



SOME PERSONAL WORDS

From
David & Sonja Selley

Well! You came to the site, you took the test, and maybe you validated something you already knew. but were not quite sure how to find or select a solution. We have been married for over 60 years and we believe that things always happen for a reason and that there are no coincidences. Prayers answered? Divine intervention? Meditation or law of attraction? ALL! are working right here, right now because you're here now on a new journey to improve your relationship.

You're asking yourself do these two simple techniques work. The resounding answer to that question is YES! You will not know until you try! We come into a relationship with different genetic codes, family history, and life's experiences, bringing you to this point in your life.

To be in a successful relationship we have to learn how to integrate and understand all our differences. Beyond the first few years of experiencing the new "you" predictably you will experience some serious differences. The key to success and resolving those differences now rests in your hands with the two simple to use tools that are available to you on this site under the #2 button. The 95 five and the 1 to 10 techniques will work for you if you will take the time to learn what to do and put them into motion. As you read and study the two proven techniques below it is our hope that you will transform your relationship into a beautiful love story. After all **"LOVE CONQUERS ALL"** Good luck. Let us know how things are going. We will always do our best to try and help you.

YOUR Past - YOUR present - YOUR future

(YOUR past does not = your future)



We don't know your own personal backgrounds which do have a profound impression on you today. A lot depends on the kind of modeling you had. Did you have a loving family? Were you safe? and had good shelter?. Were the circumstances in the home positive? All of these things create a permanent memory road map in your brain. Only by examining these over a period of time do you come to the realization, and that's assuming that you studied it, that your future is not determined by your past. In David's case he grew up in abject poverty in England during the war. There was no running water; there was no heat, no electricity and sadly no love. Television and consumer electronics did not exist. It was a very sparse existence. My sister and I would entertain ourselves with very simple wooden toys that we would make. Because of material deprivation I believe that stimulated my creative thinking and to this day I attribute my entrepreneurial activity to those early years however those early life experiences instilled some "false" belief systems which took me years to conquer. Today that is called self image or personal development. You might take a few moments to really evaluate your own early background years and see if you have some false beliefs lurking around in your head. It will be time well spent.

WORKING WITH YOUR TEST RESULTS



Here are some suggestions that will help you with your test results. Ideally your partner took their test at the same time so you can compare your scores and see obvious differences which will of course lead to hopefully a positive discussion about each difference and how you can both work toward a solution and at least gain a better understanding of your partners thinking processes.

Question # 1. If your scores have a wide range of differences? Have a planned discussion with no interruptions and first write your own explanation of the difference down on paper. Exchange notes and agree that there will be no arguments or nasty comments. Everything you say to each other is all intended to work toward a mutually positive solution. Use the 95/5 technique.

Question # 3. Are you willing to work on your relationship? If you both answer yes to this question then you need to set a time table and make an action plan to get results. If that does not work and you have used the 95/5 and the 1-10 techniques you may consider counseling.

Question # 5. Have you made some relationship mistakes? Are all the mistakes on the table? If not you should either try to resolve those issues by using the 95/5 and 1-10 techniques and if that does not work you should consider counseling.

Question # 6. Are you coachable and teachable? If you have unresolved relationship problems then you must be willing to be coachable and teachable. Problems are not going to go away unless you take action to resolve them. Being coachable and teachable is the first step.

Question # 7. Would you like to get help immediately? Procrastination is the fastest road to failure. However FEAR often gets in the way but remember ACTION solves problems.

If you have a need to communicate with us please use the contact tab on the home page and we will do our best to help you.

WATCH YOUR VOCABULARY!



Words are the powerful ammunition in your relationship. They can either be bullets that kill or music to the ear.

We learned long ago that that YOUR vocabulary and not necessarily how many words you know or your verbal fluency is not what we are talking about here. It's the use of words and how they are used that is important to your relationship.

Let me walk you through some simple examples to make the point..

The tone of your voice is important. If you're angry your words will be like a cutting edge sword and wound the person listening. On the other hand if your voice and words are moderated and delivered slowly with kindness on your heart you will begin to have open communication.

Speed of delivery maybe fine for you because you're angry or excited BUT your partner may not even be listening or still getting up to speed just before you finish flapping your jacks. In other words learn to understand HOW your partner will best listen to you speak. Your choice of words is VERY important. The continuous use of words like impossible, can't, try, limitation, difficult, however, ought to, should, doubt "you always" "you never" should be banned from your vocabulary for the simple reason they reinforce negative association with situations in your past. If you continue to use these kinds of words when talking to your partner they only serve to add a negative tone to the conversation. Your choice of words is VERY important. The continuous use of words like impossible, can't, try, limitation, difficult, however, ought to, should, doubt "you always" "you never" should be banned from your vocabulary for the simple reason they reinforce negative association with situations in your past. If you continue to use these kinds of words when talking to your partner they only serve to add a negative tone to the conversation.

Finally being the intelligent person you are because you are reading this you realize that everyone interprets words differently in some form or other. That's how misunderstandings happen. Have you ever heard a couple arguing and one says' that's not what I said at all" Obviously a communication problem. They should have used the 1-10 technique.

LOVE IS A DECISION!

(A DAILY DECISION)



Love is like a cute puppy: it “needs” attention and will get it most of the time. The same is true of human beings.. With something that simple, why is it that there are relationship problems. Over the years we have discovered that to have a truly great relationship boils down to a few simple things. The first thing is the title above (love is a daily decision) and that is you have to agree that love is a daily decision because it is. You have to consciously and willingly want to love your partner unconditionally. They: like you are not perfect so you have to accept your partner for what they are and not for what YOU want them to be. Warts and all!

The next important things in a good relationship is what we call the two ‘T’s. What that means is TALKING and TOUCHING specifically talking is the meaningful exchange of your thoughts without criticism or condemnation The touching part is a key to connecting and a much deeper communication that crosses the bridge from physical to emotional. When partners are really connected emotionally they become a powerful force and are truly united together. It’s a beautiful thing to see and experience. Finally and perhaps the most important part of the relationship triangle is truly understanding and meeting, to the extent possible, the emotional needs of your partner.. We are not talking about extremes here but we know that when core emotional needs are met, happiness and fulfillment will result, which leads to contentment and mutual harmony. Welcome to a GREAT relationship. Feel free to contact us via “contact”