



Module 2

SELF KNOWING

Root Chakra. Relationships. Love Languages.

Who Am I in RELATIONSHIPS?

OHHH LAAAA... You've taken your first steps towards getting to know & align with who YOU truly are. In these first few weeks, we're laying a foundation – deepening your roots – for the soul alignment that's to come. Let's continue the journey!



Our Next Step Together...

You've completed the Free Love Language Quiz... Now, let's take your learning about yourself deeper and figure out who you are in relationships.

In module 2, we'll explore:

- ✓ **The Root Chakra & Intuition**
- ✓ **Who you are in Relationships:** the patterns & behaviours that have created your relationships in the past (and contributed to their success, failure or challenges).

Suggested Resources:

- 'The Five Love Languages' by Dr. Gary Chapman

Learning: ROOT CHAKRA

The Root (1st) chakra is located at the base of our spine or just below the perineum. This energy center relates to the source of our energy; essentially, it's our foundation. It reflects our security in life and our ability to feel centered – grounded – connected in our life and in our communities.

This chakra reveals survival, birth and generational patterns. Do you struggle in life/money/relationships or do you thrive? This energy center asks you to shift from giving up your 'Self' for survival or benefit of the 'tribe' to claiming & honoring your unique truth in order to help the tribe thrive.

In this chakra, we:

- Develop our belief systems & values that governs the flow of every area of our life
- Learn to self reflect and explore our core beliefs, patterns & values
- Discover how to support ourselves to thrive in life

Healthy 1st Chakra

When our Root Chakra is healthy and flowing, we find ourselves flowing *with* life. Life is effortless and we feel unburdened and fully supported in all matters. We feel connected, grounded, centered and clear about *how* we approach and move through our life experiences.

When our Root Chakra is overactive, we may find ourselves bossy, dominating, 'cocky', violent or greedy. When it is underactive, we find ourselves feeling unloved, unsafe, isolated, frustrated or fearful.

How It Relates to Intuition

When *we* feel secure in life & relationships, we 'see' or 'know' where others are feeling insecure in life – and why. This first chakra is the 'root' of all that we do and say in life. Tapping into the intuition of your root chakra brings clarity & understanding around why it is that you do an say what you do.

Tool #1:

ASSESS YOUR ROOT CHAKRA

1. Acknowledge the state of your root chakra

Circle all of the options below that apply to you.

Body Image Insecurities	Struggle with Weight	Content with Body/Image
Struggle with Debt	Lack of/Inconsistent Money	Always Enough Money
Sense that I'm Not Worthy	Sense that I Am Worthy	Feel Wanted
Sense of Not Belonging	Strong Sense of Belonging	Feel Unwanted
Feel secure with life	Feel insecure with life	

2. Where do you play out survival patterns in your life?

We each have at least 1 area of life where we play out a 'survival' pattern. Where are you 'surviving' or 'getting by with just enough' instead of 'thriving'?

*Circle all that apply to you

Money

Health

Weight

Relationships

3. Indicate with an arrow how open you believe this chakra is:

Closed				Balanced				Overflowing		
0	1	2	3	4	5	6	7	8	9	10

Learning: RELATIONSHIPS

The next step in your personal & soul alignment is to get really honest about who you are in relationships – what it is that fills you up, how you approach struggles or challenges and how you communicate in relationships – essentially, to understand how **you** navigate relationships.

Before we can understand how you navigate relationships & why, we need to first understand the dynamics of relationships. Life is ALL about relationships – depth of connection and the ability to share our life with others is what truly fulfills us. Unfortunately, many of us struggle to the point of avoiding or sabotaging relationships out of fear.

Our goal in module 2 is to begin developing a solid understanding and awareness of the many facets of relationships (and how you show up in them) so you can begin to approach relationships understanding their journey and navigating them with ease.

