



## ✓ CHECKLIST

# HOW TO AVOID ANOTHER PAINFUL ROMANTIC RELATIONSHIP



## HOW TO AVOID ANOTHER PAINFUL ROMANTIC RELATIONSHIP

Scared to death about entering into another romantic relationship?

Have you promised yourself you will never fall in love again?

**Or**

Are you thinking that we don't know how to choose the right partner?

The following checklist, tested by Dr. Lise and James Gill, will help you to enter into a romantic relationship with more wisdom and clarity.

It may seem Romantic Relationships don't last these days, but the truth is we were not taught how to match up with the right partner, lover and friend.

Love is not a dark twisted monster waiting to mislead us and break our mind & heart: True love is the safest thing in the world!

So why, are so many traumatized by romance?

*Why do we have a 50% divorce rate?*

We were not taught how to prepare and navigate the journey of a love relationships. We have confused attraction and Sex, with love.





## HOW TO AVOID ANOTHER PAINFUL ROMANTIC RELATIONSHIP

Most of us have our first romantic experience in our teens or early 20's when we don't know ourselves, what we truly want, or what a healthy relationship feels like.

I still remember my first  and was positive it was true love!

Looking back, I know it wasn't. So, what was going on?

The highs we experience from the hormones that flush into our body during infatuation and sexual attractions can be a powerful.

When we have sex, the relationship can become an addiction, and like any addiction, when you are denied your drug, you start to go through withdrawal.

Addictions overtake our thoughts and make us feel Sick. When you cannot have what your mind and body want, it becomes very painful.





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Does a drug addict love their drug, or do they need it?

How are we to feel safe in love, when we don't know who we are yet, and our only guidance has been books, friends and movies. Or worse porn.

No Wonder it Doesn't Work



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





## HOW TO AVOID ANOTHER PAINFUL ROMANTIC RELATIONSHIP

- ✓ Are you with someone who wants to be with you?
- ✓ Are you with someone who has a track record of being a good friend?
- ✓ Are you with someone who shares similar core values?
- ✓ Are you with someone who understands that *ALL* relationships will demand commitment and work?
- ✓ Are you with someone who enjoys a healthy sex life?  
(whatever that means to you)





We are going to explore with you each of these points to make sure your next relationship starts eyes-wide-open and healthy, with the right person.



## **ARE YOU WITH SOMEONE WHO WANTS TO BE WITH YOU?**

Of course, you are right? Who would be with someone who doesn't want to be with them?

You would be surprised how many people get themselves into challenging emotional situations because they are infatuated with someone who is not emotionally available or not interested in being with them.





## HOW TO AVOID ANOTHER PAINFUL ROMANTIC RELATIONSHIP

*The challenge is, some people need to prove they are lovable...*

They are so loveable and nice; they think once a person gets to know them, they can win the person's affection.

The more the other person is not interested in them, the more they are invested in trying to get them to pay attention, the more they push them away, and the situation can become totally destructive for the pursuer.

One of my clients, let's call her Susan, became totally infatuation with a man who warned her, right from the beginning, that he was not ready to be in a serious long-term relationship. He was 'heartbroken' over a newly ended relationship with a woman who did not treat him very well.





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He made it clear that he and Susan could be friends, (even friends with benefits), but nothing more. He wanted to numb himself, to get over his x-girl friend.

Susan is a great woman, caring and loyal but he was not ready for that kind of commitment.

However, she was invested in trying to 'win him over' she convinced herself that when he notices what a smart, nurturing and sexy woman she is, he would never want to leave.

At first, she was ok with him not being ready for a serious relationship because the sex was great, he had money and he was so handsome and interesting. She was hoping over time he would let go of the past and fall in love with her.

Time passed, and the more she wanted him, the more she pushed him away. Over time she would get more and more upset, obsessing over him.







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After a couple of months, she would look at her phone for texts that were not there and be upset that he did not call her affectionate names, like honey or sweetheart. Then she started looking for excuses to connect with him.

