

Speed Rapport

A woman with long blonde hair is shown from the chest up, holding a mobile phone to her ear. She is looking towards the camera with a slight smile. A bright, circular light flare is visible behind her right shoulder, creating a halo effect. The background is blurred, suggesting an outdoor setting.

**Workbook - Patterns
and themes**

IN10SE

Relationship Themes

Relationship themes are great conversational tools that not only make interesting superficial conversation, but can quickly move you to social and deeper personal levels.

I've outlined some of my favorite themes. Feel free to add your own insights and make these themes fit your personality and style!

Best Regards,

IN10SE

The Red Rose

Have you ever noticed how when you're in a relationship everything is intense and exciting at first – and as time goes by, sometimes that sense of adventure gets replaced with a sense of stability and comfort. Not that it's a bad thing – I was thinking about how when you look at a rose, everyone focuses on the flower's petals, and how beautiful it is... how it smells, how it looks... how it makes you feel when you look at it.

And then if you look at this flower long enough, you start to see the stem, and the thorns, and you realize that it's the stem that gives life to the flower... it brings up the nutrients and water to the flower and sustains it.

It seems like relationships are the same way – everyone focuses on the initial romance, the intensity, and the attraction... but then the longer that you're with this person the more you realize that it's also the closeness, the comfort and the deep level of connection that keeps this excitement and intensity alive.

Just like a Red Rose...

The Bank

I was talking to an old friend of the family and he was telling me how he and his wife were getting ready to celebrate their 50th anniversary.

I asked him what the secret was to his keeping his relationship alive for so long.

He said to me, "A relationship is like having a bank account... the more quality time you spend together, the more money you put in the bank. The more time you're with the person, the more money you put in the bank as well. Things that you share together, like experiences, interests, commonalities and similar values all add money to the relationship bank.

When you argue, you take money out of the bank. Negative experiences take money out of the bank – and when the balance gets below a certain point, the relationship is over.

So save your differences for the big things – look past the little things and treasure each moment that you're together."

The Energy Connection

Do you believe that when you're emotionally close to someone, that there's a deep almost "psychic" connection?

I was reading about how some cultures believed that we're connected to the people that we love literally through "energy threads".

These are like energetic connections that grow stronger the deeper the relationship gets and the closer that two people are emotionally.

In fact, when you're connected with someone in this way, when you're thinking about them, you literally send out emotional energy through the connection and they can pick up on it.

Have you ever had someone who you felt close to just call you on the phone almost out of the blue right after you were thinking about them? Well just maybe it was this connection...

The Three Brains

Have you ever noticed how sometimes you might want something or someone on one level – like physically, but how you know that logically it wouldn't work?

Or have you ever had the experience where you felt emotionally close to someone, yet you weren't attracted to them physically?

Well I was reading this interesting book about the three brains that we all have and how each one of these brains has it's own agenda and it's own wants and needs.

There the Reptilian brain, where all your basic, primal urges come from. This is where instinct originates and is the deepest most primitive part of the brain.

This brain has a mind of it's own and will often want it's desires to be fulfilled at any cost – this part of your brain wants excitement and adventure.

Then there's the emotional brain – the "limbic" brain. This is the part of your brain where memories and emotions are stored. This part of your brain wants comfort and security. And it's interesting how you need to have comfort and security – which ultimately means "certainty" and yet how the physical brain needs adventure and excitement – which ultimately means "uncertainty".

And then there's the Neocortex – the logical brain. This is the part of you that is analytical – that always “reasons” through things... by attempting to step out of the physical and emotional influences... basically over-riding the reptilian and emotional brains by looking at things from a detached, analytical perspective.

But we cant stay detached all the time – and sooner or later we give into the influences of either our primitive physical brain or emotional limbic brain.

I think people are most at peace with themselves when they can come to terms and accept every part of themselves – so that all of these parts are in agreement and want the same things...

The Jerk versus the Nice guy

Have you ever noticed how some girls seem to be attracted to the “Bad boy Jerk” type?

I think it's because they mistake arrogance for confidence – and self centeredness for self esteem. All he cares about is what HE wants.

But on the other end of the scale, you have the teddy bear nice guy, who seems spineless, and just wants to do what you want to do. All he seems to care about is what YOU want.

No woman wants that either...

