



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