When she was at his home, she would look for reasons to stay with him and leave some of her belongings.

She could not understand how they could have fun, play together and have the best sex ever but he was not affectionate with her.

Once, while having sex, Susan said I Love you, and this was the end of the relationship. He said I told you I am not ready, and I don't want to injure you, so he broke up with her.

She lost her appetite, was not sleeping, and it was hard to focus at work. Susan was like a drug addict unable to get her 'fix', her man.





## HOW TO AVOID ANOTHER PAINFUL ROMANTIC RELATIONSHIP

It took time and work, but Susan finally got over the loss and pain. More importantly she learned to let go of the stories, the inner programming that was holding her back from having what her heart truly desired.

Susan discovered a program that taught her how to do some inner work and connect with her power. She got back her sense of self-worth and no longer needed a relationship to prove that she was lovable.

In fact, she didn't need a man at all, she only wanted to share life, and deserved to do this with the right man.

Once she was solid inside, she could not understand why she had wanted to be with him so badly. After it was done, she was grateful for meeting him because he forced her to do her inner work, to let go of the stories that had been preventing her from having what her heart truly desired.





## HOW TO AVOID ANOTHER PAINFUL ROMANTIC RELATIONSHIP

A consciously loving relationship with someone who could love her back. A safe passionate loving relationship, where they are both aligned.



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

One of the reasons we end up having our 'hearts broken' is we don't take the time to notice, if the person we are infatuated with is safe for us. The highs feel so good and we move so fast, we forget to notice important qualities.

For example: do they have a track record of being a good friend? How do they treat people who may not be a benefit?

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





## HOW TO AVOID ANOTHER PAINFUL ROMANTIC RELATIONSHIP

You want someone who will support and respect you, a person who allows you to be vulnerable without fear.

At work, or when we are with our family and friends, we want to feel welcomed and valued. We want to be loved for who we are, and our capabilities.

Would you want to go to work every day where they mistreat their employees? Would you try and change yourself, be someone you are not, so your boss will appreciate you, or would you rather work for a company that appreciates what you bring to the team?

When it comes to romantic relationships, why do we expect the person we are with, who is disconnected or inattentive even demining and hope, if we try hard enough, if we are good enough, give them lots of attention and love they will become our charming prince/princess?





## HOW TO AVOID ANOTHER PAINFUL ROMANTIC RELATIONSHIP

Wouldn't it be better to wait for someone who has a track record of being a good friend? Maybe even a friend on fire.

If you are afraid that you will never find someone to love you, or if you feel so attracted physically to someone your judgement becomes clouded, you may enter into a relationship that will be very challenging, if not abusive.

Take the time to learn what true love is all about. Learn what it means to love yourself first, and to align with your power.

*How do you know if someone is a good friend?*

Listen to how they speak to others, how they treat the waitress at the restaurant, how they are with their friends and family.

Are they reliable? Are they trustworthy?





## HOW TO AVOID ANOTHER PAINFUL ROMANTIC RELATIONSHIP

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, and be there when you need them.

At the same time, they are involved in taking care of themselves, and working on their own issues.

*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 SHARES SIMILAR CORE VALUES?

This is why taking the time to communicate and share who you are and what you really want is important.

Too often we rush into romance, because we really, really want to be in love. Then when we have sex, this creates confusion. Confusion between true love and infatuation.

Another common problem is time, as men and women approach their 30<sup>th</sup>, the bells go off and the desperate need to have a partner and a family becomes priority. Sometimes a priority over the right partner.

Being with someone who has similar core values and beliefs may be the most important check point.





## HOW TO AVOID ANOTHER PAINFUL ROMANTIC RELATIONSHIP

If you want to have a consciously loving relationship, and avoid crises on the journey, it takes wisdom.

Calm wisdom to connect with your heart and source. Time to listen to your emotions that are trying to guide you to the place you want to be, and the life you want to live.

