



## INSPIRATIONAL LIVING SERIES

### Genuine Love: Are You Ready?



**Instructions:** Rate each question below on a scale of 1–10 (1 means “I am no where with this” and 10 means “I have a high level of mastery”).

- \_\_\_\_\_ I know how my past influences the choices I make in partners.
- \_\_\_\_\_ I know how my conscious choices and my unconscious programming influence how I show up in my relationships.
- \_\_\_\_\_ I have released the pain of unpleasant past love experiences.
- \_\_\_\_\_ I have faced my fears about being in relationship. I know what stops me.
- \_\_\_\_\_ I am clear about what qualities I want in a partner. I know my “Absolute Yes’s.”
- \_\_\_\_\_ I demonstrate the qualities that I want in a partner. I am not asking my partner to do or be something that I am not.
- \_\_\_\_\_ I am clear about what I do not want in a partner. I know my “Absolute No’s.”
- \_\_\_\_\_ I avoid demonstrating behavior that I do not want to experience from my partner.
- \_\_\_\_\_ I know that my power to create a great relationship is strictly dependent on how I show up in the relationship. I realize I have no control over my partner.
- \_\_\_\_\_ I am able to recognize my core emotions as they come up (happy, angry, sad, scared, sexual).
- \_\_\_\_\_ I am willing to experience and express my thoughts and my core feelings in a responsible way. I know emotional expression and fully revealing myself is the gateway to intimacy.
- \_\_\_\_\_ I know what equality in a relationship looks like and I am not willing to settle for less.
- \_\_\_\_\_ I love myself unconditionally most of the time and reliably take care of my mind, emotions, spirit, and body.
- \_\_\_\_\_ I am deeply committed to creating a conscious loving relationship with my ideal mate.
- \_\_\_\_\_ I am willing to accept 100% responsibility for my life and my choices.
- \_\_\_\_\_ I believe it is possible for me to attract genuine love.

*Genuine Love is an Essence-to-Essence connection between two people where body, mind, heart and spirit come together... and each person is happy to be in the presence of the other.*

*Genuine love is made possible when each person has learned to love herself/himself and chooses to be fully transparent in giving their love and receiving love from their partner... through thoughts, feelings, and actions.*

*When difficulties arise, genuine love asks both partners to continue communicating until problems are solved and connection has been restored.  
~Chris Lucerne*

