

PROJECT INTIMACY



Your Guide To
RELATIONSHIP HAPPINESS

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RELATIONSHIP HAPPINESS

P a t M c G o w a n



Broken Couch Creations Inc.

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***TO THE BRAVE WILLING TO
PURSUE RELATIONSHIP HAPPINESS***



*To my family and friends who contributed
to the making of this book, thank you.
We are connected and bound here together, forever.*

*And a special thanks to you, Janine,
for continually challenging me to push past
my perceived limits.*



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INTRODUCTION



Hello and welcome to *Project Intimacy*. Do you sense that something is missing from your relationship or that it could be better? Are you looking to form a deeper more meaningful connection with your partner? If learning how meant starting a journey that may not be easy, would you commit to it? I believe that you would and here is why.

You can tell a lot about a person by watching their behavior. You can tell even more by knowing what they believe. Take yourself, for example. You came looking for a way to better your situation. This shows that you have the will to put your thoughts into action. It also indicates that you believe an answer could be out there. This book was written for you.

Project Intimacy is a technique that has never been seen before. It will teach you how to create a deeper, more meaningful connection with your partner. A love to be proud of that will grow stronger with time and create a happiness few get to experience. You already have the will and soon you will have the knowledge to make it happen.

Others stay in unfulfilling relationships when they know something important is missing. Although these people want something better, they tell themselves that it is impossible and probably doesn't exist. These people are wrong.

It is possible to create a love like this and, regardless of your current situation, this book can help. *Project Intimacy* teaches you how to truly bond with your partner at a *CORE* level. This creates the emotional intimacy between you and will transform your relationship into the kind that you want and deserve.

You will learn the **3 steps** needed to create emotional intimacy.

Step 1—Teaches you how to create your unique *CORE* together.

Step 2—Outlines the *4 Promises* that you need to make to one another.

Step 3—Reveals the *Follow-Through Actions* needed to forge and sustain your unbreakable bond.

Then you will:

- » have a trust where you can share anything with one another;
- » truly know that you can count on your partner in times of need and that how you are feeling is of the utmost importance to them;
- » become a team that can make it through any challenge together;
- » have an intimacy few get to experience and obtain relationship happiness.

I always wanted to have a relationship like this but I could never figure out how to achieve it. I wanted to feel lucky, special, and experience the kind of love that I had always heard about. But no matter how hard I tried or how genuine my intentions something always seemed to be missing or would get in the way. Like everyone else, I just wanted to be happy. We had the will, what we lacked was the knowledge to make it happen. Looking back, it wasn't our fault that we failed because no one ever taught us how to do it.

It became my life's goal to discover what couples needed to do so they could have this kind of relationship. I studied at the University of Central Florida where I obtained a Bachelor's degree in Psychology (honors), a Master's degree in Criminal Justice, and an Education Specialist degree in School Counseling. This specialized training equipped me with the necessary skills to help guide people past their surface issues, and arrive at the source. Once there, through understanding and choice, immediate change can occur bringing you closer together.

Please don't listen to someone just because they hold advanced degrees. Ask yourself if you agree with the advice being given. Do you believe it? Because when we believe something we buy in. And when we buy in we have hope which drives us to achieve it.

Project Intimacy deals with relationship issues by pulling up the root and exposing what is truly happening to cause your problems. We journey deep into the *CORE* where the causes live and true change is possible.

You deserve recognition for looking to better your

situation. Seeking help isn't easy to do. I know it wasn't for me when I went searching. You have achieved the most difficult thing when looking for advice; you have come to the right place. I am confident that *Project Intimacy* will surpass your expectations and that you will want to share this message with those you care about.

HOW TO USE THIS BOOK



Project Intimacy is meant to be read in sequential order from beginning to end.

Throughout your journey, you will encounter interactive charts and diagrams, along with chapter takeaways and self-awareness exercises located at the end of each chapter. Also included in the back of this book is a *Notes* section for your convenience. You may want to have something to write with handy.

The self-awareness exercises are also meant to be completed in sequential order. Their purpose is to help fine tune your self-awareness skills which will be important in creating emotional intimacy. The answers you provide will have practical uses to help transform your relationship into what you would like it to be.

Many of you are here because you are looking to make a truly meaningful connection with your partner. Others are looking to answer the question: "Is there any hope for my relationship?" We will define hope as being able to have

the kind of relationship that you want with your partner. *Project Intimacy* will help you answer this question.

Located among the self-awareness exercises are two very important questions. Depending on how you answer each of these questions, *Project Intimacy* will either award you a **half a heart** (♥) or it will not. If you obtain both halves it indicates that there is hope for you to have the kind of relationship you want. And although unlikely, if you or your partner answer differently to either one of these two questions, it will indicate that you are not ready to have the kind of relationship you want. This fact will not change until the both of you want the same things and have the required skills to make that happen.

If you have any questions after reading the book, please visit www.projectintimacy.com. You will find a Frequently Asked Questions section which I will do my best to keep updated and current. Your feedback is valuable so please visit.

There will be two parts to your journey. The first is reading this book and learning how to achieve the relationship that you want. The second is putting what you learn into action. If you're ready let's begin!