If you enter a lifelong journey, with wild dreams of being married with children, because you find yourself so sexually attracted to a person, or because this person soothes some of your insecurities, the result more than not is disaster.

It takes time to truly get to know someone!

If you are afraid of being alone for the rest of your life, this fear will have you moving blindly, faster than needed.







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Until one day, 3 to 4 years later, after the high of infatuation has gone, the honeymoon is over, and you wake up one morning wondering how the hell I got myself into a lifelong journey with someone who's life values, beliefs and interests are so different than mine?

When your values are mis-aligned it takes too much energy to make a relationship work. In the best of times, relationships can be interesting but so worth it, with the right person.

With the right person a relationship does not have to be challenging. The phrase "Relationships take work" is wrong. If each person works on themselves there is an easiness to the relationship.

Some feel "And they lived happily ever after" only happens in the fairy tales.





## HOW TO AVOID ANOTHER PAINFUL ROMANTIC RELATIONSHIP

We are expected to focus at school, and work to excel, and have the life we want, but for some crazy reason we feel that relationships will take care of themselves.

WHY?

“And they lived happily ever after” does not have to be a fairy tale. It can be very, very true.

In my opinion along with Esther Peral and Tony Robins, the quality of our relationship affects the quality of our life.

Only, society left out how to enter into a passionate loving relationship, and keep it interesting, erotic, fun and happy over time, and avoid the divorce trap.

It is true, relationships are not always easy, but at the same time if they are TOO MUCH WORK, you will deplete the energy needed for other areas of your life which is important for your fulfillment.





## HOW TO AVOID ANOTHER PAINFUL ROMANTIC RELATIONSHIP

One person will never satisfy all of your core values, but I assure you it will be a lot easier to be committed to a long-lasting romantic relationship if you have some important affinities together.

If you have not already done this, here is an Important Exercise:

*What are your top 5 values that you are not willing to do without?*

List your five top values, when you meet Mr. or Mrs. Right. Then ask them to write down their top five values and compare.

Some will not do this out of fear of coming across as particular, and they do not want to scare a potential lover away, but if you are with the right person, they will be happy to play.





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This will lead to one of the most important discussions of your new love life, and possible lifelong journey together.

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, it won't feel right anymore, and you will be in crises. You will be looking for a marriage councillor, and statistics show by this time it is too late.

If your goal is to have a life-long relationship, and journey together. Start the voyage with someone whom you share similar interests and beliefs. A lover who is a good friend will make the journey less stressful, more passionate and enjoyable.





## ARE YOU WITH SOMEONE WHO UNDERSTANDS RELATIONSHIPS TAKE COMMITMENT AND INNER WORK?

As we have discussed we don't come from fairy tale books, but "*and they lived happily ever after*" does not have to be a fairy tale.

Everything in this universe exists in a state of positive and negative energy. It takes focus and commitment to learn how to maintain a balance. How to learn from the negative and align yourself with the positive.

Think about it, if you want to have financial security, you need to make money and save money.

Sometimes you will lose, but this is not the end. It is only the beginning of a new chapter and a lesson.





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If you want to have a great career, you need to involve yourself into it by learning from what works and what doesn't.

If you want to be healthy you need to exercise, sleep, eat and drink healthy. When you start to feel unhealthy, you should take the time to assess and adjust your lifestyle.

It is all about learning on our journey about what is wanted and not wanted. What is working and not working.

So why would we expect a romantic relationship to be 'happy until the end of time' unless we were consciously involved in making it a beautiful and loving experience?

It is true, we are taught the importance of money, education, exercise and a healthy diet, but not about love.





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Not to worry, there are courses like FEARLESS LOVE™ that can make the difference between *“And they lived happily ever after”* and a life of crises management.

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 learn, how to be patient, to be calm, love unconditionally, and stay in alignment with your true self.

