

PROJECT INTIMACY



Your Guide To
RELATIONSHIP HAPPINESS

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RELATIONSHIP HAPPINESS

P a t M c G o w a n



Broken Couch Creations Inc.

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*TO THE BRAVE WILLING TO
PURSUE RELATIONSHIP HAPPINESS*



*To my family and friends who contributed
to the making of this book, thank you.
We are connected and bound here together, forever.*

*And a special thanks to you, Janine,
for continually challenging me to push past
my perceived limits.*



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INTRODUCTION



Welcome to Project Intimacy—your guide to relationship happiness.

Do you know why so many couples fail or feel like something important is missing from their relationships? It's because no one ever taught them how to create and sustain an intimate connection with a partner.

Whether you're single, in a relationship that's going strong, or having problems, *Project Intimacy* can help!

This never-before-seen technique will show you how to create the relationship you want. You'll learn how to build a deeper, more meaningful connection with your partner.

You can tell a lot about a person by watching their behavior. You can tell even more if you know what they believe. Take yourself for example, you came looking for a way to enhance or better your situation. This shows you have the will to put your thoughts into action. It also indicates you believe useful information could be out there. You've found it.

People stay in relationships when they know something important is missing. They settle and tell themselves what they want isn't possible. These people are **wrong**.

It is possible to create the love you desire. *Project Intimacy* teaches you how to bond with your partner on a *CORE* level. This creates the emotional intimacy between you and transforms your relationship into what you would like it to be.

You'll learn the 3 steps needed to create emotional intimacy.

Step 1—Teaches you how to create your unique *CORE* together.

Step 2—Outlines the 4 *Promises* you'll need to make to one another.

Step 3—Reveals the *Follow-Through Actions* needed to forge and sustain this unbreakable bond.

Then you'll:

- » have a trust where you can share anything with one another;
- » truly know you can count on your partner in times of need and that how you're feeling is of the utmost importance to them;
- » become a powerful team that can make it through any challenge together;
- » have an intimacy few get to experience and obtain relationship happiness.

I always dreamed of having a relationship like this, but I couldn't figure out how to do it. I wanted to feel lucky,

valued, and appreciated. I looked forward to experiencing the kind of love I had always heard about. But no matter how hard my partner and I would try, something always seemed to be missing. Like everyone else, we just wanted to be happy. We had the will. What we lacked was the knowledge to make it happen. Looking back, it wasn't entirely our fault we failed, no one ever taught us how to do it.

It became my life's goal to find a way for couples to achieve this kind of relationship. I studied at the University of Central Florida where I earned my Bachelor of Arts in Psychology, Master of Science in Criminal Justice, and Education Specialist Degree in School Counseling. This specialized training equipped me with the necessary skills to help guide people past their surface issues and arrive at the source. Once there, through understanding and choice, immediate change can occur bringing you closer together.

Don't listen to someone just because they hold advanced degrees. Ask yourself if you agree with the advice being given. Do you believe it? Because when we believe in something we buy in. And when we buy in it gives us hope which drives us to achieve it.

Project Intimacy deals with relationship issues by pulling up the roots and exposing what's truly causing the problems. We journey deep into the *CORE* where the causes live, and true change is possible.

Many of you are looking to make a meaningful connection with your partner. Others are searching for the answer to this question, "Is there any hope for my relationship?"

We'll define hope as being able to have the kind of relationship you want with your partner. *Project Intimacy* will show you how to answer this question.

I'm confident *Project Intimacy* will surpass your expectations and that you'll want to share this message with all those you care about.

HOW TO USE THIS BOOK



Project Intimacy is meant to be read in sequential order from beginning to end.

Throughout your journey, you will encounter interactive charts and diagrams, along with chapter takeaways and self-awareness exercises located at the end of each chapter. Also included in the back of this book are “Current Relationship Status Charts” and a “Notes” section for your convenience. You may want to have something to write with handy.

Located among these self-awareness questions live two very important ones. After answering each, *Project Intimacy* will either award you a **half a heart** (♥) or it will not. If you obtain both halves, it will indicate there is hope for you to have the relationship you want. And although unlikely, if you or your partner answer differently to either one, it will indicate there is not. This truth will not change until both of you want the same things and have the required skills to achieve them.

After reading, please visit www.projectintimacy.com. Located there, you'll find a ‘Frequently Asked Questions’

section, my blog ‘**Relationship Truths**’, and a ‘**Rate Your Relationship**’ quiz. I look forward to hearing any questions or comments you may have.

There will be two parts to your journey. The first is learning how to achieve the relationship you want. The second is putting what you learn into action—a skill you’ve already demonstrated you possess.

Let’s begin!

Chapter 1

RATE YOUR RELATIONSHIP



LET'S BEGIN BY looking at three possible categories into which your relationship may currently fall:

1. Relationship is Strong
2. Relationship Could Be Better
3. Relationship is in Crisis

As we examine each of these categories we'll pay attention to how these couples:

- » work as a team and trust one another;
- » bring up and discuss any concerns with one another;
- » argue with one another;
- » communicate with one another;
- » show they value and appreciate one another;
- » rate their overall urgency needed for help.