3 Critical Steps to Navigating Relationships with Ease

1) Understand the 5 Relationship Stages

- ✓ Awareness of the 5 stages in relationships
- ✓ Identify the challenge & focus of stages 1 & 2
- ✓ Develop relationship self awareness

2) Identify your Argument Style

- ✓ Awareness of the two argument styles
- ✓ Identify your personal argument style
- ✓ Identify your relationship fears & blocks

3) Identify your Love Language

- ✓ Awareness of the 5 Love Languages
- ✓ Identify your personal love language
- ✓ Develop skills to build & navigate relationships with ease

RELATIONSHIP STAGES

All *good* relationships (romantic & friendships) start from a similar point – they’re exciting!! It’s like you’re high on love – all exciting, lots of energy and a ton of fulfillment.

The relationship ‘high’, unfortunately, doesn’t last forever. All relationships move through different stages (regardless of the type of relationship) and each stage brings with it its own challenges and benefits. Knowing ahead of time what these challenges and benefits are allows us to navigate relationships with a sense of purpose and ease.

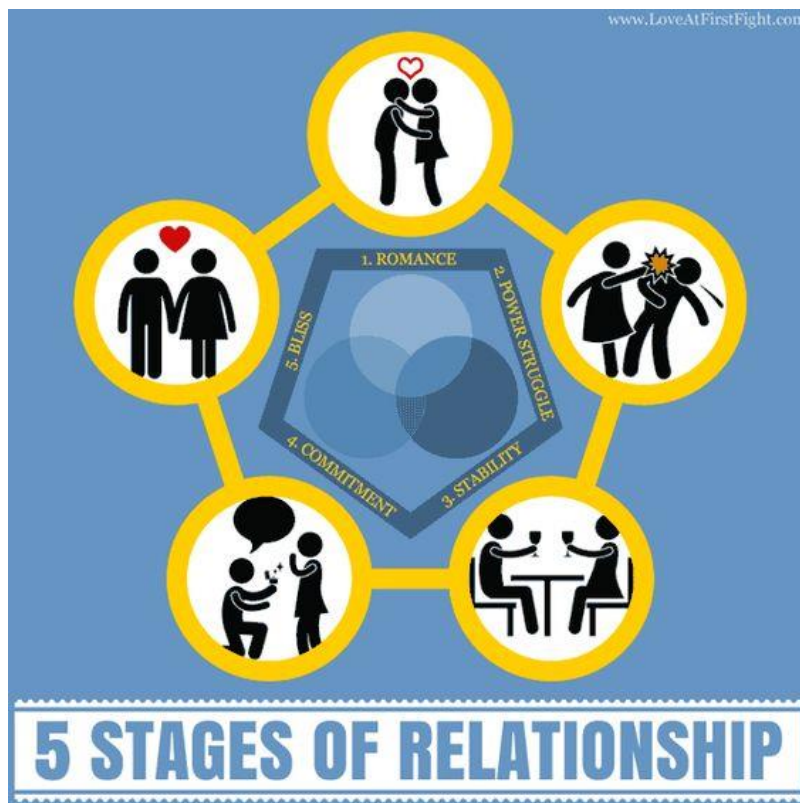


Photo Credit: Love at First Fight/Bruce Muzik

5 RELATIONSHIP STAGES:

1) Romance Stage

Come together...feels like you're high on love & excitement

2) Power Struggle Stage

Find your individuality...feels like torture & constant arguments

3) Stability Stage

Learn how to be *inter*dependent...feel securely connected

4) Commitment Stage

Learn to choose each other rather than *needing* each other

5) Bliss Stage

Move into a co-creative state where, together, you're a gift to the world

*For further information on the stages of relationships, check out Bruce Muzik at Love at First Fight:
<http://www.loveatfirstfight.com/relationship-advice/relationship-stages/>*

For the purposes of your learning here, we're going to focus in on stages 1 & 2.

THE ROMANCE STAGE

Relationships begin with being head over heels for someone – regardless of whether it's a romantic interest, family member or a friend...they seem perfect.

The truth is...they're the perfect person to heal us.

The ultimate goal of the Romance Stage is to bring you together (without noticing the other person's faults...*Yes, life has a funny sense of humor...*

This stage may last anywhere from a month to a few years; but, eventually, the excitement and 'perfectness' of the relationship will begin to shift, change and fade.

- **The Goal:** to simply acknowledge and fully appreciate this stage of a relationship – knowing that at some point it will begin to shift.

