



How To Save My Relationship NOW!

*Don't be at the whim of your
relationship, be at the helm!*

*Danyelle
D.*

Danyelle D.

Twenty Questions—With Your Partner

Hello Love,

I am honored to share with you some of the most profound couples work out there. Using these questions with your partner is fun, playful and you learn so much about each other in the process—even if you have been together for years.

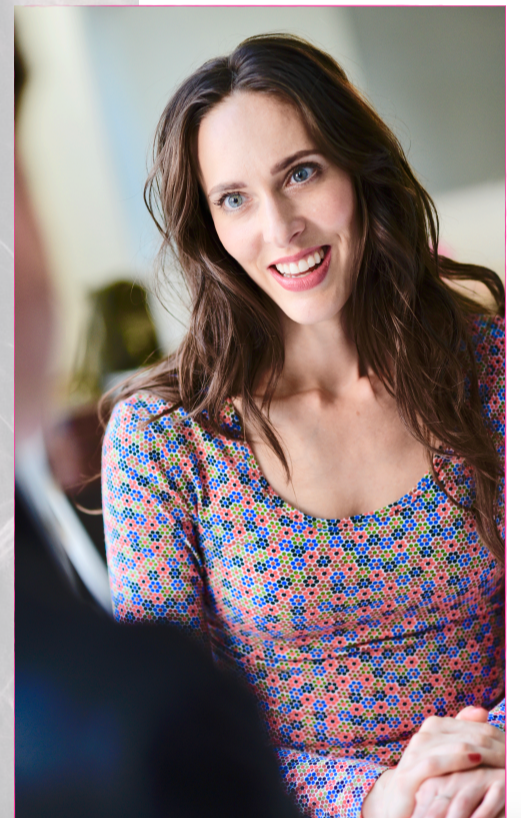
These questions help couples move towards an even stronger, more connected and intimate relationship, than ever before.

Over my 20-year career, and based on my experience of coaching 100's of clients and friends that have met their partners and created a deeply, connected relationship that lasts a lifetime—this methodology works.

I am thrilled to share this powerful work with you and this follow-along handbook for your webinar, “How To Save Your Relationship NOW”. Have fun and enjoy discovering more about your partner.

Love,

Danyelle D.



Twenty Questions—With Your Partner

“I think it is hard to love someone or something if you don’t have some emotional understanding or feel for it. You also can’t love something you didn’t know existed. I hope you find this voyage of discovery satisfying.”

Keep stretching and growing,

Peter Pearson
The Couples Institute

Twenty Questions—With Your Partner

“Do you remember the game “Twenty Questions?”

You could ask twenty questions to identify what thing the other person was thinking about.

Here’s a variation on that, for your next dinner date or when you have some spare time.

Using the questions below, you can find out a little more about your partner and vice versa. These questions will help you go a little deeper than discussing work, kids, vacations, or sports.

Interestingly these are the kinds of questions couples often ask each other in the early stage of a relationship. But as time hurtles forward, these great questions get neglected and then abandoned.

For an interesting and stimulating conversation, try these questions to discover or rediscover who your partner is.

The one quality to keep in mind for the questions below is to treat the responses with respect. Try not to argue or negatively judge any of the responses. Be like a compassionate reporter who is writing an interesting story.”

~The Couples Institute

Twenty Questions—With Your Partner

Here is what you can ask your partner (or what your partner can ask you). You can even test out how you each think the other would answer the question first:

- 1. If you could change only one thing in your life, what would it be and why?***
- 2. In a regular day, what do you find yourself thinking about most?***
- 3. If you could write a song about your life, what type of music would you use?***
- 4. What things in your life bring you the greatest pleasure?***
- 5. What things in your life bring you the greatest joy?***
- 6. What do you feel is your greatest accomplishment in your life? Did other people help to make that happen?***
- 7. In what settings are you the happiest/eager/most comfortable?***
- 8. What things do you look forward to each day? In your life?***
- 9. If you had three wishes that would come true, what would they be?***
- 10. What major regret do you have so far in your life? Is it too late to change it?***

Twenty Questions—With Your Partner

11. What would be your ideal romantic date?

12. What are a couple of things you appreciate about our relationship and why do these things seem significant?

13. What would you like to do outdoors that you haven't done before? Are there any extreme sports that you would like to try?