RATE YOUR RELATIONSHIP — IS THERE ANY HOPE?



IN THIS CHAPTER, we begin by looking at the three possible categories into which your relationship may currently fall:

1. Relationship is Strong
2. Relationship Could Be Better
3. Relationship is in Crisis

As we examine each category, we will pay attention to how these couples:

- » work as a team and trust one another;
- » bring up and discuss concerns with one another;
- » argue with one another;
- » communicate with one another;
- » show that they value and appreciate one another;
- » rate the urgency in their need for help.

Then we will discuss the question that may have crossed some of your minds: Is there any hope?

By the end of this chapter you will have identified into which category you believe your relationship currently falls,

and what expectations you have of your partner and of yourself. By the end of this book you will be equipped with the skills to determine your relationship truth. For example, imagine that your relationship is like a passport. *Project Intimacy* acts like a black light shining down on it. It will expose what cannot be seen with the naked eye and reveal its truth. Is it authentic or a fake? You will see what your relationship is truly made of. The good news is that, regardless of what you find, *Project Intimacy* equips you with the ability to transform your relationship into what you would like it to be.

Let's begin with a general overview of each relationship category while paying attention to those specific areas that we have identified. This is not intended to diagnose, but rather start the important process of becoming more self-aware. Overall, your relationship category is wherever you believe it to be. Remember that if one person in the relationship feels there is an issue then the both of you have that issue.

RELATIONSHIP IS STRONG



This category represents couples that work well as a team most of the time and have a high level of trust. They bring up and discuss any concerns that they have with one another. If they have an argument they stay focused on the issue, agree on a common goal, and are successful working through it together, rather quickly. They stay calm, treat each

other with respect, and do not resort to putting the other down. These couples communicate by taking turns talking, actively listening to one another, and providing constructive feedback. They often put their partner's needs ahead of their own and do what they can to help the other succeed. Both feel valued, respected, and know how much their partner appreciates them in their life. The thought of breaking up has never crossed their minds. There is no urgency for help needed in this relationship.

RELATIONSHIP COULD BE BETTER



This category represents couples that work well as a team some of the time and have a decent level of trust with their partner. However, they may not bring up and discuss all concerns that they have with one another. When this couple has an argument they sometimes lose sight of the original issue, have difficulty agreeing on a common goal, and it may take days for them to work things out. At times, they may lose their temper and resort to unfair fighting by putting the other down. When trying to communicate they sometimes talk over one another trying to get their partner to hear their point of view first. Occasionally they may feel that their partner does not respect, appreciate, or value them as much as they feel they should. Breaking up may have entered one or both of their minds. There is a moderate urgency needed for help in this relationship.

RELATIONSHIP IS IN CRISIS



This relationship category represents couples that no longer work well as a team and think mainly about themselves. They also have serious trust issues with one another. Instead of bringing up and discussing concerns they often jump to their own conclusions which make things worse. They argue frequently, lose sight of the original issue, and thinking of a common goal is not on their minds. They are divided, preoccupied with proving their point, and being right. They consistently resort to unfair fighting and personal attacks. Their issues compound instead of being worked through leading to serious frustration for both. Their communication breaks down and one or both may give up talking altogether. They do not treat each other with respect or demonstrate that they appreciate or value one another. They have often thought about breaking up or have already done so many times. This relationship is in urgent need of help.

The next illustration is an example of a completed current relationship status chart. You can complete it alone or with your partner as a team. Afterwards you can discuss your responses to see where you may have agreed or disagreed. If you choose to fill it out by yourself, use a different color checkmark that will indicate where you believe your partner falls in each of those areas. (Blank Current Relationship Status Charts can be found in the back of the book in case you want your partner to fill it out privately and then compare).

EXAMPLE



Current Relationship Status Chart

	Team/Trust	Argue	Communicate	Feel Valued
Is Strong	✓✓		✓	
Could be Better		✓✓	✓	✓✓
In Crisis				

Overall Urgency for Help

No Need	
Moderate Need	✓✓
Urgent Need	

Let me explain this example. I completed it alone and used a purple check mark for where I thought things currently are in our relationship. I used a blue check mark to indicate where I thought my partner would rank things between us. I will ask my partner to do the same on one of the separate charts provided in the back of the book. Then we will compare and discuss our answers together.

In the first column, I thought we both fit in the top row because I think our trust is strong.

In the second column, I thought we would both agree that we could be better when it came to our arguing.

In the third column, I thought our communication could be better but believe my partner will say things are strong between us.

In the fourth column, I do not think we are showing how much we value one another. I believe that we will agree things could be better.

In the “Overall Urgency for Help” chart, I think that we will both check the moderate need for help box. We do need to talk about a couple of things that we could improve on between us.

Rate where you believe that your relationship currently falls in each of the discussed areas by checking that box.

Current Relationship Status Chart

	Team/Trust	Argue	Communicate	Feel Valued
Is Strong				
Could be Better				
In Crisis				

Overall Urgency for Help

No Need	
Moderate Need	
Urgent Need	

IS THERE ANY HOPE?