- **The Focus:** Yes, this stage can be so utterly intoxicating and beautiful – but it lacks the depth and security that later stages offer. So, enjoy it while you're there but don't hold back for fear of what's to come.

THE POWER STRUGGLE STAGE

The beauty of the initial relationship high eventually shifts into the Power Struggle stage. This stage is easily identified by the presence of:

- ✓ **Tension**
- ✓ **Disagreements**
- ✓ **Irritations**

Essentially, we begin to recognize each other's faults and how this person irritates us (*these are clues to where we need healing or growth*).

- **The Goal:** learn how to be together, support one another and still maintain our individuality.
- **The Focus:** Yes, this stage can create the illusion that you've '*lost that love & feeling*' – causing you to want to give up and move on. Focus on the deeper connection and stability that will come by seeking to understand yourself, each other's vulnerabilities and fears by working *through* this stage.

Most relationships will not make it through this stage –
even though a couple may get married or enjoy a lifetime friendship

It's during the power struggle stage that our TRUE self starts to make an appearance...

- In the beginning, we put on and present our best self (we're still being us but we're hiding or denying the worst parts of who we are so we don't scare the other person away).
- Once a level of acceptance has been established, we begin to relax and to reveal the truth behind our 'mask' of perfection.

The authenticity that is revealed *guides you*
to either accepting & embracing or refusing & denying
the challenges, awareness, growth and healing
that this relationship offers

THE STABILITY STAGE

The biggest hurdle in any relationship is learning, healing and growing through the power struggle stage; once you've quit trying to change one another, acknowledged your pain points or fears and begun to value each other for who you are, you shift into the Stability Stage.

The Stability Stage is really all about:

- Experiencing a more mature, deeper form of being 'in-love'
- Accepting & appreciating each other for your own 'uniqueness'
- Experiencing a sense of peace & stability in your relationship

THE COMMITMENT STAGE

Once you have fully accepted each other's shortcomings in the stability stage, your relationship shifts into a space of consciously *choosing* each other (versus *needing* each other) in the Commitment Stage.

The Commitment Stage is characterized by:

- Fully acknowledging the shortcomings of yourself, partner and the relationship
- Balance of independence, fun, peacefulness and support

THE BLISS/CO-CREATION STAGE

As you begin to acknowledge that, yes, your personal growth and evolution has progressed, your relationship may begin to shift and mature even further into a stage where you are co-creating and leaving a lasting impact on others *through* your relationship.

The Bliss/Co-Creation Stage is characterized by:

- Creating a project or impact together that will benefit the world (family, business, charity, other)
- Shared creativeness that fosters and develops your relationship and knowing of one another even further

So, now that you've got an understanding of how relationships grow, develop and deepen, let's get to acknowledging these stages in your own relationships so you can discover opportunities for your own growth.

Tool #2:

RELATIONSHIP AWARENESS

Instructions: Think about your relationships (past or present). Identify 2 important romantic relationships in your life. Record the names of these people in the spaces below.

Relationship #1: _____

Relationship #2: _____

CLARITY QUESTIONS

1. Recall when you first met each of these people. Identify the 'Romance Stage' in each of these relationships – jot down your memories of what that phase was like for you. How long did it last? What was the level of excitement, passion or intrigue? How much time did you spend hanging out or talking? Did you talk & think about this person often?

Relationship #1:

Relationship #2:

2. Recall when you started to enter into the Power Struggle stage. What was it like? What changed?

Relationship #1:

Relationship #2:

3. What things/habits/attitudes started to irritate or frustrate you about this person?

3. What fears started popping up for you?

5. In hindsight, what did you learn, let go of or embrace about yourself?

Learning: ARGUMENT STYLES

Now, I know, this may seem a little odd – figuring out your ‘argument style’?! But, stay with me here. Getting a handle on how (and why) you argue a certain way provides the opportunity to understand your needs more deeply and to heal & work through your fears & blocks in order to deepen the level of your relationships.

