with is in a realm?

For yourself, recognize it as the realm it is, that is a familiar place yet not a very productive or positive place. Allow yourself to understand this and become objective as if observing this 'realm space' from the outside, and making a decision on using some time to move past the realm and back into conversation.

For others, be compassionate, give them some space and know that what they may be doing or saying has little or nothing to do with what is going on with you, and almost entirely what is going on in them. I also suggest giving the other person some space and then, depending on your relationships with the person, you may want to share your experience about realms with them.

How often do you or those you care about end up in a 'realm'?

Realms are often associated with a disappointed dream or desire, or may show up when a person is operating too close to their own edge for too long and become fatigued, overwhelmed or triggered. If you find yourself in a realm or involved in realms in your partnership or family (yes, they are contagious!), connect with me for a consult. Often times relationship challenges and realm issues can be overcome in as little as 1 or 2 sessions, call and find out more: 847-566-3122 or write jim@trulyhumancoaching.com.

The notion of realm comes from information provided in the Relationship Systems Training through the Coaches Training Institute; created by Marita Friedjhon and Faith Fuller. See <http://www.the Relationship Coaches.com/index.html>

June 25, 2006
Modern Love

What Shamu Taught Me About a Happy Marriage

By AMY SUTHERLAND

AS I wash dishes at the kitchen sink, my husband paces behind me, irritated. "Have you seen my keys?" he snarls, then huffs out a loud sigh and stomps from the room with our dog, Dixie, at his heels, anxious over her favorite human's upset.

In the past I would have been right behind Dixie. I would have turned off the faucet and joined the hunt while trying to soothe my husband with bromides like, "Don't worry, they'll turn up." But that only made him angrier, and a simple case of missing keys soon would become a full-blown angst-ridden drama starring the two of us and our poor nervous dog.

Now, I focus on the wet dish in my hands. I don't turn around. I don't say a word. I'm using a technique I learned from a dolphin trainer.

I love my husband. He's well read, adventurous and does a hysterical rendition of a northern Vermont accent that still cracks me up after 12 years of marriage.

But he also tends to be forgetful, and is often tardy and mercurial. He hovers around me in the kitchen asking if I read this or that piece in *The New Yorker* when I'm trying to concentrate on the simmering pans. He leaves wadded tissues in his wake. He suffers from serious bouts of spousal deafness but never fails to hear me when I mutter to myself on the other side of the house. "What did you say?" he'll shout.

These minor annoyances are not the stuff of separation and divorce, but in sum they began to dull my love for Scott. I wanted — needed — to nudge him a little closer to perfect, to make him into a mate who might annoy me a little less, who wouldn't keep me waiting at restaurants, a mate who would be easier to love.

So, like many wives before me, I ignored a library of advice books and set about improving him. By nagging, of course, which only made his behavior worse: he'd drive faster instead of slower; shave less frequently, not more; and leave his reeking bike garb on the bedroom floor longer than ever.

We went to a counselor to smooth the edges off our marriage. She didn't understand what we were doing there and complimented us repeatedly on how well we communicated. I gave up. I guessed she was right — our union was better than most — and resigned myself to stretches of slow-boil resentment and occasional sarcasm.

Then something magical happened. For a book I was writing about a school for exotic animal trainers, I started commuting from Maine to California, where I spent my days watching students do the seemingly impossible: teaching hyenas to pirouette on command, cougars to offer their paws for a nail clipping, and baboons to skateboard.

I listened, rapt, as professional trainers explained how they taught dolphins to flip and elephants to paint. Eventually it hit me that the same techniques might work on that stubborn but lovable species, the American husband.

The central lesson I learned from exotic animal trainers is that I should reward behavior I like and ignore behavior I don't. After all, you don't get a sea lion to balance a ball on

the end of its nose by nagging. The same goes for the American husband.

