



"Please print this Study Guide (8 pages). Then tape this first page to your wall as I reminder to attend..."

~ Paul Sterling

"Ask Paul and Kristin" Teleseminar Dial-In Details

Date: March 27, 2007

Time: 6:00pm (Pacific) - 7:00pm (Mountain) - 9:00pm (Eastern)

Dial In: **1-(319) 256-0100**

Passcode: **261558#**

Topic: **Understanding Communication Problems**
Bringing back the Magic and Compassion to your Relationship

4 Tips to Get the Most Out of This Call...

- 1) Print out these sheets so you can **write** on them and follow along as you listen to this call.
- 2) Think of how to quickly **implement** the secrets revealed on the call.
- 3) Make a deadline to **complete** at least three tips you'll learn on the call.
- 4) Start imagining all the different situations in which you will use what you learn. Imagine how much **more love, intimacy and understanding you will create....**

SPECIAL NOTE: This teleseminar starts on time according to www.time.gov so please dial in 5 minutes early so you don't miss anything. Your courtesy will be most appreciated. ☺

You are about to learn the communication tools to rock your relationship...

Remember... if the only tool you have in your toolbox is a hammer... everything looks like a nail!



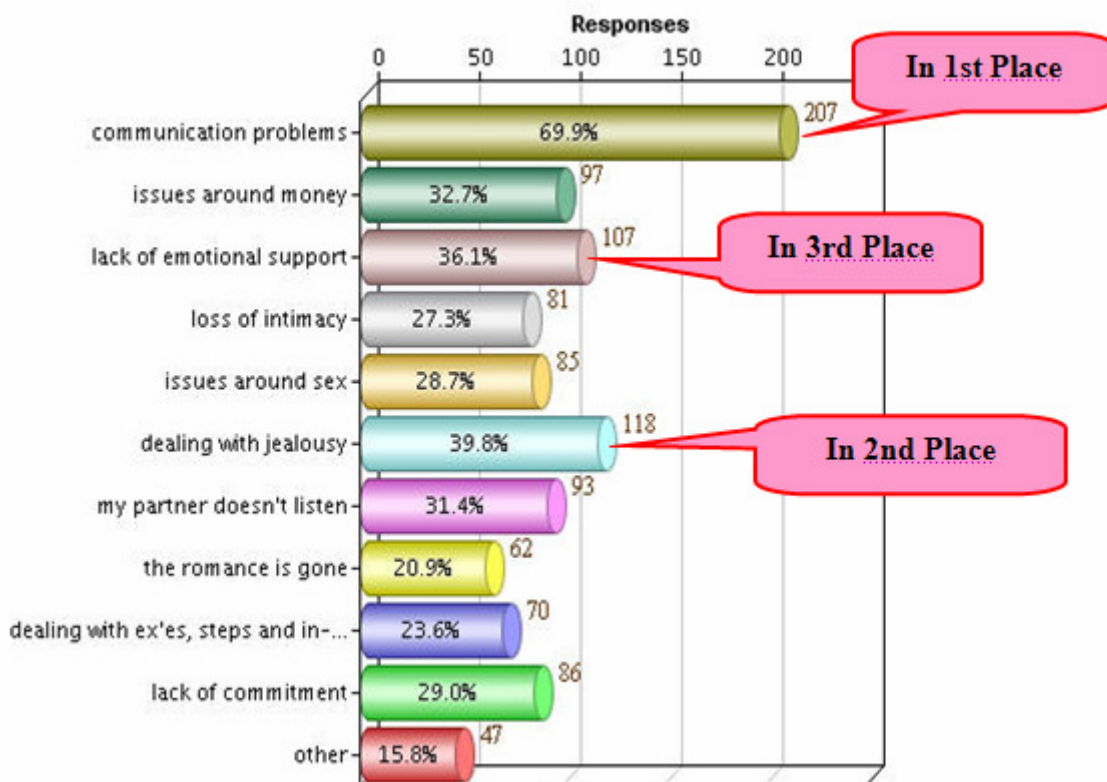
toolbox is



Get ready to have a very powerful, flexible and effective communication toolbox.

From the Relationship Survey:

