



# HAPPY RELATIONSHIP



# Checklist

(Aka..How To Avoid Another Catastrophic  
Romantic Relationship)

# GET ON THE PATH FOR A SUCCESSFUL ROMANCE...

Scared to death about entering into another romantic relationship?

Have you promised yourself you would 'never get hurt or have your heart broken again'? Or maybe you just don't trust yourself to choose the right partner?

The following is a tried and true checklist that will allow you to enter into a romantic relationship feeling more confident in your choice.

It's simple.

Romantic relationships are not this dark twisted monster that will engulf you and create years of pain if you dare come close to it: True love is the safest thing in the world!





Then why, are we so often traumatized by romance?

Because we have confused infatuation/sexual attraction with love. We most often have our first romantic experience in our teens or early 20's when we don't know who we are yet and we don't know anything about love or romantic love.

How are we supposed to have a great experience?

No wonder it does not work. How many people do you know who have been with the same person they met when they were teenagers? But when we are teenagers we swear that the person we are with, we are going to marry, because it feels so good and so intense.... It must be love!

Looking back you now know that it wasn't, and you may even wonder how on earth you could have ever thought of that person in a romantic way?

The highs of infatuation/sexual attractions can be a powerful addiction, and like any addiction, when you are denied your drug, it hurts. Addictions overtake every thought and make you feel sick, in pain when you cannot have it: Do drug addicts love their drug or are they in need of it?

**WHY, ARE WE  
SO OFTEN  
TRAUMATIZED  
BY  
ROMANCE?**

# 5 Tips to a Happy Relationship

The following 5 points will help you navigate your romantic life and help you make wiser choices leading to a safe, fulfilling and consciously loving relationship:



Be with someone who wants to be with you



Be with someone who has a track record of being a good friend



Be with someone who shares similar core values



Be with someone who understands that ALL relationships will demand commitment and work



Be with someone with whom you have a good sexual connection (whatever that means to you)



# BE WITH SOMEONE WHO WANTS TO BE WITH YOU

This looks like a very obvious point, but you would be surprised at the number of people who get themselves into these challenging emotional situations: Falling in infatuation with someone who is not emotionally available or not interested in being with you is very addictive and dangerous for your wellbeing.

The addiction here seems to be the need to prove yourself lovable by your ability to win them over. The more the other person is not interested in you, the more they resist you, the more you become invested in trying to get them to pay attention to you. And this is totally destructive to your self esteem.

One of my clients, let's call him Robert, fell totally in infatuation with a woman who warned him, right from the beginning, that she was not ready to be in a relationship. She was 'heartbroken' over the newly ended relationship she had with a man who did not treat her very well and who had just ended it with her a month before.

She was reeling in pain and was ok spending some time with Robert just to numb herself, but she was not interested in being with him.

Robert is a great guy, caring, loyal but she was not ready for that kind of commitment. But he was so invested in trying to 'win her over' that she felt bad for him and was 'letting him' around because it made him feel good.

At first he was ok with her not being ready to be with him because the sex was great and she was so beautiful and interesting. He was hoping that over time she would just let go of the past and be with him. But time passed and the more he wanted her, the more she pushed him away

As this happened he would get more and more upset, obsessing over her, wanting to be with her, checking his phone for texts, wondering if he should be texting her, calling her, looking for excuses to connect with her.

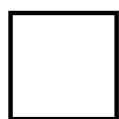
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He started not to eat well, not sleeping, it was hard to focus at work, with time he started to lose weight and was looking more and more like a drug addict unable to get his 'fix', his drug.

Going through the **Soul Worthy Love program** was a very fulfilling journey for Robert. He learned to let go of the stories that were holding him back from having what his heart truly desired. He got back his sense of self worth and did not need the woman he was infatuated with to prove to him that he was lovable. Once he was solid inside he could not understand why he had wanted to be with her so badly.

After it was all said and done, he felt grateful for having met her because the pain of the experience had forced him to do his inner work. Letting go of the stories that had been blocking him from having what his heart truly desired was the best gift ever: It got him to find true love with someone who could love him back.



ARE YOU WITH SOMEONE WHO  
WANTS TO BE WITH YOU?

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# CHOOSE SOMEONE WHO HAS A TRACK RECORD OF BEING A GOOD FRIEND

One of the reasons we end up having our 'hearts broken' (The good news is that with the right tools we can 'glue broken hearts' back together quite well and quickly) is that we don't take the time to see if the person we are infatuated with is safe: the high feels so good that we refuse to see first if the person we are obsessing over is kind enough to be a good friend.

It is your responsibility to NEVER give your heart to someone who would not cherish it.

You would not dream to go to a place of work where they put you down, where they don't want to pay you for service rendered, where they expect you to work 100 hours/week would you? At least I hope you would not. You would pass on such a place of work and you would not take it personally that they are the way they are, you would not think it's your fault that they are mistreating their employees, you would not try to change yourself to get them to recognize your worth and give you what you would like to have,

would you? You would wait for a place of work that is a good environment that would recognize you and help bring the best out of you.