Back in Maine , I began thanking Scott if he threw one dirty shirt into the hamper. If he threw in two, I'd kiss him. Meanwhile, I would step over any soiled clothes on the floor without one sharp word, though I did sometimes kick them under the bed. But as he basked in my appreciation, the piles became smaller.

I was using what trainers call "approximations," rewarding the small steps toward learning a whole new behavior. You can't expect a baboon to learn to flip on command in one session, just as you can't expect an American husband to begin regularly picking up his dirty socks by praising him once for picking up a single sock. With the baboon you first reward a hop, then a bigger hop, then an even bigger hop. With Scott the husband, I began to praise every small act every time: if he drove just a mile an hour slower, tossed one pair of shorts into the hamper, or was on time for anything.

I also began to analyze my husband the way a trainer considers an exotic animal. Enlightened trainers learn all they can about a species, from anatomy to social structure, to understand how it thinks, what it likes and dislikes, what comes easily to it and what doesn't. For example, an elephant is a herd animal, so it responds to hierarchy. It cannot jump, but can stand on its head. It is a vegetarian.

The exotic animal known as Scott is a loner, but an alpha male. So hierarchy matters, but being in a group doesn't so much. He has the balance of a gymnast, but moves slowly, especially when getting dressed. Skiing comes naturally, but being on time does not. He's an omnivore, and what a trainer would call food-driven.

Once I started thinking this way, I couldn't stop. At the school in California , I'd be scribbling notes on how to walk an emu or have a wolf accept you as a pack member, but I'd be thinking, "I can't wait to try this on Scott."

On a field trip with the students, I listened to a professional trainer describe how he had taught African crested cranes to stop landing on his head and shoulders. He did this by training the leggy birds to land on mats on the ground. This, he explained, is what is called an "incompatible behavior," a simple but brilliant concept.

Rather than teach the cranes to stop landing on him, the trainer taught the birds something else, a behavior that would make the undesirable behavior impossible. The birds couldn't alight on the mats and his head simultaneously.

At home, I came up with incompatible behaviors for Scott to keep him from crowding me while I cooked. To lure him away from the stove, I piled up parsley for him to chop or cheese for him to grate at the other end of the kitchen island. Or I'd set out a bowl of chips and salsa across the room. Soon I'd done it: no more Scott hovering around me while I cooked.

I followed the students to SeaWorld San Diego, where a dolphin trainer introduced me to least reinforcing syndrome (L. R. S.). When a dolphin does something wrong, the trainer doesn't respond in any way. He stands still for a few beats, careful not to look at the dolphin, and then returns to work. The idea is that any response, positive or

negative, fuels a behavior. If a behavior provokes no response, it typically dies away.

In the margins of my notes I wrote, "Try on Scott!"

It was only a matter of time before he was again tearing around the house searching for his keys, at which point I said nothing and kept at what I was doing. It took a lot of discipline to maintain my calm, but results were immediate and stunning. His temper fell far shy of its usual pitch and then waned like a fast-moving storm. I felt as if I should throw him a mackerel.

Now he's at it again; I hear him banging a closet door shut, rustling through papers on a chest in the front hall and thumping upstairs. At the sink, I hold steady. Then, sure enough, all goes quiet. A moment later, he walks into the kitchen, keys in hand, and says calmly, "Found them."

Without turning, I call out, "Great, see you later."

Off he goes with our much-calmed pup.

After two years of exotic animal training, my marriage is far smoother, my husband much easier to love. I used to take his faults personally; his dirty clothes on the floor were an affront, a symbol of how he didn't care enough about me. But thinking of my husband as an exotic species gave me the distance I needed to consider our differences more objectively.

I adopted the trainers' motto: "It's never the animal's fault." When my training attempts failed, I didn't blame Scott. Rather, I brainstormed new strategies, thought up more incompatible behaviors and used smaller approximations. I dissected my own behavior, considered how my actions might inadvertently fuel his. I also accepted that some behaviors were too entrenched, too instinctive to train away. You can't stop a badger from digging, and you can't stop my husband from losing his wallet and keys.

