Celebrating Partnership
with Alison Armstrong™

WORKBOOK
For use with the Celebrating Partnership with Alison Armstrong Audio CD Set.
What if no one is ever Misbehaving?

...including you?

For additional copies of this workbook, go to UnderstandMen.com
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CLEANING OUT THE PARTNERSHIP CLOSETS

IF YOU CAN REMEMBER IT, IT’S WORTH LISTING AND HEALING!
List the Times and/or Ways that your FEELINGS have been HURT and By Whom.
IF YOU CAN REMEMBER IT, IT’S WORTH LISTING AND HEALING!
List the Times and/or Ways that you’ve felt Disrespected, Disregarded, “Blown Off,” “Dissed,” Betrayed/Disloyalty, Unsupported, Unappreciated, etc. And specify By Whom.
PHASES OF THE HUNT

1. COMMITTING TO A RESULT

2. STRATEGY PHASE
   ▶ Share Dreams
   ▶ and “Fruitstands”

3. COMMIT to the PLAN
   (without telling)

4. Collect Resources, Tools, etc.

5. Collect POWER

6. IMPLEMENTATION
   ▶ “Underway”
   ▶ “On track”

7. Story Telling
<table>
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<td>What results do you have a plan for?</td>
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PHASES OF THE HUNT and YOU

continued

How do you COLLECT YOUR POWER?
What does that look like to an observer?

During IMPLEMENTATION, what empowers you?

During IMPLEMENTATION, what dis-empowers you?
What are your favorite STORIES to tell?

What does telling them provide for you?

What RESULTS or “FRUITSTANDS” would you like INCLUDED in your PARTNER’S PLANS?
PROVIDER & PROTECTOR

- Sensed as or determined to be the “biggest and strongest” of group or pair
  - By stature
  - By resources
  - By knowledge
  - By connections

- Experiences being ACCOUNTABLE

- Defines the RESULT

- Their Plan is THE PLAN

- Listens:
  - “What’s the POINT?”
  - “What’s the PROBLEM?”

- APPRECIATION = JUICE/ENERGY
Where in your PAST have you been the PROVIDER & PROTECTOR?

As the PROVIDER & PROTECTOR, what RESULTS or PROBLEMS did you consider paramount?

As the PROVIDER & PROTECTOR, what did you instinctively CONCEAL from others that later on had consequences?
As the PROVIDER & PROTECTOR, what SUPPORT would have made a difference?

As the PROVIDER & PROTECTOR, what did you need APPRECIATION for that you did not receive?
Now in your PRESENT, where do you consider yourself the PROVIDER & PROTECTOR? Look in different aspects of your work life, home life and ways you relate to your romantic partner. In what circumstances are you the Provider & Protector?

As the PROVIDER & PROTECTOR, what RESULTS or PROBLEMS do you consider paramount?
As the PROVIDER & PROTECTOR, what are you instinctively CONCEALING from others?

As the PROVIDER & PROTECTOR, what SUPPORT would make a difference for you?

As the PROVIDER & PROTECTOR, what do you need APPRECIATION for? What would that look like?
SUPPORTER & ENHANCER

- Dependent upon the Provider/Protector
- ADAPTS to be VALUED
- Masculine supports the RESULT
- Feminine enhances the EXPERIENCE

LISTENS:
- “What’s this got to do with me?”
- “What does he/she need from me?”

APPROCIATION = SAFETY
SUPPORTER & ENHANCER in the Past

Where in your PAST have you been the SUPPORTER & ENHANCER?

As the SUPPORTER & ENHANCER, how did you think you could best support the Provider & Protector?
SUPPORTER & ENHANCER in the Past

continued

As the SUPPORTER & ENHANCER, how did you ADAPT to be more VALUABLE to the Provider & Protector?

As the SUPPORTER & ENHANCER, what INFORMATION would have made a difference?

As the SUPPORTER & ENHANCER, what did you need APPRECIATION for that you did not receive?
SUPPORTER & ENHANCER in the Present

Now in your PRESENT, where do you consider yourself the SUPPORTER & ENHANCER? Look in different aspects of your work life, home life and ways you relate to your romantic partner. In what circumstances are you the Supporter & Enhancer?