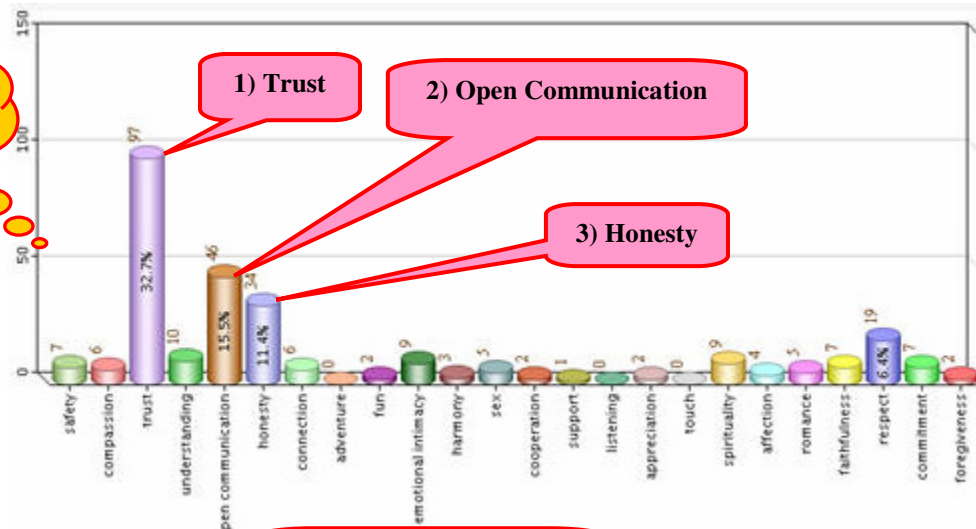
What causes most of your relationship problems?



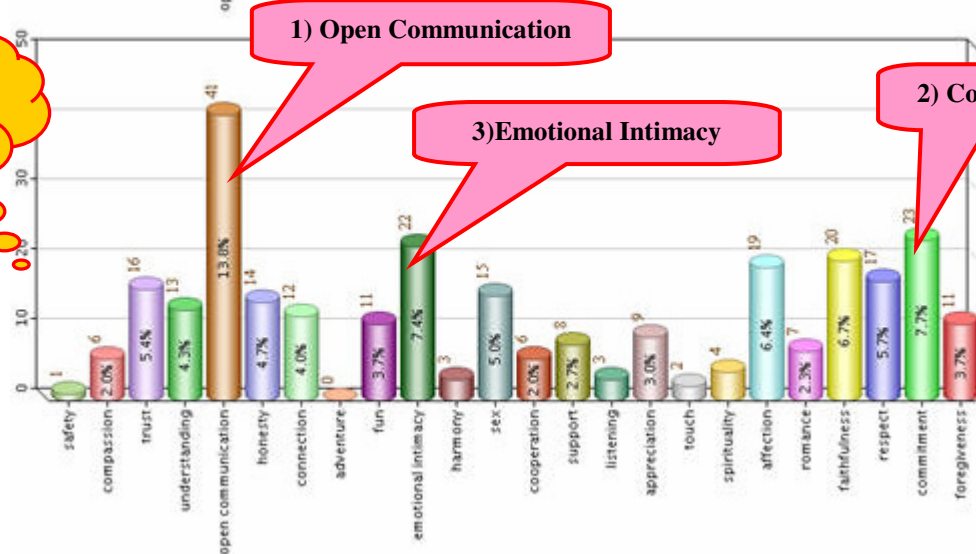
What do you consider the top 3 qualities in a perfect relationship

#1 #2 #3

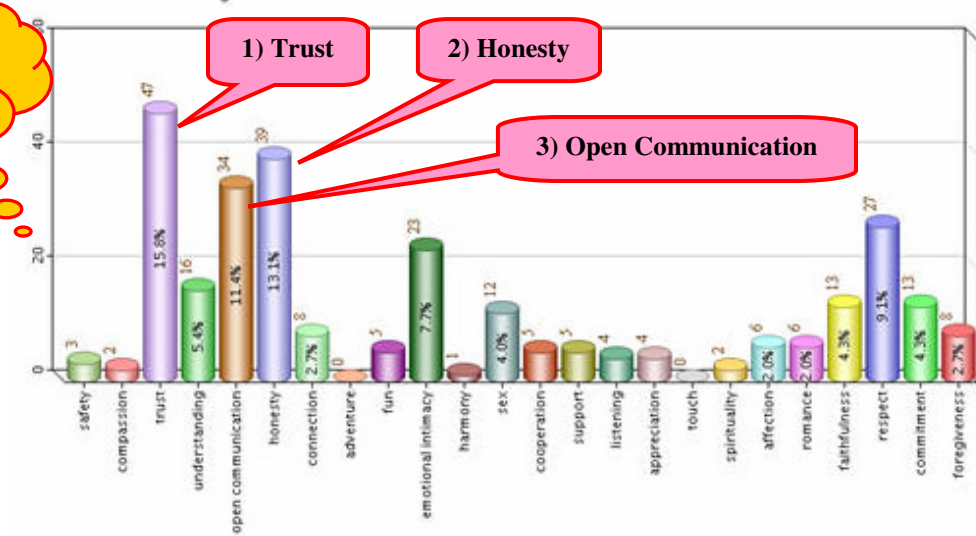
1st Choice Quality



2nd Choice Quality



3rd Choice Quality



Relationship Communication Problems: The Causes and the Solutions

What Causes Communication Problems?

1. The Mind is a Meaning Making Machine...

2. 'It's not what you say – how you say it.' 'It's not what you hear – how you hear it.'

