# This for That!

### The Transactional Nature of Modern Relationships — And How to Fix Them

\*\*By Shane Russell\*\*

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# \*\*Dedication\*\*

For my son —

You are the reason I rebuilt everything from the ground up.

May you never inherit the confusion I was born into.

May you always know who you are, what you give, and what to expect in return.

This isn’t just a book.

It’s the system I built to protect your peace.

One day, it will protect your children too.

And for her —

You’ll always have a place in this story.

But that place now has structure.

If you ever choose to rise, I’ll be standing here.

Not waiting.

\*\*Building.\*\*

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# \*\*Introduction: What Opened My Eyes\*\*

It hit me like a quiet alarm — not loud, not sudden, but \*certain\*.

Someone was helping me with my son. She wasn’t family. She wasn’t obligated. But she began to step into roles that didn’t belong to her.

She bought him toys. A basket. A stuffed animal. Then she asked if I’d buy him a mattress — and that was the moment it clicked.

Not because I was ungrateful. But because I knew what came next.

She was already emotionally merging into the role of “mother figure.” And I’ve seen this happen before. Good intentions turn into blurred roles. Blurred roles become emotional entanglements. And eventually, someone ends up hurt — usually the child.

So I stopped it. Politely. Firmly. Respectfully.

> “I appreciate you. But I don’t want you spending your own money on him. I don’t want you becoming attached in a way that isn’t yours to carry.”

And just like that — the mission became clear again.

I don’t just want to raise my son.

I want to \*\*redefine what relationships are — and what they’re not.\*\*

I want to rebuild the concept of family, love, support, and partnership — all through one core principle:

> \*\*This for that.\*\*

Because we lost it.

Not just in business. Not just in parenting. Not just in politics.

\*\*We lost it in love.\*\*

This book is about reclaiming it.

It’s not a book about being cold.

It’s a book about being \*clear\*.

It’s not about turning relationships into contracts.

It’s about \*\*recognizing that they already are — and always were.\*\*

So from this point forward, every chapter you read will walk you through how I rebuilt love, partnership, family, trust, structure, and emotional safety through the one system that’s never lied:

> Exchange.

> Integrity.

> Agreement.

> Clarity.

> \*This for that.\*

Now we begin.