What RESULTS are you FOCUSED on (masculine support)? Or is there an EXPERIENCE you are CONCERNED about for the Provider & Protector (feminine support)?
SUPPORTER & ENHANCER in the Present

continued

As the SUPPORTER & ENHANCER, how do you think you can best support the Provider(s) & Protector(s) in your life?

As the SUPPORTER & ENHANCER, how are you ADAPTING to be more VALUABLE to the Provider(s) & Protector(s)?
SUPPORTER & ENHANCER in the Present

continued

As the SUPPORTER & ENHANCER, what INFORMATION would make you more EFFECTIVE?

As the SUPPORTER & ENHANCER, what do you need APPRECIATION for and what would that look like?
HEALING THE MASCULINE & THE FEMININE

- This is the ONLY chance you have for 100% participation by YOU and THEM
- Healing begins with the WILLINGNESS to be healed
- ASSUME they had a GOOD REASON
- Provide exact WORDS and COMPREHENSION you need to be healed
HOW THE FEMININE GETS HURT & THE MASCULINE GETS CRUSHED

SOMETHING HAPPENS
(done/not done; said/not said)

Interpreted: What That Would Mean
If I Did It/If Another Like Me Did It

FEMININE
Hurt Feelings

MASCULINE
Crushed
Disrespected
Disregarded
Betrayed
“Blown Off”
HEALING THE FEMININE IN THE MOMENT

Give these instructions to the person who hurt you. (from Understanding Women: Unlock the Mystery)

HELP! I’VE BEEN HURT AND I URGENTLY NEED REBOOTING!
This is how to recover me quickly and with the least amount of injury to you. It might not make sense, but it works. Thank you in advance for rescuing us both from the Rage Monster.

- Please DON’T TOUCH me until I reach for you. Touching me before then will aggravate and feed the Rage Monster.
- What I most need to hear is: “I’m sorry I hurt your feelings.”
  - You have to really mean it or it won’t work.
  - Listen for a deep intake of breath
    - it’s the SURGE PROTECTOR restoring power.
  - If I don’t breathe deeply, try again.
  - Don’t proceed until you get the deep breathing.
- Past hurts that weren’t ever resolved may bubble up now.
- This is the VIRUS SCAN...
  - It’s emptying the Rage Monster’s storage bin of small injuries.
  - If you just keep saying, “I’m sorry for that too,” it’ll all get cleared out and won’t be there the next time.
- Now I might start crying or sobbing.
- Don’t worry, that is how women DEFRAG! Just stay with me, there’s nothing to do. This puts my heart back together.
  - If I have reached out to touch you, this is a good time to hold me.
  - KEEP HOLDING me or touching me until I stop touching you.
- I’m still not able to have rational conversation or to take responsibility.
- Treat me gently, don’t raise your voice, and I’ll get there eventually.

REMEMBER: Saying “I’m sorry I hurt your feelings” is not a admission of wrong doing. You can make a deal so this same hurt may not happen again, but don’t try to get him to promise to change.
HEALING THE MASCULINE

- Listen to him/her for the exact words that describe his experience.

- Be willing to own his/her experience.

- Say “I’m sorry I ________________”

  *fill in the exact words they used*

- They Are Likely To Be:
  - Disrespected
  - Disregarded
  - You Were Disloyal
  - You Blew Me Off
  - Wasted My Time/Energy

- Make a plan, if necessary, to prevent it from happening again.
VALUES

Value: to think highly of, to esteem, to prize
(from the Latin valere, to be strong, to be worth)

What qualities matter most to you?
What is your definition of a great person, life or experience?

<table>
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<tr>
<th>My Values</th>
<th>Partner’s Values</th>
<th>The Partnership’s Values (adopted)</th>
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Sample Values

*Value: to think highly of, to esteem, to prize*
(from the Latin valere, to be strong, to be worth)

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<tr>
<td>Contentment</td>
<td>Motorcycles</td>
<td></td>
</tr>
<tr>
<td>Peace</td>
<td>(and Cars!)</td>
<td></td>
</tr>
<tr>
<td>Fun</td>
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*Value: to think highly of, to esteem, to prize* (from the Latin valere, to be strong, to be worth)
MY DREAMS

Please finish any of the following sentences.
Don’t edit for practicality. Writing it down is not a commitment.
Consideration of Reality is irrelevant at this point.