3. Your ROS (biology and history)

What Clears Up Communication Problems - some simple rules

♥ *Empathy first*

♥ *Understanding doesn't equal agreement*

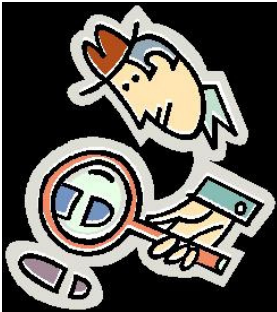
♥ *40 word max 'Can you tell me what you heard?'*

♥ **The 4 Step Method**

- 1) _____
- 2) _____
- 3) _____
- 4) _____

What Prevents Communication Problems?

Avoiding The 5 Mistakes



Mistake #1, Case Building

I know I am Case Building when I... _____



Mistake #2, Story Telling

I know I am Story Telling when I... _____



Mistake #3, Message Assuming

I know I am Message Assuming when I... _____



Mistake #4, Cup Stuffing

I know I am Cup Stuffing when I... _____



Mistake #5, The Fatal F's Fixing, Fighting and Fleeing

I know I am Fixing, Fighting or Fleeing when I... _____

The Magic Relationship Method: Compassionate Communication for Couples

About Our Company and Services...

If your conversations about money, jealousy, the step-children or ex-lovers end up in arguments and misunderstandings... and you're looking for solutions to these communication problems... you've come to the right place.

Paul Sterling and Kristin Denton teach **Compassionate Communication Tools for Couples. The Magic Relationship Method** is a simple system that includes:

- ◆ the pitfalls to avoid in couples communication, “The 5 Heart Breaking, Relationship-Wrecking Communication Mistakes.”
- ◆ **the pro-active, empowering “4 Step Method of The Language of Peace” that allows you to express yourself, both the good and the bad, and be heard with compassion. It also allows you to connect to the underlying feelings and needs of your partner, even during an upset.**
- ◆ the tips, tools and techniques to improve your relationship, no matter where it's at now: “The Seven Secret Keys to a Magic Relationship.”

“After just the initial two-hour session of this workshop my husband and I were able to use those tools on our own upsets. We were an hour and a half into our drive home when I realized we were talking about our toughest issues with calm compassion and understanding instead of upset and hurt. Thank you so much for such an amazing gift.”

C.S. -- Estes Park, Colorado

This communication method isn't taught in school, but it should be. Everybody needs **a way to communicate through the tough moments in life**. We learn how to read, write and speak English in our Language Arts classes.

But what you've never been taught is **HOW** to use language to create connection and compassion instead of upset and strife.

Just imagine how much calmer and more confident you will be in your interactions knowing that you have a way to handle any situation!

- ◆ Increase the amount of love, intimacy, affection and gratitude you both feel.
- ◆ **Handle the "Hot Buttons" you always avoid or always fight about... like intimacy, house work, money, steps, exes and in-laws.**
- ◆ Ask for what you want... both in and out of the bedroom... and GET IT!

"Truly transformational -- I came here in turmoil, disconnected and feeling hopeless. But through this workshop, I now feel more connected and appreciative to my beloved than ever. My inner peace and capacity for love are stronger than I imagined they ever could be I am grateful."

Jerome -- Golden, Colorado

- ◆ Handle your partner's emotional baggage, and you own... so it doesn't ruin your relationship, but brings you closer instead.
- ◆ Talk about emotional, painful and important issues openly and honestly without taking things personally or making personal.
- ◆ Discuss what's upsetting you in a way that actually creates more intimacy.
- ◆ Use 4 Simple steps to quickly turn any upset, argument or misunderstanding into connection and understanding.

The first step is to join our "5-4-7 Teleseminar Series" ... coming up this May 15, 22 and 29 at 7:00 pm Mountain Time.

Go to www.magicrelationship.com/part2 to read more and register, or call us at 970-586-7734.

We'll introduce you to the "5 Mistakes," "The 4 Steps," and "The 7 Keys" in a fun, loving and compassionate atmosphere – over the phone. Put on your pajamas and your headset, print out our study guide and listen in as we explain how to change your life.

"The 5 Mistakes of Relationship Communication" Learn how to deal with the "hot buttons" you usually try to avoid, like intimacy, housework, money, steps, exes and in-laws.

"The 4 Steps To Creating Instant Intimacy and Understanding" Learn to use the 4 steps to resolve conflicts, quickly, compassionately, and effectively.

"The 7 Keys to Relationship Magic" Learn the 7 Steps to remodeling your relationship -- make it the relationship of your dreams.

At the end of each hour long session we will have ½ hour for questions from the audience. Ask your own questions for clarification and listen to the discussion of others' questions so that you can make the Magic Relationship Method part of your daily life.

If you're ready to have love, compassion and connection in your relationship, click on this link or type it into your browser: www.Magicrelationship.com/part2. We'll get you there -- it may take some practice and coaching, but you'll have the relationship of your dreams.

To the Best of Relationships,

Kristin Denton and Paul Sterling
The Language of Peace
Compassionate Communication for Couples
Estes Park, Colorado
970-586-7734