So I think the IDEAL guy is the guy that has the confidence to know what HE WANTS and how to GET IT, yet has the sensitivity to know what YOU WANT and how to GIVE IT TO YOU....

Passion

So what are you PASSIONATE about?

You know that passion comes from the greek word for “Abandonment” – where you find yourself fully in this moment, giving yourself over something, whether it be something that you do, or someone that you’re with...

And it’s in these times when we give of ourselves and open up completely that we learn the most – about life, love, and ourselves.

The Purple Bag

[This is a great script for Identity work]

Sometimes we get confused about who we really are. We think that we are our job or the role we play in life. Maybe you've recognized several things that have been interfering in your relationships. Take this opportunity to explore other areas.

Get into a comfortable position...

Imagine in front of you there is a large clear plastic bag.

As you look at the bag notice many things about it, especially the clarity with which you can see through the bag to the inside. You can see very clearly what is in this bag.

One thing you notice right away is the color inside of the bag, a beautiful purple swirling color, slowly moving around in the bag, almost iridescent.

Just for a moment watch the purple light swirling slowly inside the bag.

There are some things that you can place in the bag, if you like. Some things about yourself, your thoughts your ideas, your difficulties, your hopes...

Begin by putting into the bag - your name - and everything it means about you...

...what it says about you... how it feels to have this name...

Notice it just swirling in the purple light.

Place in the bag - your clothes - your favorite outfit - your entire wardrobe...

Place in the bag - your hairstyle... and your makeup... notice what it says about you, what kind of statement it makes, what it means about you.

Watch it all slowly swirling in the bag... notice those things that are important to you...

Put in the bag - your furniture.... your entire house... everything in it.

Notice all of those things you own, swirling in the purple mist

Now in the bag put - your car... what it says about you... what you are trying to tell

people about yourself...

Now put your phone in the bag... all of your possessions in the bag...

put your job in the bag... and all those ideas that you are what you do...

put in the bag - your mind... and with it that little voice in the back of your mind that is always telling you what to think and what to do...

put your personality in the bag...

your dreams...

your nightmares...

place in the bag your beliefs... all of your beliefs about money... men... women...sex... your sex organs... beliefs about your weight... your complexion...

beliefs about race... God... religion... politics...

place in the bag all of the ideas and fears you have about death and loneliness...

put your mother in the bag... and all of your ideas and thoughts about her...

put your father in the bag....

In the bag now place you sisters, brothers, grandparents, husband or wife, children, friends...

put in the bag anyone you have ever hurt...

Put all of your complaints in the bag... anything you have ever complained about...

All your judgments... in the bag...

Those people and things you felt were good - bad - right - wrong

put in the bag - your need to always be right... your opinions, opinions about what you have and have not accomplished... opinions about failure... reputation... things you're guilty of... laws you broke... arguments you had...

put in the bag - all the agreements you didn't keep...

all the relationships you left...

all the relationships that left you...
put in the bag... opinions others have about you...
opinions your parents had about what they wanted you to be...
what your friends wanted you to be...
what your boss wanted you to be...
put in the bag... what your enemies think of you...
your characteristics, habits, addictions... your resistance... put it all in the bag, and just
watch it all swirling and moving.... all those things that are you.... that define you....
put in the bag your need to be argumentative... or revengeful....
your need to be alone....
your desire to not tell the truth...
your desire to not confront others...
put in the bag... your refusal to let other people teach you...
your reluctance to empower other people...
In the bag put all of your fears... your need to justify what you do wrong...
the reasons for why you are what you are...
Put all of your current problems IN THE BAG...
all of those things about you... swirling in the bag in the purple misty light...
Now, look around and put anything you might have forgotten in the bag... anything
about you... put it all in there... everything that is you is in the bag...
Now put your clothes you are wearing in the bag...
Now put your naked body in the bag...
see everything that is you... in the bag, all swirling around in the bag, with the purple
light... <nice long pause here, and get dramatic>
But... you are NOT in the bag...

You are who is looking at the bag...

You created everything in that bag to help you experience yourself...

You can keep or discard ANYTHING in the bag...

It is YOUR CHOICE... It is YOUR choice... It is not you... you are not who is in the bag... you are not the THINGS in the bag.

YOU ARE WHO IS LOOKING AT THE BAG.

now you can keep whatever you choose, it is your choice...

In a moment you are going to give the bag a big kick... you are going to send that bag into the universe... far away from here... and let it go...