“I have always dreamt of…”
“If I could do anything, I would…”
“If I had all the time/money necessary, I would…”
THEIR DREAMS

As your partner shares, capture each of their dreams below. The second time you’re listening, next to each dream, write the words that most closely describe your current relationship to that dream.

POSSIBILITIES:
I SHARE that dream.
I’m willing to INCLUDE that dream in my PLAN.
I’m willing to SUPPORT that dream (even if not sure how).
This dream FREAKS me out or APPEARS to CONFLICT with my PLAN.
DREAMS TO GOALS

Which of your dreams and your partner’s dreams are you willing to make part of your PARTNERSHIP by adding COMMITMENT and REALITY to them? In other words, to make part of your PLAN with time, money and energy devoted to them?

For each of your Goals, consider:
- By When?
- Time Needed?
- Money Needed?
- What else is Needed?
Start at the beginning of your day and think about what normally happens. Which parts of your daily life are not an expression of your VALUES and therefore not SATISFYING? e.g. morning routine, mealtimes, bedtimes, daily free time.
DEALS TO MAKE

continued

Think about your weekends, holidays and annual events. Which parts of your daily life are not an expression of your VALUES and therefore not SATISFYING? e.g. weekend free time, weekend “us” time, vacations, religious or national holidays.
COMMON AREAS REQUIRING DEALS TO AVOID CONFLICT

In the Contexts of Romance, Family and/or Sharing a Household

FINANCES
- Income generating
- Funding normal expenses
- Funding special projects/vacations
- Bill Paying
- Long-term planning and goals
- Pocket money/Free money
- Gifts

HOUSEHOLD MAINTENANCE
- Standards
- Chores
- Special Occasion prep

SEX
- General consensus on how often
- How does each communicate the desire to have sex
- And what does each need to have sex

CHILD-REARING
- Main principles dedicated to
- Discipline methods
- How to resolve contradictions and still present a “united front”

HEALTH AND WELL-BEING
- Weight limits for health
- Substance usage
- Exercise
COMMON AREAS REQUIRING DEALS TO AVOID CONFLICT

continued

TIME TOGETHER
► How Much
► When
► Who creates what to do

FOOD
► Grocery shopping
► Preparation
► Clean Up

FREE TIME
► Who Gets it
► How Much
► When
► Who’s “covering” children or pets

SAFETY STANDARDS
► Who sets them
► How are they enforced
► How are disagreements resolved

CONFLICTS OF LIFESTYLE THAT AREN’T GOING TO CHANGE

AGREEMENTS FOR BEING IN COMMUNICATION
► Making plans
► Changing plans
► Being late
► Being upset
► Mending Hurt Feelings and Injured/Crushed selves

WHAT OTHER AREAS OF CONFLICT DO YOU HAVE?
In the Context of Working Together
If this is the context you are focused on, what are the areas that don’t work for you?

What part of your day, week, month, year doesn’t work for you?

What projects, processes or tasks consistently generate difficulties?

What isn’t handled in a way consistent with your values and bringing out the best in you?
RELATIONSHIP MODELS

► THE LEGACY MODEL. We inherited this model from our ancestors and the focus is usually on children and making sure the children are more successful than the parents. The focus in this model can also be building wealth, power or leaving a legacy of contribution.

► THE COMPANIONSHIP MODEL. The focus in this model is the ease of being together. People with this model want to have many common interests with a partner and may also express the importance of “doing life together.”

► THE SUPPORT MODEL. This type of relationship is organized around providing what each other needs to accomplish personal goals or dreams. People with this primary model do not want to “work on” the relationship. In this model, the expectation is that the relationship will provide support and love for what each partner is working on outside the relationship.

► THE KARMA MODEL. The purpose of this relationship is to cause maximum personal growth. Partners are chosen by how much they challenge each other to expand their physical, emotional, conceptual or spiritual worlds.