Why then when it comes to romantic relationships do we expect that when we find someone who is "perfect" but with a few flaws, like being disconnected, or inattentive, or mean that we can change them into what we want?

We hope that if we really, really love them or if we are good enough they will change into a charming prince/princess? Wouldn't we be better to wait for someone who has a track record of being a good friend already?

If you need to change someone to be happy with them DON'T GO THERE!

If you are afraid that you will never find someone to love you or if you feel so attracted physically to someone that it clouds your judgement, you may well enter into a relationship that will be very

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challenging, if not abusive: You will learn a lot about what true love is all about, you will learn about what it means to love yourself and the huge difference between infatuation and true love.

How do you know if someone is a good friend? Check how they speak of others, how they treat the waitress at the restaurant, how they are with their friends and family. Are they reliable? Are they trustworthy? Do they get involved with the people in their lives and are they willing to make sacrifices for the people they love or do they skim relationships and do the least possible to get by?

Our partner is not in charge of dropping their whole life to satisfy our needs but when you have a kind and involved partner, they will want the best for you, be there when you need it while still making sure that they are involved in making their dreams and aspirations happen.

This is my definition of love: Wanting the best for our partner while respecting our needs.

A true friend, a real partner, will be aware of you and your needs and will want to help you get what you want while still respecting what they need to do for the success of their own life. And if you are a good friend, you will do the same.



ARE YOU WITH SOMEONE WHO  
HAS A TRACK RECORD OF BEING A  
GOOD FRIEND?

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# BE WITH SOMEONE WHO SHARES SIMILAR CORE VALUES

This in my opinion is the most challenging point to check on if you want to have a consciously loving relationship.

Why? Because it takes wisdom to not listen only to your emotions that may be going wild with imagination. It's so easy to already see yourself married with children because of being so sexually attracted or because they soothe some of your insecurities: BUT it also takes time to truly get to know someone!

If you are afraid of 'being alone for the rest of your life', taking your time is one point that you would most likely be happy to skip over.

Until one day, 3 to 4 years later, after the infatuation has gone and you wake up one morning wondering how the heck you got yourself in a relationship with someone who has such different values than yours: When your values are very different it takes all of your energy to make it work.

All relationships demand commitment and dedication: "And they lived happily ever after" only happens in the fairy tales books. That statement has created the illusion that if you have the right relationship, it 'should be all easy'. It is not. But at the same time you do not want to have to do so much work all the time to keep it alive. You need energy for the other areas of your life because that is important for your fulfillment.

One client for example came to see me, she was in love with a man who had had 3 children already. He had paid the price to have his family and wanted to focus on his career but my client admitted that she wanted to have a child of her own. It was a deep yearning for her to conceive her own child. But her partner did not want to have to go through the whole experience: He knew the sacrifices that would be needed and he did not want that in his life again, he had been there, done that, and it was not what he needed anymore.

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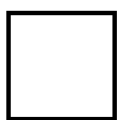


They loved each other very much but this was very important for them individually and they decided to part out of love for each other. In order to respect their essence and individual needs, they had to find someone else to be a life mate with.

Core values that can really strain a relationship are things like wanting to learn and grow while the other partner is ok with the status quo, wanting to be monogamous while the partner is into having an open relationship, wanting to have a deep connection while the other partner needs a lot of distance, loving to travel and explore the world while your partner is a homebody, having a need for artistic expression while your partner does not care for it. It does not mean that one person can satisfy all of your core values. Or that one value is better than the other, it just means that it will be a lot easier to be committed to a long lasting romantic relationship if you have some important affinities together.

What are your top 5 values that you are not willing to do without? The others will most likely need to be shared with your friends and other family members to help you fulfill what is important for you.

If you do not share some important core values, 'love won't be enough' one day. After you have done a lot of arguing, begging, compromising beyond what feels right for you, one day it won't feel right anymore and out of love for each other, you will need to move on. Not that it is wrong to move on one day if that is what is needed to be done, but if your goal is to have a life long relationship, finding someone with whom you share similar interests will make the journey less stressful and more enjoyable.



ARE YOU WITH SOMEONE WHO  
SHARES SIMILAR CORE VALUES?



# BE WITH SOMEONE WHO UNDERSTANDS THAT ALL RELATIONSHIPS WILL DEMAND COMMITMENT AND WORK

As mentioned before, the fairy tale ending of 'and they lived happily ever after' is from my point of view a big disservice to us regular human beings who don't come from fairy tale books: Being in a consciously loving relationship demands commitment, and work.

Everything in this universe we live in goes towards entropy (deterioration, degeneration, decline, breaking down) unless we maintain it through putting energy into the system.

Think about it, if you want to have financial security, you need to make money and save money, if you want to have a great career, you need to involve yourself into it and give it your best, if you want to be healthy you need to exercise, sleep, eat and drink healthy.

Even if you have a house and shut it down, it would still go towards entropy, towards decay, unless you do something to upkeep it. So why then would you have romantic relationships

where you can expect to be 'happy until the end of time', unless you were consciously involved in making it a beautiful and loving experience?

