

# Love 101

## A Coaching Program For Couples

If a fantastic romantic relationship is what you want, then Love 101™ was designed for you!

We've identified 101 key attitudes, behaviors and styles characteristic of individuals in highly successful and satisfying intimate relationships.

Focus on these ten areas:

1. Self-Care
2. Values and Commitment
3. Communication
4. Resolving Disagreements
5. Friendship and Partnership
6. Sex
7. Spirituality
8. Trust and Affection
9. Family and Community
10. Magic

### Important Note

This “test” is a structure that was created to increase the amount of love and understanding you have with your partner. It must not be used as a means to convey criticism! Feel free to rewrite or reword any items in this assessment to better suit you, your needs and your life. The program is a tool and a measure for you to use; don't let it use you! The love you have for each other is the only real measure of the relationship.

**Instructions for this program are on the last page.**

### PROGRESS CHART

Date	Points (+/-)	Score

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### LOVE 100 100-POINT CHECKLIST

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#	Sections									
	A	B	C	D	E	F	G	H	I	J
10										
9										
8										
7										
6										
5										
4										
3										
2										
1										

GIVE YOURSELF CREDIT AS YOU GET POINTS FROM THE 100-POINT PROGRAM. FILL IN COLUMNS FROM THE BOTTOM UP.

## A. SELF-CARE

### You Me

- I am in this relationship because I choose to be, not because I need to be.
- I am authentic; I feel and express my feelings without fear or shame.
- I am not suffering in this relationship or enduring unwanted criticism.
- I take time alone; private time and space is available to me when I need it.
- I am whole when I am alone; being with my partner increases my happiness.
- I take extremely good care of myself; I don't rely on my partner to take care of me.
- I take care of my body and my partner supports vitality.
- I present myself well; I enjoy looking and being my best.
- This relationship is completely consistent with my personal integrity.
- I have a coach (or other strong supporter) who keeps me true to myself.

\_\_\_ Number of boxes checked (10max)

## B. VALUES AND DEDICATIONS

### You Me

- I know my partner's most important values and them.
- I understand my partner's long- and short-term goals and support them.
- I understand the difference between what I want/need from the relationship and what my partner wants/needs from the relationship.
- I give to my partner based on his/her wants and needs, not based on mine. (This is *the Platinum Rule of Relationships*.)
- I frequently ask my partner what I can do to be more supportive.
- I have a vision for my life, which inspires me and includes my partner.
- I am satisfied with the way we manage our finances, separately and together.
- I know how my partner feels about having children and our intentions are compatible.
- I choose to be honest, committed and faithful to my partner.
- I know I can count on my partner's commitment to our relationship, even in times of discord.

\_\_\_ Number of boxes checked (10max)

## C. COMMUNICATION

### You Me

- I tell my partner the truth, even about the little details.
- I have addressed everything that matters to me; I feel current with my partner up to this minute.
- It is easy and comfortable to talk with my partner; we check in with each other often.
- I feel our initiative is balanced; we make decisions easily.
- I feel heard and respected by my partner, even if we disagree.
- I take responsibility to communicate what I want and need; I don't make my partner guess.
- I am aware how the attitude I choose affects the quality of our communication.
- I listen to my partner fully; I don't interrupt or contradict my partner when s/he is speaking.
- I respond to my partner in a way, which honors his/her best self; I do not react impulsively.
- I don't complain about or to my partner; I make requests.

\_\_\_ Number of boxes checked (10max)

## D. RESOLVING DISAGREEMENTS

### You Me

- I let myself feel angry and express it truthfully.
- I respect my partner and do not insult or speak sarcastically, especially when I am angry.
- When I am angry I act like an adult; I do not say or do things, which I regret later.
- When we disagree, I listen carefully to my partner's point of view.
- I know what provokes my partner, and choose not to push his/her buttons.
- I am aware of my tendency to criticize my partner and I apologize when it happens.
- When I make a mistake, I say so, and apologize for any negative consequences.
- I honor my partner's dignity; I do not separate myself by being patronizing.
- We resolve problems quickly and easily and learn from them.
- I value our relationship far more than being right.

\_\_\_ Number of boxes checked (10max)

## E. FRIENDSHIP AND PARTNERSHIP

### You Me

- I am doing everything I can to contribute to the success of our relationship.
- I trust my partner is trying his/her best to help our relationship succeed.
- I support, encourage and champion my partner to reach his/her aspirations.
- It feels rewarding to me to make my partner's life easier and more enjoyable.
- I collaborate with my partner; I do not compete in order to feel superior.
- When we work together, the relationship is more important to me than the project.
- I am comfortable with the way our common interests fit together.
- I like the parts of myself, which our relationship accentuates.
- My needs for closeness and independence are balanced in this relationship.
- I am present with my partner; I do not remove myself from the relationship by "numbing out," withdrawing, getting sick, having accidents, or self-medicating with alcohol, drugs, TV or adrenaline.