► THE ROMANCE MODEL. In this type of relationship, every moment is special. This model is about enjoying the present and making the most of whatever time you spend together. It’s not about building a future or sharing a life but rather sharing romantic experiences.
NOTES FOR DEAL CONVERSATIONS

► Making Deals is the opportunity to have every part of your life together – at home or at work – be a reflection of your shared values. Well crafted deals are an expression of love, support and respect.

► These conversations require interacting with compassion and respect for the other person’s desires and point-of-view. We distinguish two ways of looking at what a person wants:

1. “Need” – these are the things you require in order to not be upset, not be thrown off-balance, or not have “the life sucked out of you.”

2. “Happy” – After getting what you need, what would make you happy? What would be “bonus land?”

► There are things that men and women need that the other gender can’t relate to. They just make no sense to them. But if we can see what they will provide, we’ll often be willing to do what that need requires anyway.

1. If someone cannot provide what you need, they may react by saying, “You don’t need that” or “what do you need that for?” or “that’s ridiculous.”

2. This is in self-defense because you needing that and them being unable to provide it will cause a failure for them.

3. Patiently explain what it will provide for you and what you cannot be or do without it.

► Sometimes the areas that need deals have been frustrating for so long that it’s impossible to discuss them calmly. In this case you may want a friend, coach or counselor to mediate the conversation.

► There is no point in working out a deal if you do not intend to honor it. Keeping your agreements and promises with each other is a basic requirement for any degree of workability or harmony in any partnership.
If one of you fails to keep your end of the deal, get it acknowledged quickly, make up for it, re-commit and move on. If you continually fail, it may not be feasible and you may need to renegotiate it.

**Values + Circumstances = Deals**

1. This means that whenever your values change (as they sometimes do) and whenever your circumstances change (as they often do), you must renegotiate your deals. Lots of arguments and “fights” are often a result of needing to renegotiate deals.

2. Look ahead at what changes can be anticipated: Is someone going to work more or less? Make more or less money? Be taking care of a child or parent? No longer have to take care of someone? Have more or less “free time” due to work, school or another obligation?

3. Circumstances may be temporary or long-term. Make deals that are sustainable for the length of time you’re going to need them.

4. If something changes from short-term to long-term, re-look at the deal. It may not be sustainable for the long-term.
LET’S MAKE A DEAL – STEP BY STEP

1. Set up a time to talk, dedicated to this process. Pick a friendly environment, outside the home if possible. Don’t try to have this type of conversation when one or both of you are already “riled up.”

2. Appoint one of you to be the Note Taker, responsible for recording the decisions and agreements and principles aligned on.

3. Start by working together to make a master list of all the areas of life that you are each not satisfied with, irritated or frustrated by, or where you consistently have conflicts.

4. Each session, work on one or more from this master list. Take turns picking an item. Stop working when you can’t do it calmly anymore.

5. Take turns going first. Who ever has the most “charge” on a topic should probably go first. Avoid blaming the other person for how it is. You haven’t made a deal before.

   (If it’s your turn to listen first, it’s important not to interrupt the other person. Instead, make notes as necessary about what you object to or don’t understand. Work to understand what they need and why. Expect disagreement – it’s not bad – if you already agreed you wouldn’t need a deal here.)

6. Start by finishing this sentence: “In this area, if I had it ALL my way, it would work/look like this….”

   ► Explain, in detail, what you NEED. And say what you mean by that: What it is, what it would look like, how often. Be very, very specific. Have the Note Taker write it down.

   ► Explain what you DON’T NEED. What you don’t mean, what doesn’t make any difference for you. Be very specific.

7. Since men and women have different motivations and points of reference, expect misunderstandings at first. This is natural. There is nothing wrong. You will be more successful if you are willing to be fully responsible for having the other person understand what you need. When you are done, you might ask, “Could you tell me back what you think I need? I want to make sure I communicated clearly.” This is NOT a test of the other person’s listening. If anything, it is a test of your speaking.

8. Now say specifically what having this need fulfilled will provide for you.

   ► What will having this need fulfilled provide for you emotionally, physically, and mentally?
“LET’S MAKE A DEAL” – STEP BY STEP

continued

- What will you be able to do getting what you need, that you can’t when you don’t?
- Who will you be able to be? What capacity will that give you?