PROFESSIONALS talk of animals that understand training so well they eventually use it back on the trainer. My animal did the same. When the training techniques worked so beautifully, I couldn't resist telling my husband what I was up to. He wasn't offended, just amused. As I explained the techniques and terminology, he soaked it up. Far more than I realized.

Last fall, firmly in middle age, I learned that I needed braces. They were not only humiliating, but also excruciating. For weeks my gums, teeth, jaw and sinuses throbbed. I complained frequently and loudly. Scott assured me that I would become used to all the metal in my mouth. I did not.

One morning, as I launched into yet another tirade about how uncomfortable I was, Scott just looked at me blankly. He didn't say a word or acknowledge my rant in any way, not even with a nod.

I quickly ran out of steam and started to walk away. Then I realized what was happening, and I turned and asked, "Are you giving me an L. R. S.?" Silence. "You are,

aren't you?"

He finally smiled, but his L. R. S. has already done the trick. He'd begun to train me, the American wife.

Amy Sutherland is the author of "Kicked, Bitten and Scratched: Life and Lessons at the Premier School for Exotic Animal Trainers" (Viking, June 2006). She lives in Boston and in Portland,

Did I mention I have a new phone number?

847-566-3122!

UPCOMING TRAININGS:

**Design Human Engineering comes to Chicago,
August 8-13**

Join John LaValle, MBA and President of the Society of NLP and Barbara Stepp, Master Trainer for Design Human Engineering™ in Chicago.

Absolutely no experience necessary

This is the first DHE in Chicago since 2000, with [Richard Bandler](#) and Barb Stepp.

It is the only one offered in the US this year and probably 2 or more, so register early to get the low tuition.

Mark your calendars for August 8-13, 2006!

In Design Human Engineering™, we teach you how to design and install tools and devices inside your mind to create new and never-before-experienced powerful states. It's not really about the tools, although designing a ruler, electronic measuring device, magnifying glass or in my case, a machine that eats up cancer cells (worked for me) etc. could be valuable, couldn't it? And that's only the beginning! DHE™ helps you to design and install the elements to propel yourself into futures of excitement and opportunity. So, It's not just about tools, it's to show your mind what's possible-expand the field of possibilities. Richard Bandler has said that

NLP has to do with the study of the structure of subjective experience AND Communication Excellence.

Learn more than you ever thought possible, attend an NLP workshop and experience the magic yourself!

Join DHE for a never-before experience.

NLP Fundamentals!-Communication Excellence

Saturday & Sunday – September 9th and 10th ; 10-6pm
The Purple Hotel- write jim@trulyhumancoaching.com for more info

Communication Excellence!

Have you ever noticed people that were so influential and persuasive? In any situation? No matter what? Where these people born gifted? Did they learn these secrets from some guru? The answer is, most of them do not even realize how they do what they do, but now you can learn these patterns yourself!

ANYONE CAN LEARN TO BE MORE INFLUENTIAL

Communication Excellence!

It all has to do with how we use our own brain—how we connect our language, its how we use our verbal and non-verbal behavior, and how you can increase your influence!!

GAIN THEIR INTEREST AND ENTHUSIASM

Ever wonder how you can create a sense of wonder and curiosity...a strong desire to learn and listen even closer to what you are teaching or saying? LEARN NOW what thousands of others have learned. Gain for yourself the insight that allows you to create the results you want, in almost any situation! Register today!

Here is a two day intensive with "some NLP you can use right away" kind of focus. I will be spending most of the time on communication tools, building conscious/unconscious rapport, and some "NLP Basics" on day one, while on day two focus primarily on "meta-programs", the specific language patterns to enhance rapport and influence. Above is the 'ad' that I have on my website: www.midwestnlp.com.

The cost of the workshop is \$379.00 for both days... I hope to see you there! Write me at jim@trulyhumancoaching.com or call 847-566-3122 to confirm.