\_\_\_ Number of boxes checked (10max)

## F. SEX

### You Me

- I am aroused by the presence of my partner. Our lovemaking is richly satisfying for me in both quality and quantity.
- I am fully present with my partner when we make love.
- Our intimate environment feels creative, adventuresome, new and fun.
- I enjoy making my partner feel great and my partner tells me what s/he wants.
- I enjoy receiving pleasure from my partner and easily communicate my desires.
- I accept and respect my partner when s/he chooses to say "no."
- I have communicated my personal needs around sex and intimacy, and they are understood, accepted, and being fulfilled in a way which feels good.
- For me sex is a choice, not a compulsion.
- After intimate, erotic time together I feel great.

\_\_\_ Number of boxes checked (10max)

## G. SPIRITUALITY

### You Me

- I am grateful for the love I feel in this relationship; my partner lifts my spirits.
- My partner sees and appreciates my deepest, truest self.
- Our relationship is aligned with my sense of purpose.
- I respect my partner's centermost spiritual values.
- Our relationship inspires me to connect with my spiritual source.
- The quality of the silence between us is usually rich, peaceful, connected.
- I completely forgive my partner; I accept apology and let go of blame.
- I am aware of my tendency to judge, and I practice acceptance of my partner.
- I am generous with my partner; I trust my partner is trying his/her best.
- Our relationship heightens my personal power, passion, and vivacity.
- Our relationship increases my ability to relate to others and myself with compassion.

\_\_\_ Number of boxes checked (10max)

## H. TRUST AND AFFECTION

### You Me

- I trust my partner as much or more than anyone else in my life.
- I know that I can count on my partner's word.
- I keep my word to my partner; if I see an obstacle I express it as soon as possible.
- I am careful about what I promise; I do not set my partner up for disappointment.
- I respect my partner's friendships with attractive people; I do not worry or get jealous.
- I look for opportunities to keep our romance fresh and exciting.
- I receive all the kind of affection and touch I want from my partner.
- Our relationship has moments of tenderness, kindness and gentleness.
- I laugh at my own humanness and can tease my partner lovingly
- I like the amount of lightness and play between us.

\_\_\_ Number of boxes checked (10max)

## I. FAMILY AND COMMUNITY

### You Me

- I feel continually surrounded by people I care about who care about me.
- I create time to be with my children and my close friends.
- I accept my parents, siblings and extended family for who they are; I don't try to change them.
- I have expressed myself completely with my friends and family; I am current with everyone.
- We surround ourselves with people who model what we want in our relationship.
- At least one person speaks objectively with us about our relationship (such as a coach, therapist, close friend or family member).
- I support and encourage the relationships my partner develops to pursue his/her goals.
- I have all the friends I want, male and female.
- As a couple we are attractive; people seek our company.
- We contribute to the lives of people around us as a way of life.

\_\_\_ Number of boxes checked (10max)

## J. MAGIC

### You Me

- I am so connected with my partner that I can often feel his/her presence.
- I have listened to my partner so well that I often know what s/he is thinking.
- My partner knows me intimately, sometimes even better than I know myself.
- We are perfect for each other right now; I am growing as a person in this relationship.
- We are constantly doing what we want and are present to what we are doing.
- We befriend change and evolve together; our fear of the unknown does not hold us back.
- I inform my partner how to bring out the best in me; I get what I need and more.
- Sometimes I am overwhelmed by gratitude, love, or admiration -- and I express it.
- We fill our lives with symbols of love, shared communication and traditions/rituals, which enhance our connection.
- I pay attention to details that are important to my partner; I give great gifts.
- We invite serendipity and synchronicity; we notice and appreciate fortunate coincidences.

\_\_\_ Number of boxes checked (10max)

## INSTRUCTIONS

There are five steps to completing the LOVE 101™ Program for Couples. Take this assessment independently. You will each need your own copy. It is a powerful tool for couples to discuss together. Complete it on your own first.

**Step 1: Read each item.** If it is generally true for you, check the box in the "Me" column. Be completely honest with yourself.

**Step 2: After you and your partner have both taken the test,** copy your partner's answers to the "You" column of your assessment.

**Step 3: Score each section.** An item with two checks earns a point. At the end of each section, add up the number of items, which you both checked, and write the total in the space provided. Then add up all ten sections and write the current total in the box on the first page.

**Step 4: Color in the Progress Chart on the first page.** If you have five points in the Communication section, for example, color in the bottom five boxes. Your challenge, if you choose to accept it, is to fill in the entire chart. In the meantime, you will have a current picture of how your relationship stands in each of the ten areas.

**Step 5: Keep playing until all boxes are filled in.** This process takes between six months and five years. You can do it! Work on one item at a time with the assistance of your coach, therapist or trusted mentor. Retake this assessment quarterly to measure your progress.

**Notice:** This program is designed to be delivered by a professional coach. This program is owned exclusively and created by Damian Nash and Elizabeth Carrington and licensed for use by Coach U within the CTP, and by Coach U trained coaches for use with their individual clients. Any other professional use or adaptation requires licensing and royalty payment. However, individuals or couples may use this program for their own personal development, with no licensing required.

*Dedicated to all the people who contributed to creation of the Love 101™ program. We learned from every comment and from the model of your wonderful relationships. Our love and gratitude to each of you!*