9. If the other person is willing to provide what you’re asking for exactly “all your way” then ask:

- “Is there anything that you need to give me this all my way?”
- When you ask this question, suspend any preconceived notions about what the other person will say. What each says will come from another world, set of priorities, and way of thinking. Be open to what the other is going to say and consider it valid.

10. For each thing that the other person needs to give you what you’re asking for, identify what you need to provide that. Keep doing this back and forth; identifying the thing that each of you needs to give the other what they need. It’s a process of getting to the generating action.

11. If they are unwilling to have it all your way, then finish communicating what you’re asking for and what it will provide. Make sure you’ve said everything.

   Don’t panic if they don’t want to do it all your way. Listen to how they would like it to be. It might actually be a better way! You’re looking for a way to BOTH have what you need.

12. Then have the second person repeat steps 6 thru 9, saying if they had it all their way and what that would provide.

13. Ask questions, if necessary to fully understand the other person’s ideal situation. Keep looking until the light bulb goes off and you feel like you really “get” their world.

14. Then put your heads together for a solution that will give you both what you most care about. Be creative!

The Goal is to have both of you at peace or grinning from ear to ear. Keep going, be creative and keep asking questions to understand the other person. But don’t expect every deal to be perfect. Some are just a lot better than what is usually happening.
DETAILS OF DEALS MADE

As DEALS are often a victory of Human Spirit over the PAST, they can often be quickly forgotten – even the most innovative and “genius” deals. Make notes here, or in another place you’ll see often, that capture the following:

► What part of life is this deal addressing?
► What RESULTS does it PROVIDE for each participant?
► What are the fundamental parts and duties and for whom?
► How does each participant get APPRECIATED for their part?
PREDICTABLE NECESSARY RENEGOTIATIONS

Since $\text{DEALS} = \text{VALUES} + \text{CIRCUMSTANCES}$ when either of these two components change, deals must be renegotiated. You can anticipate the need for renegotiation or wait until you notice it by being dissatisfied, frustrated, upset or resentful with life or your partner(s).

**How often should you commit to revisiting your VALUES, in case they've evolved?**

**What are the PREDICTABLE changes in CIRCUMSTANCES coming up in your life?**

*e.g. more/less time working, more/less money available, more/less time caring for children, pets or elders, more/less free time for any reason, major events that will stress the normal routines (like holidays, surgeries, school vacations).*

**List WHAT and WHEN.**

**Put DEAL RENEGOTIATIONS on your CALENDAR well in advance.**
WHAT DOES SEX PROVIDE FOR ME?
Be specific for all types of possibilities in YOUR sex life, e.g. times of day, activities included, length of time for engagement, frequency, etc. Correlate what’s provided to the specific act or circumstances in which that happens.
SEX IN THE CONTEXT OF PROVIDING

continued

WHAT DOES SEX PROVIDE FOR OUR UNION?
In what ways does sex, and its frequency and quality, affect the way you relate to each other and exist as a Union?
CAUSING WANTING

Once you’ve created PROVIDING as the source of your sex life, you can consciously CAUSE Wanting. Why? Because it makes sex more fun. Provide this information to your partner so they can cause you to want sex in a way that completely works for you.

PUMPKIN HOURS: During what hours, and in what circumstances, would an invitation for sex cause resentment on your part?

TANK FILLERS: What activities “fill” your Sexy Tanks and make you in your body and receptive to sex?

 SIGNALS: How do/will you indicate a desire for sex? Include verbal and nonverbal.
DESSERTS: What is always a good idea and will usually get the party started?

JUMP STARTS: What words, phrases or ways of being touched or approached take you “from zero to sixty” and make you want sex NOW?

END GAME/AFTERMATH: What do you need immediately after, and in the hours/days after sex, to leave you feeling totally satisfied and appreciated – thus excited about the next opportunity for sex?
If you had it “all your way,” how often would you have sex? Be specific as to the different types/activities included.

If you had it “all your way,” how often would your partner initiate having sex?

How would they initiate it? Be specific as to how far in advance and in what way they would initiate sex.

If you had it “all your way,” how would your partner RESPOND when you initiate having sex?