Giving and learning to pay attention to another person's needs helps you to learn what love is all about, it opens up the heart. It connects you with Source, your bliss and 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?’*

When you start thinking about what you are going to give to someone, it can help you make wiser choices.





## HOW TO AVOID ANOTHER PAINFUL ROMANTIC RELATIONSHIP

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, this is not the right relationship for you.

At the same time, it is very important to realize that giving too much to someone in order to be loved, and hang on to them, is also a reason to reconsider a long-term relationship. You don't want to become a people pleaser.

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.







## HOW TO AVOID ANOTHER PAINFUL ROMANTIC RELATIONSHIP

We swing between being infatuated, to being resentful, being elated to being depressed, swinging back and forth – back and forth, until we learn to truly love and are steadier in the middle.

If we go back to the analogy about being a parent, a parent does not leave their child when 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.

The commitment is to face whatever it takes to learn and grow in love.

To gain wisdom through the experience of being in a consciously loving relationship. It is a gift.





## **ARE YOU WITH SOMEONE WHOM YOU HAVE A GOOD SEXUAL CONNECTION?**

**(WHAT EVER THAT MEANS TO YOU)?**

We put this point at the end because it is so often the first thing 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 important points will work out.

The better the chemistry, the hotter the sex, the greater the high, and the more difficult it is to see through our emotions, to know if this person is the right one for us.





## HOW TO AVOID ANOTHER PAINFUL ROMANTIC RELATIONSHIP

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.

*Having said this, sex and intimacy are important.*

It is important to be open and discuss your sexual interest in the beginning before starting on your journey.

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

If one of the partners has a higher need for a sexual connection than the other it will create issues.





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We have also 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. In fact, without trust - It's Over.

Relationships affect the state of our lives.

A loving passionate relationship is a large part of the formula that creates 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, you feel fulfilled.





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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 sex can help grow the bond of trust, it can open the heart.

What began as hot chemistry evolves into love making. If you have made love to a partner, you know the difference. It is beautiful and a healthy way creating a unique bond that you do not have with anyone else, something shared with your partner that makes him/her connected like nothing else in this Universe.

These are five points that can help you move towards a happy and fulfilling love relationship. One where you feel safe to be exactly who you are, with your best friend and lover, on a voyage that will have stormy seas, but you are happy and thriving.





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These five check points are a start, but as you know there is more; in the new world paradigm we have very high expectations, expectations that need to be managed with grace and from a perspective that is transparent and benefits the individual, the couple, the family and community.

We hope that you found this short paper useful and wish you success in life and love.





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James would like to thank Dr. Lise Janelle, who worked with him as his coach, for her contributions to this advice and guidance.

James Gill is a serial entrepreneur, philosopher, thought leader and catalyst for change.

He was the Senior Co-Founding Partner of Klick Inc. and Klick Health A company that started with six employees and expanded across North America.

He was on the leading edge, of social media developing online education programs, with Key Opinion Leaders, (KOLS), to improve health outcomes.





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James created a new word to express his current vision. (HEARTSUM)

HEARTSUM is the sum of the mind, body, and spirit coming together at the HEART, which is connected to SOURCE ENERGY.

HEARTSUM LIVING: Has gone beyond transformation. The company is focused on changing the way people connect, learn, love and live, to expand the consciousness of our planet.

*"The health and happiness of a relationship affects your personal happiness which flows into the health of the community and finally the planet." "The health of our planet, in many ways, is contingent on the health and happiness of the individual within the couple." JAG*

To find out more about James and HEARTSUM LIVING go to: [www.heartsum.ca](http://www.heartsum.ca) or send a comment or question to [info@heartsum.ca](mailto:info@heartsum.ca) we are always ready listen and willing to chat.

To find out more about our flagship program, FEARLESS LOVE™ and the difference it can contribute to your long-term loving relationships and happy family. Contact HEARTSUM LIVING and discover if this is the right program for you on your journey.