This is where one of my favorite sentences comes in very handy when talking about relationships, it is super important and enlightening: The aim of a relationship is not to make us happy, or miserable, the aim of a relationship is to teach us how to love, because when we love, we feel happy.

Most parents will tell you that one of the best things they ever did in their life was to have children. When you have children, you give a lot. Giving and learning to pay attention to another being's needs makes you feel what love is all about, it opens up the heart. It makes you feel happy.

Love is not selfish, it is not only about 'what can I get out of this relationship?', it's also 'what can I give to this relationship?'

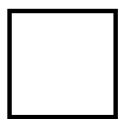
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When you start thinking about what you are going to have to give to someone it can help you make wiser choices. If you enter into a relationship only seeing what the other person can give you, or how great they make you feel, then you are more likely to ignore the little signals inside that are telling you to back off, that this is not the right relationship for you.

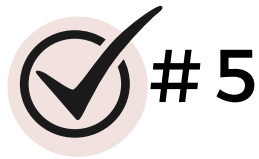
In order to have a consciously loving relationship it is so very important to learn the difference between your emotions and love. Love is not an emotion, it is your essence, it is who you are. Love is steady and quiet. Emotions swing up and down. When you look at the word it says E-motion= Energy in motion. We swing between being infatuated, to being resentful, from being elated to being depressed, back and forth and back and forth until we learn to love and are steadier in the middle.

If we go back to the analogy about being a parent, a parent does not give back their child if their child is a challenge. Even though some days a child can be almost impossible to control or is causing all kinds of angst, the parent finds ways to make it work. The same goes for a consciously loving relationship: once you have found someone who fills in the previous points you have a solid foundation for a strong commitment. And the commitment is to face whatever is there to learn and grow in love and wisdom through the experience of being in a consciously loving relationship. It is a gift.



ARE YOU WITH SOMEONE WHO UNDERSTANDS THAT ALL RELATIONSHIPS WILL DEMAND COMMITMENT AND WORK?

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# BE WITH SOMEONE WITH WHOM YOU HAVE A GOOD SEXUAL CONNECTION (WHATEVER THAT MEANS TO YOU)

I put this point at the end because it is so often the first point that comes into play when we meet someone. We find this person with whom we have this amazing sexual chemistry and we cross our fingers that the other four previous points are being fulfilled.

And the better the chemistry, the more intense the high is, and the more difficult it is to see through our emotions to know if that person is the right one for us. If you have a few relationships under your belt, you have by now discovered that a great sexual connection doesn't necessarily equate a great fulfilling relationship. Often it is quite the opposite in fact. But a good sexual understanding and connection is important in a committed relationship, whatever that means for the partners.

It is possible to be in a committed romantic relationship and not have much of a sexual need if both partners have low sex drive and it is not important for them individually. That is great.

But if one of the partners has a higher need for a sexual connection, then it may well cause challenges in the relationship. It is important to understand that either side of the need is important. There has to be a compromise.

If you are not very sexual, you can look at things like your hormonal balance, needing time just for yourself because you are exhausted taking care of work and kids, you may want to seek help with a professional who deals with sexuality. If your sexual drive is way too intense, it could be a drug for you and not related to love at all. It could be a way to numb your anxiety and you, and your relationship, would benefit from finding the cause of this anxiety.

I have seen quite often sex used as a way to control the relationship through withholding sex or giving sex. This is something to be highly aware of if you want to have a consciously loving relationship, controlling takes away trust and without trust you lose intimacy.

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Intimacy is connection and connection is what we are deep down seeking when we want a romantic relationship. Connection is at the base of our happiness. If you connect with your work, you feel fulfilled, if you connect with yourself you feel fulfilled, if you connect with your family members you feel fulfilled, if you connect with your art, your sport with anything, you feel fulfilled.

Sex is just another way of being deeply connected in a romantic relationship. Like anything else in a consciously loving relationship, being aware of each other's needs when it comes to sexuality can help to grow the bound of trust, it can open the heart.

What starts as sexual chemistry with time grows into love making. And love making is a beautiful and healthy way of creating a unique bond that you do not have with anyone else, something shared with your partner that makes him/her special to you.

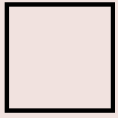


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SEXUAL CONNECTION?

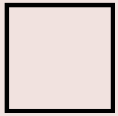
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# Your Relationship Checklist

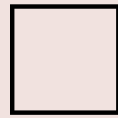
## Recap.....



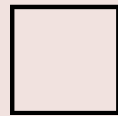
Be with someone who wants to be with you



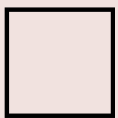
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# ABOUT DR. LISE JANELLE

For the past 30 years, Dr. Lise Janelle has helped thousands of people of all ages, shapes, sizes and social-economic backgrounds to find true happiness, contentment, peace and love in their lives.

Her heart-centered transformational approach has been featured on several major TV networks and lifestyle magazines and received countless praise from people looking to find love in their lives.

She is the creator of the Heart Freedom Method™ and the founder of the Centre for Heart Living in Toronto Ontario. She is also the author of two books, *Conversation with the Heart* and *You Are Loved*.







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