Then we'll discuss the question that may be on some of your minds: Is there any hope for my relationship?

By the end of this chapter you'll have identified into which category you believe your relationship currently

falls, and what expectations you have of your partner and of yourself. By the end of this book you'll be equipped with the skills to determine your relationship truth. For example, imagine your relationship is like a passport. *Project Intimacy* will act like a black light shining down on it. It will expose what can't be seen with the naked eye and reveal its truth. Is it authentic or fake? The good news is, regardless of what you find, *Project Intimacy* equips you with the ability to transform your relationship into what you would like it to be.

Let's begin with a general overview of each relationship category while paying attention to those specific areas we've identified. This isn't intended to diagnose, rather start the important process of becoming more self-aware. Overall, your relationship category is wherever you believe it to be. Remember, if one of you feels there's an issue, then both of you have that issue.

RELATIONSHIP IS STRONG



This category represents couples who work well as a team most of the time and have a high level of trust. They bring up and discuss any concerns they have with one another. If they have an argument they stay focused on the issue, agree on a common goal, and are successful working through it rather quickly. They stay calm, treat each other with respect, and don't resort to putting each other down. These couples communicate by taking turns talking, actively listening to one another, and providing constructive feedback. They

usually put their partner's needs ahead of their own and help them to succeed. Both feel valued, respected, and know how much their partner appreciates them in their life. The thought of breaking up has never crossed their minds. There is no need for help in this relationship.

RELATIONSHIP COULD BE BETTER



This category represents couples who work well as a team some of the time and have a decent level of trust in their relationship. However, they may not bring up and discuss all concerns they have with one another. When this couple has an argument they sometimes lose sight of the original issue, have difficulty agreeing on a common goal, and it may take days for them to work things out. It's not uncommon for them to lose their temper and resort to unfair fighting by putting the other down. At times, when they communicate, they talk over one another trying to get their point across first. Occasionally, they feel their partner doesn't respect, appreciate, or value them like they should. Breaking up may have entered one or both of their minds. There is a moderate need for help in this relationship.

RELATIONSHIP IS IN CRISIS



This relationship category represents couples who no longer work well as a team and think mainly about themselves.

They also have serious trust issues with one another. Instead of bringing up and discussing concerns, they jump to conclusions making things worse. Both argue frequently, lose sight of the original issue, and thinking of a common goal is not on their minds. This couple is divided, preoccupied with proving their point, and being right. They consistently resort to unfair fighting and personal attacks. Their issues compound instead of being worked through leading to serious frustration for both. Communication breaks down and one or both may give up talking altogether. They don't treat each other with respect or demonstrate they appreciate or value one another. Both think about breaking up and may have already done so many times. There is an urgent need for help in this relationship.

WHAT'S YOUR RELATIONSHIP STATUS?



On page 6 you will find a blank Current Relationship Status Chart. Fill it out alone or with your partner as a team. I recommend filling it out alone. Then, after you complete it, go back to the start. Using a different color ink or symbol, fill out how you believe your partner will respond... then have them do the same.

When you're both done come together and discuss. This allows you to see where you've agreed or disagreed. A few blank Current Relationship Status Charts have been included for you in the back of this book.

Here is an example:

Current Relationship Status Chart

	Team/Trust	Argue	Communicate	Feel Valued
Is Strong	✓✓		✓	
Could be Better		✓✓	✓	✓✓
In Crisis				

Overall Urgency for Help

No Need	
Moderate Need	✓✓
Urgent Need	

Let me explain this example. I completed it alone. I used a purple check mark for where I thought things currently are in our relationship. I used a blue check mark to indicate where I thought my partner would rank things between us. I will ask my partner to do the same on one of the separate charts provided in the back of this book. Then we'll compare and discuss our answers.

In the first column, I thought we both fit in the top row because I think our trust is strong.

In the second column, I thought we'd both agree we could be better when it comes to our arguing.

In the third column, I thought our communication could

be better but think my partner will say things are strong between us.

In the fourth column, I don't think we're showing how much we really value one another. I believe we'll agree things could be better.

In the "Overall Urgency for Help" chart, I think we'll both check the "Moderate Need" for help box. We do need to talk about a few things we can improve between us.

Now, rate where you believe your relationship currently falls in each of these areas by checking that box.

Current Relationship Status Chart

	Team/Trust	Argue	Communicate	Feel Valued
Is Strong				
Could be Better				
In Crisis				

Overall Urgency for Help

No Need	
Moderate Need	
Urgent Need	

This simple yet effective exercise starts the conversation. It lets you see one another's point of view. It identifies areas

of possible concern of which you may not have been aware. Many times, we think how we're feeling should be obvious to our partner, when it isn't.

IS THERE ANY HOPE FOR MY RELATIONSHIP?



For those who want to know if there's any hope for their relationship, you need to ask yourself two questions. First, do you both have the same expectations for your relationship? These expectations need to be clearly defined and understood by one another. Second, do you both have the required skills needed to achieve them? If not, will you both be willing to learn them? If your answers to these questions are yes, then there is hope for you to have the relationship you want.