2 ARGUMENT STYLES:

1. Hailstorm
2. Turtle

Each of us tends towards one of these argument styles as a result of our insecurities & fears in life. Ahhh – yes, you’ve guessed it. I’ve brought you to this topic to bring a deeper level of awareness to Who You Are.

Hailstorm Argument Style

Hailstorm arguers typically *react* to arguments or disagreements by *chasing after* their partner, refusing to let things go and demanding to discuss things further. At their core, hailstorm types hold a fear of being abandoned. When a partner doesn’t engage in a discussion, the hailstorm is triggered and immediately moves into ‘fight’ mode to try and prevent themselves from being abandoned.

If you are a hailstorm, you might recognize for yourself that you’re desperate to connect with your partner and that you find stability and security in working through a challenge/disagreement together. Try acknowledging to the other person your fear of leaving the discussion unresolved, giving them a timeframe (20 min) to leave the conversation and then agreeing to come back to find a resolution.

Question: When you find yourself being a hailstorm...stop and ask yourself “What am I afraid of right now? If my partner/loved one walks away from this conversation, what am I afraid of losing? What do I fear that means?”

HAILSTORMS

- ✓ Fear of being abandoned
- ✓ Get emotionally fired up if their partner tries to leave an argument unresolved

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If you find that your partner/loved one is a hailstorm type, recognize that, most likely, their innate fear is of losing you. Even though they may not recognize it, they likely have a subconscious fear of being abandoned on some level and that you *remaining engaged* in the conversation intrinsically represents stability and security to them.

Question: If you find that your partner is a hailstorm during arguments...stop and ask yourself “What can I say or do right now to help my partner/loved one feel secure while finding/creating the space I need?”

Turtle Argument Style

Turtle arguers typically react to arguments or disagreements by seeking to run away from the person, being unable to think or process the conversation, feel helpless and a desperate *need for space*. At their core, turtle types hold a fear of being trapped. When a partner pushes the conversation, the turtle is triggered and immediately moves into ‘flight’ mode to try and prevent themselves from being rejected, controlled or trapped by the argument.

If you are a turtle, you might recognize for yourself that you’re desperate for some space and time alone – away from the drama & reaction of your partner/loved one. You may feel that you’re being rejected, controlled or trapped by the argument. Try acknowledging to the other person your fear of being trapped/controlled, acknowledge their desire for a resolution, ask for a timeframe (20 min) to leave the conversation and then agree to come back to find a resolution.

Question: If you find yourself becoming a turtle during an argument/disagreement, stop and ask yourself “What am I afraid of right now? What does my partner coming at me or getting heated represent to me?”

TURTLES

- ✓ Fear of being rejected, controlled or trapped
- ✓ Become emotionally unavailable when things get heated

If you find that your partner/loved one is a turtle type, recognize that their internal fear is likely that you’re somehow rejecting, controlling or trapping them in the argument. Consider expressing your emotions and fears to them in a calm way, recognize their need for space and ask if they’d consider **setting a time** to discuss things further once your emotions have calmed down.

Question: If you find your partner is a turtle during arguments...stop and ask yourself “What can I say or do right now to help my partner/loved one feel secure while finding the resolution and security that I need?”

Tool #3:

HEALING THROUGH ARGUMENTS

Understanding & owning your own fears and blocks in relationships is the key to responding and working through arguments with ease. Let's explore how you show up in arguments to gain a clearer understanding of Who You Are and your needs.

1. In arguments, I most often find myself reacting like a HAILSTORM / TURTLE

(circle which one best represents you)

2. When I get worked up during an argument, it's often because I'm irritated, annoyed or worried about... (circle all that apply)

Intense emotions	Being controlled	Being pushed around by my partner
Aggression	Non-resolution	Being trapped in the argument
Lack of clarity/confusion	Feeling unheard	Feeling misunderstood
Feeling attacked	Partner disengaged	Partner's lack of concern

3. I fear that a heated argument may result in (circle all that apply)

Relationship ending	Loss of connection	Loss of respect
Loss of love & appreciation	Being Abandoned	Being rejected
Lack of stability	Lack of security	Loss of choice/preference
Continued anger & emotion	More stress & tension	Another argument

4. I'm realizing or learning this about myself and relationships...

Learning: LOVE LANGUAGES

We began our learning by exploring the 5 relationship stages – their challenges and rewards. We then moved into identifying how & why we argue a certain way. The final piece to understanding how to navigate our relationships is to get clear on how & why we communicate our love & feel loved by others.