14. What family member did you most admire as a child?

15. What are your favorite things to spend money on?

16. What other things would you want to change now, and why?

17. Name 3 things that most excite your imagination when you imagine doing them?

18. Is there a belief or attitude that seems to interfere with creating or pursuing a big dream?

19. In what situations do you feel most afraid or insecure?

20. What country would you like to visit that I haven't visited yet?

Bonus Questions

21. What activities did your mother/father do that you most wish he'd taught you?

22. What do you most wish you'd learned from your mother/father?

23. What would be my ideal romantic date?

(Adapted from the work of The Couples Institute)

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1. **What is percentage of relationships will fail at Stage 2? _____**

2. **How many Stages of relationship are there? _____**

3. **Why would cultivating better relationships be important to you as an FDN practitioner?**

a. _____

b. _____

c. _____

4. **Where was the longest running human study ever conducted, and what was the summary of that study?**

5. **What is the percentage of first marriages that end in divorce? _____**

What is the percentage of second marriages that end in divorce? _____

What is the percentage of third marriages that end in divorce? _____

6. #1 reason most couples stay together, even if there relationship is satisfactory? _____

7. Problem #1 is _____

8. How much time should you invest in my relationship to keep it solid & happy? _____

9. According to The Gottman Institute, when couples meet once a week for an _____, it drastically improves their relationship.

10. Problem #2 is _____

10. What are the 3 Stages of Relationship?

a. _____

b. _____

c. _____

11. Why is Stage 2 called the "Perfect Storm Cycle"?

How To Save Your Relationship NOW!

12. When does Stage 2 usually kick in?

13. Defensiveness is _____ to connection?

14. Problem #3 is _____

15. Triggers and behaviors are all trying to get a need(s) met, which is comes down to two questions...

a. _____

b. _____

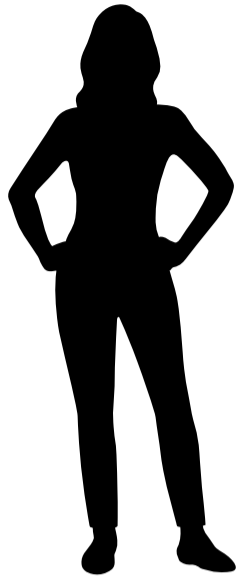
16. There were 3 key shifts that the 10% of couples did that successfully helped them sail through Stage 2 and into Stage 3...

a. _____

b. _____

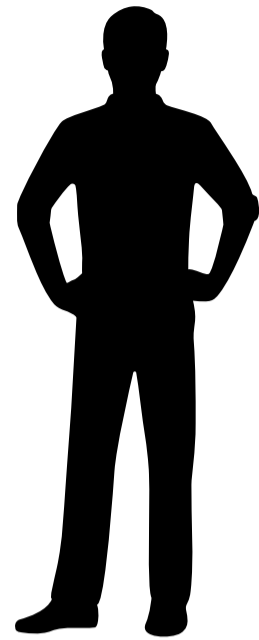
c. _____

Suzie



“THE PERFECT STORM CYCLE”

Sam

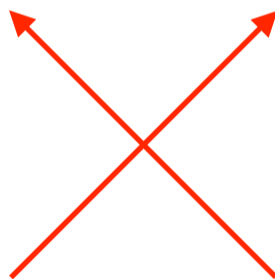


TRIGGERS

- Feeling unheard
- Feeling unseen
- Feeling unappreciated
- Feeling under valued

TRIGGERS

- Feeling alone
- Feeling criticized
- Feeling disrespected
- Feeling dismissed



Behaviors

- Sharp tongue
- Criticizing
- Defensiveness
- Cynicism

Behaviors

- Withdrawing/Stonewalling
- Mockery
- Name-calling
- Eye-rolling

Can you relate to this?

What do triggers or behaviors do you see in your relationship?

Danyelle D.

How To Save Your Relationship NOW!

If you want more support in your relationship, more intimacy and to grow deeper in love with each other, feel free to reach out to me!

Here's how to do it...

If you would like to join the 10% of couples that victoriously made it out of stage 2...

I would love to share my **'Love Lab'** program—this is a diagnostic program— where we dive into your relationship— see where you and your partner are 'stuck', help you can start to navigate your way out, and give you a map and navigational tools to guide your "ship" towards Rising In Love.

So this won't just help you personally but also professionally—and down the pipeline there may be opportunity once you have been through the 'Love Lab' that I will be offering a select few of practitioners an opportunity to do a **'Love Lab'—Practitioner Training** program to help them use these tools and implement these tools more specifically with clients. This would be for practitioners that really want to dive deeper into this work with clients.

'Love Lab' Program (see handout for details). To sign up please email me at info@DanyelleD.com.

A special offer for FDN Practitioners ONLY—your partner gets to join for free. If you are single, you are welcome to bring a friend for specific exercises. I can only take on 10 people for this program—after that there will be a waiting list.

I so look forward to connecting with you! Xoxo.

Love,

Danyelle D.