Ready?... now when I count to three... give it a big kick... so hard that it goes flying far into the outer reaches of the universe... ready?... one... two... three.... <snap your fingers> and watch it go, farther and farther away... so far that it gets really small, now becoming a tiny speck in the distance, so small now that it is totally gone... just gone...

The Shadow and the Rising Sun Pattern

"I was thinking about something the other day...about polarities... about the whole concept of the Yin and Yang...about hot and cold...black and white...light and darkness. And how opposites are really the same thing...just varying degrees on the same spectrum...of possibilities...and how one is defined in relation to the other...and how there are no absolutes.

And then I remembered something that a Psychologist friend of mine said once...She said, "I have to go feed my shadow"...and I wasn't quite sure what she meant at the time until I read something by Jung.

He said that everyone has a Shadow...a dark side...a place of forbidden desires. This is that part of you that you hide from the rest of the world...maybe even from yourself... where you can experience and imagine those... thoughts...the things that you wouldn't want anyone to ever find out that you long for and dream about...where you want to experience all the excitement of this moment...to let go of all the things that had been holding you back before...to just let go... and enjoy all that life has to offer...

The Shadow is a good thing, he believed...because it brings a sense of balance.

Now, this sense of balance is very important because the concept that whatever you repress grows and begins to spill over into other parts of your life. If your shadow is repressed it grows and grows...until it just takes you over completely. Jung said it was like the Rising

Sun... because in the morning, as the Sun rises in the sky..... it gets higher and higher... closer and closer to the highest point in its path (midlife) ...until at mid-day it changes polarity completely... and everything that was once true has now changed...and now the opposite is true... and the sun goes down.

This was the concept behind mid-life crisis. (I usually anchor the path of the rising sun with my hand)

It's like the more you try to deny your shadow, the more intense your shadow becomes...and the more intense your shadow becomes the more you feel that underlying tension growing within you for it to just come out ...until one day it just takes over completely.

So balance then is a good thing.

Now what if you were to step into your shadow right now, and see the world through the eyes of your shadow....

What would that say about the person that you are now vs. who you were before.

What is it... that this shadow most wants and desires right now? What do you want to enjoy now"

Deep Rapport Builder

I have a new theory about all relationships and what makes up the ideal one.

First of all you need Passion. This is where you have a physical chemistry with this person, where you feel drawn to this person that you're with, you may even feel a warm feeling right here in your stomach and maybe it spreads all over your body when your with this person... where you can lose track of time and give yourself completely to this experience...

Next you need Intimacy. This is where you feel an emotional connection with this person, like you've known them before, and like you were always meant to know this person... like this was meant to be and where you feel completely comfortable and close... and you may feel it right here in your heart...

Then you need Commitment. Philosophers have called this a sense of "duty" ... where you feel secure, knowing that this is someone that is here for you, that we both choose to be together... and this is someone that you can see yourself with now and in the future...

Now, all relationships are based on varying degrees of each one of these elements.

For example if you have just passion, but no intimacy or commitment, then that would be like just physical infatuation. Like a one night stand or something... nothing more, nothing less...

If you have just intimacy, but no passion or commitment, then that would be just friendship. And we all have those...

If you have just commitment, but no passion or intimacy, then that would be an empty relationship. Like a lot of married people out there... so sad.

Then you can have passion and intimacy, but no commitment. This is like a "Romantic affair"... and maybe the knowledge that it is something that's now or never... or that you have no guarantees about, makes the passion and intimacy even more intense...

And you can have passion and commitment, but no intimacy. That is like people who stay together because they really like the sex.

And you can have intimacy and commitment but no passion. That would be like grandma and grandpa who are together for companionship, but cant remember the last time they did it.

And of course the ideal, as with all things... is about balance, where you can have just the right amount of passion, just the right amount of intimacy, and just the right amount of commitment... well... now that I think about it, an extra little bit more passion would be nice... what do you think?

Conclusion

These are just a few of my favorite themes. Look at the things that you've learned in the Speed Rapport book – from levels of connection, to physical and emotional types, and on and on... All of these things can be used as themes.

Develop your own themes and learn about relationships. Personal experience is oftentimes the best teacher – but you can be tuned into your experiences and focus on them by learning everything you can about them. Read books, know what popular culture conditions us for – and most of all open yourself up to developing and deepening both new relationships and the ones you've already made.

Best regards,

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