Gary Chapman, renowned marriage counsellor, author & speaker, developed the concept of the 5 love languages while working as a licensed marriage counsellor. Couples would seek his advice to repair a relationship that used to be ‘fantastic’ but had reached the point of no longer experiencing depth of connection or deep love.

He began asking “Where did the love go? How does a couple feel such connection and love and then lose it all?” As he began exploring and studying couples, he realized that all people *speak* (communicate their love through) one of five love languages.

5 LOVE LANGUAGES:

1. Words of Affirmation

➤ Verbal compliments or words of appreciation

Ex. I really enjoy that you’re always on time to pick me up...You look great in that dress...I feel so understood when you listen...written love notes...acknowledging your partner’s strengths/vulnerability/help

2. Quality Time

➤ Giving someone (someone giving you) undivided attention

Ex. Putting your phone away and on mute to enjoy a meal together...shutting the tv off to listen to your partner about their day...planning an activity together that your partner enjoys, etc

3. Receiving Gifts

➤ Receiving or giving gifts to express love for someone (or someone to you).

Offering a loved one food/drink, purchasing/making a gift for another...writing a note to your partner...enrolling in a class & making a special gift for your loved one, etc

4. Acts of Service

➤ Seeking to love (or be loved by) someone by doing something for them (or them doing something for you).

Intuitive Personal Mastery Mentoring with Jackie Harray

Ex. Cleaning the house, cooking a meal, washing their truck/car, paying the bills, taking out the garbage, etc

5. Physical Touch

- **Touching someone (or them touching you) to let them know you care (to let you know they care).**

Ex. Hugs, kisses, holding hands, touching their arm, snuggling, intercourse, massage, public displays of affection, playing with their hair, etc.

Each of these love languages is
neither right nor wrong, better or worse...

They simply are

Furthermore, our love language isn't necessarily the same as other loved ones in our life. The challenge here is that we tend to communicate our love to others in **our** love language...which can potentially leave our loved one feeling unloved or unappreciated (if they speak a different love language than us, they're not going to understand our love language!).

Tool #4:

ACKNOWLEDGE YOUR LANGUAGE

You've completed the FREE Love Language Quiz. Answer the self reflection questions below based off of your results.

*Record your scores for each of your love languages from the FREE quiz below

Acts of Service	_____
Physical Touch	_____
Words of Affirmation	_____
Quality Time	_____
Receiving Gifts	_____

Self Reflection Questions

1. What are your top 2 scoring love languages? Describe your understanding of what these love languages mean to you using the descriptions from your quiz results.

2. If you had to guess, what might your loved one(s) primary love language be? What love language do you predominantly use to show them your love & appreciation?

3. Who do you easily feel loved by? How do they show you their love (what language do they use)?

4. Who do you struggle to feel loved by? How do they show you their love (what language do they use)?

5. Who in your life are you trying to show your love to & just realizing that they may speak a different love language than you? How can you adjust your approach to speak their style of love?

Great Relationships

are made through daily choices
that say 'I love You'
versus choices that say 'I Love Me'

Tool #5:

WHERE ARE YOU AT?

After completing the FREE Love Language quiz, learning about the root chakra, relationship stages, argument styles and love languages, I'm feeling:

*****Circle all of the words that apply to you*****

Relieved

Excited

Surprised

Motivated

Overwhelmed

Intrigued

Curious

Determined

Inspired

Irritated

Other: _____

As a result of knowing more deeply Who I Am in relationships, I'm acknowledging & appreciating:

*****Circle all of the words that apply to you***

My Value & Worth

My Personal Needs

My Uniqueness

Other's Points of View

Past Relationship Challenges

My Relationship Strengths

Past Frustrations

Current Circumstances

Opportunities for growth

Other: _____

This Week's Daily Affirmation:

I am learning to _____ and let go of _____

so that I experience greater _____ in my relationships.