SAME EXPECTATIONS + BOTH POSSESS NECESSARY SKILLS = HOPE



Years ago, before I attended university to study psychology, I was in a relationship that showed a lot of promise. I was beginning to think this girl could be the one. Then a few months later, we started running into problems. It was frustrating not being able to work through these issues that were pushing us apart.

We argued all the time. We would try to prove why the other was wrong. Often the situation would escalate. We'd

swear, put each other down, and say hurtful things to one another we really didn't mean.

Our arguing would jump from interrupting and criticizing, to talking loudly over one another, to yelling and screaming. At those moments, I really thought I was done. However, it wouldn't take long until we'd end up missing each other again and decide not to give up.

It was hard trying to start over, knowing the hurtful things we had said to one another during those fights. Of course, the same issues remained and were quick to re-surface.

I kept remembering the good parts about her whenever I thought about breaking up for good. What if there really was hope for us? I didn't want to make a mistake. I wanted to be sure.

So, before finally calling it quits, we agreed to see a therapist. It felt good knowing we'd get a professional opinion about what we should do.

This is how I expected our first session to go. I'd share what I thought our problem was and then my girlfriend would do the same. Next, the therapist would decide with whom they agreed. I wanted someone to validate that my partner's behaviors were responsible for our problems. I wanted my partner to see the professional agreed with me, and it was she who needed to change. By the end of our session, the therapist would let us know if there was any hope for our relationship. We'd have our answer: Should we break up or stay together?

It didn't take long for me to realize things were not

going to happen the way I had thought. For starters, by the time she went over the informed consent, circumstances that would circumvent our confidentiality agreement, and my girlfriend's background information, the session was basically over. Then we were told she couldn't see us for another two weeks. This was going to be a very slow process.

I asked her, "Can you please just tell us quickly if there's any hope for us or not? Should we stay together?" She replied, "I'm sorry, I can't answer that for you. We don't make those kinds of decisions." I asked again because we were in crisis and dealing with a lot of emotional pain. Her response was the same, "I'm sorry, I can't make that decision for you."

My girlfriend and I never did go back. We broke up a few weeks later. In hindsight, I know we made the right decision. However, at the time I wasn't so sure. If she had told us there was no hope for our relationship, I would have ended things without regret. I would've believed she knew our relationship truth and was saving us time and pain. It would've erased any second thoughts allowing me to move forward.

But why couldn't I have made that decision on my own? The answer: I didn't trust myself to know what our truth really was. I feared making a big mistake and getting it wrong. After all, it wasn't easy finding someone and making it that far into a relationship. The thought of starting over was painful and daunting. What if there was hope for us and I ended things too soon? Those thoughts kept me in a toxic relationship for too long.

My problem came down to this. I didn't know of any other way to see what our relationship truth was. I wanted to find out *for sure*, and I thought the only way to do so was to have a therapist tell us directly.

Years later, after becoming educated in psychology, I learned a therapist's job isn't to make judgement calls on whether two people should stay together. It's also not their place to pass judgement and decide who's right or wrong. That would violate their ethical practice. They are there to help you work through things as a team and achieve what you want in your relationship.

I remember thinking, why can't there just be a way for people to figure out for themselves what their relationship truth is—*something that would prove it to you and leave no doubt in your mind*? I wish that therapist had said, "Here, take this tool home and within hours you'll have your answers. It will reveal if there's any hope for you to have what you want together. And if there is, it will show you what to do to make things happen." I would've had confidence in what it ended up revealing. Not to mention the money, disappointment, and prolonged emotional pain it would've saved us both.

Now that tool does exist and it's called *Project Intimacy*. It teaches you how to achieve the connection you want with your partner. At the same time, it reveals what you truly have together.

CHAPTER TAKEAWAY



It's important for couples to discuss how their relationship is truly going. Something as simple as filling out a Current Relationship Status Chart has benefits. It allows you to self-reflect, identify areas of both strength and weakness, and starts a dialogue between the two of you. It also acts as a team building exercise.

For those who want to know if there's any hope for their relationship, you can now answer this question. Do you both have the same relationship expectations? Do you both possess the required skills to achieve them or are you willing to learn them if you don't? If you can answer yes to these questions, then there is hope for you to have the relationship you want.

SELF-AWARENESS EXERCISE #1



1. Do you think you and your partner will answer differently on the Current Relationship Status Chart?
2. What was the main reason you decided to buy this book?
3. What do you like most about your partner? How do you think they would respond?
4. Do you and your partner want the following?
 - a. A partner who will tell you the truth when you ask for it?

- b. A partner who, if you confided something personal and asked them not to tell a soul, would keep their word and do so?
 - c. A partner who will be there for you when you truly need them?
 - d. A partner who would tell you if they became aware of something that could threaten your relationship?
5. If you answered yes to all parts of that last question, *Project Intimacy* awards you **half a heart** (♥).
-