To decide if there is any hope for your relationship you need to ask yourself two questions. First, do you both have the same expectations for your relationship? Your expectations need to be clearly defined. Second, do you both have the required skills needed to achieve them? If not, are you both willing to learn them? If the answer is yes to these two questions then there is hope for achieving the type of relationship that you want.

SAME EXPECTATIONS + BOTH POSSESS NECESSARY SKILLS = HOPE



Years ago, before I attended university to study psychology, I was in a relationship that showed a lot of promise. I really wanted it to work out and thought that this person could be the one. However, after a couple of months some problems started to surface. It was frustrating that we could not seem to work through these issues that were causing us a lot of pain and pushing us apart. We moved through those three categories mentioned above quickly until we found ourselves in crisis.

We would argue all the time and get caught up in trying to convince the other that they were wrong. Things would continue to escalate. We would swear, put each other down, and say very hurtful things to one another that we really didn't mean.

Our arguing would jump from interrupting and criticizing, to talking loudly over the other, to yelling and screaming. At those moments, I really thought I was done and would never go back. However, it wouldn't take long until we would end up missing one other and decide not to give up.

It was hard trying to start over knowing the hurtful things that your partner had said about you during those fights. Of course, the same issues were still there and were quick to resurface.

I just kept remembering the good parts about her when I thought about breaking up for good. I didn't want to make a mistake by really ending it if there was any hope for us to work things out. I wanted to be sure first.

So, after the last time we broke up, we both agreed to see a counselor. It felt good knowing that we would finally get a professional's opinion about what we should do.

This is how I thought our first session would go. I would share what I thought the problem was and then my girlfriend would do the same. Then the counselor would decide who they agreed with. I wanted someone to validate for me that my partner's behaviors were responsible for our problems. I wanted my partner to see that the professional agreed with me and it was she who needed to change. The counselor would then let us know if there was any hope for us or not. We would have our answer: should we break up or stay together?

It didn't take long for me to realize that this was not going to happen the way that I had thought. For starters,

by the time the counselor went over the informed consent, circumstances that would circumvent our confidentiality agreement, and my girlfriend's background information, the session was almost over. This was going to be a very slow process. Then we were told it would be another two weeks until she could see us again.

I asked the counselor if she could just tell us quickly if there was any hope for us or not. She replied: "That isn't what we do as counselors; we don't make those kinds of decisions for you." I still asked again for her opinion because we were in crisis and dealing with a lot of emotional pain. Again, her response was: "We don't give those kinds of opinions, I'm sorry."

My girlfriend and I never did go back and we broke up shortly thereafter. In hindsight, I know that we made the right decision. However, at the time I wasn't so sure.

I found it interesting that if that therapist had told me that there was no hope for our relationship I would have felt confident about ending it with no regrets. I would have believed that she knew what our truth really was and was saving us time and pain. After all, they were the professionals when it came to relationships right? So, hearing it from her would have taken away any second thoughts I may have had, allowing me to move forward.

But why couldn't I have made that decision on my own? The answer: I didn't trust myself to know what our relationship truth really was and feared making a big mistake and getting it wrong. After all it wasn't easy finding someone and making it that far into a relationship. The thought of

starting over was painful and daunting. What if there was hope for us and I ended it too early? Those kinds of thoughts kept me in a relationship that was toxic for too long.

My problem came down to this. I didn't know of any other way to see what our relationship truth really was. I wanted to find out *for sure*, and I thought that the only way to do so was to have a therapist tell us directly.

Years later, after studying psychology, I learned that a therapist's job is not to make judgement calls on whether two people should stay together or not. It is also not their place to pass judgement and tell you who is right or wrong. That would violate their ethical practice. They are there to help you work through things as a team to achieve what you both want in your relationship.

I remember thinking: Why can't there just be a way for people to figure out for themselves what their relationship truth really is — *something that would prove it to you and leave no doubt in your mind*. I wish that counselor had said: "Here, take this tool home and within hours you will have your truth. You will know for sure if there is any hope for you to have what you want in your relationship. And if there is, this tool will show you exactly what you need to do to make it happen." I would have had the confidence in what that tool ended up revealing, with no regrets. Not to mention the money, disappointment, and prolonged emotional pain it would have saved us.

Now that tool does exist. *Project Intimacy* teaches you how to achieve the closeness you want with your partner. At the same time, it reveals without a doubt what you truly have together.

CHAPTER TAKEAWAY



1. You now have a good understanding of where your current relationship status is and why.
2. You also know how to determine if there is hope for you to have the kind of relationship that you want with your partner.

SELF-AWARENESS EXERCISE #1



1. Overall, in what category would you say your relationship currently falls? Does your partner agree?
2. List the main reason(s) you came looking for advice.
3. List three things that you like most about your partner.
4. Do you and your partner want the following?
 - a. A partner who will tell you the truth when you ask for it?
 - b. A partner who, if you confided something personal and asked them not to tell a soul, would keep their word?
 - c. A partner who would be there for you when you needed them?
 - d. A partner who, if they became aware of something they knew could have a negative impact on your relationship, would tell you about it?
5. If you answered yes to all parts of question 4 above, *Project Intimacy* awards you **half a heart** (♥).