

# LOVE SEX WISDOM

## ASSIGNMENT 7.

1. Review your Getting Real To Heal Your Relationships worksheet. Onto a new piece of paper, consolidate your lists of Relationships: Parental Imprint and Romantic Love: Imprint from parent #1 and parent #2.
2. Now dig deeper to hit upon your other hidden beliefs. Try doing a daily three-page “brain dump” of everything you think about love over the next week. Or “brain dump” a list of every belief that comes through and then pick the ones that resonate most with you. Add to the consolidated list any meaningful new beliefs that came up as you continued to dig.
3. Add to your consolidated list a minimum of 5 additional beliefs about how people who are supposed to love you treat you, based on how you think your parents treated you. (I’m sure you have some nice beliefs about this, but focus on the beliefs that you want to let go of.) For example:
  - “People who love me put me down.”
  - “People who love me are proud of me but think I’m a diva.”
  - “People who love me think I’m lazy if I rest.”
  - “People who love me leave me.”
  - “People who love me leave me out.” (This one can come up for people with parents who loved each other a lot.)
  - “People who love me don’t think I’m important enough to spend time with.”
4. You now have a list of beliefs both from Getting Real to Heal Your Relationships and from some deeper digging. **Do at least 10 Deprogram Your Self exercises *with the accompanying self-guided meditation for each.*** (The meditation is where the magic happens.)
  - I suggest writing (by hand) all of the exercises at once and then sitting down in meditation and going through the meditations all in one swoop.