

**Relationships - Our most crucial need is connection so let's make it joyful.**

**Chapter 1 - Code of Honour - Be upfront, put your line across the sand!**

**Chapter 2 - Creating a safe space - No matter what is said you will not judge!**

**Chapter 3 - The "pain-body" - I swear it wasn't me, it was my pain-body!**

**Chapter 4 - Values - To know or not to know is the question!**

**Chapter 5 - What do they want out of life? What the heck you gonna do about it?**

**Chapter 6 - Masculine and Feminine energy - Man turns to boy and Woman turns to mum.**

**Chapter 7 - A letter to let go! Blame only keeps you from inner tranquillity!**

So you may hear this word, "relationship", resonate in your head and it could pull up feelings of love, lightness, and a sense that you are running through a park with butterflies and the sun keeping you company, or the word permeates throughout your body, dredging up memory after memory of the pain you have succumbed to from previous people that have come in and out of your life!

Maybe neither and you are indifferent.

What has kept you from taking that leap into love with someone?

We can use relationships as a mirror reflection of ourselves, with our partner, family, colleagues and whoever fits in this category.

I used to be a real chameleon, where I would be a different person with different people. When my birthday would come up, I would get nervous as my friends from different circles would get together. It's as if they would "find out" that I was hiding! With awareness and working on myself, I now show up as who I am no matter who I meet.

Showing only a part of ourselves rather than expressing ourselves fully. Limiting who we are in different social constructs.

I would like to present to you the possibility where you can be YOU 100% of the time, no matter who is in front of you.

Would you like to explore this together?

Awesome! Exploring this question means you are already ahead of the game.

To have a relationship with others you must first begin to have an honest and loving relationship with.....yourself!

When is the last time you looked in the mirror, stared into your own eyes and said from your heart, "I love you!" Seriously! Give it a go now. Stand in front of that mirror and say, "I love you". Not that hard is it? Well maybe if you are in public, but hey who cares anyway.

If you can do this, then add, "You are enough! You are worthy!".

This alone will have a powerful impact on your self-image! From the books I have read, the videos I have watched, the seminars I have attended and have taught! This alone has the power to create transformations in one's own psyche.

So, now you have the talking to yourself out the way. We can move swiftly on to.....me!

I thought it only fair I introduce myself, so you have some idea what this guy is talking about and the authority he brings to the matter.

I have been in personal development some years and before this, I was an actor for 5 years. The acting was really my first introduction to self-development without me realising it.

A lot of people you may read about, Tony Robbins, Dr John DeMartini, etc., started their journey fairly young, usually in their late teens or early 20's. Me...in my 30's. So, there is still hope. Because, it's not what you know but what action you are willing to take with what you know, that will create the transformation in your life.

How do I know this, you may be asking!? Well, because I am living, breathing proof of it.

In less than 18 months, I went from not having a place to live, beating myself up until there was only a remnant of dust left, to making a complete turnaround that lead me to speaking on stages worldwide on behalf of the largest seminar promoting company in the world, teaching the global leading success coach Tony Robbins principles for UPW previews! Insane!

I also have had a yo-yo relationship for a number of years which drove me to figure out this thing called Love and how to avoid Ffing it up big time!

The journey of self-discovery and understanding how to be in a relationship with another human being has been the biggest lesson of them all.

I will guide you through principles that I have discovered from various resources, that I believe will leave a lasting effect if you do two things!

How many things?

Two!

So, the first one is.....Take full responsibility for yourself and your relationship. Not 10%, not 50%, but 100%. Yes, you read that correctly! You see, what you are experiencing is that of your own creation. Repetitively. You ever heard yourself say, "she or he is XYZ" (not literally

XYZ but a statement you can relate to!). To your senses it may seem that way but to someone else, this is not the case.

This will all become clearer as you read on.

You must also take full responsibility for what you pick up from this book. If it works for someone and not for you, then you must consider whether you have not understood certain aspects and re-read it, or reach out to our Facebook community for support and accountability from other students.

Details can be found on [www.alexroseman.com](http://www.alexroseman.com)

The second one is.....Take action. If you just read this stuff and put it down and do nothing...then you will get nothing. Which sometimes, in a different context, is all you need to do in order to transform a relationship. I have written a further 6 books, that look at all 7 areas of life. They have been designed to give you just enough to take action. In action, is where transformation takes place.

I also like to get straight to it and not spoon feed you, as I strongly believe that you know this already and all I am doing is reminding you!

As Socrates said - Learning is just remembering!

So, let's crack on!

## **Chapter 1 - Code of Honour - Be upfront, put your line in the sand!**

To sit with someone and be absolutely honest freaks a lot of people out.

I mean, to really know what that person wants and what it is you want. You see, a relationship with anyone can be successful if you know what it is they want, and they know what it is you want, and you both commit to helping each other achieve this.

Now, if you were to sit down with your business partner, life partner, parents, or whoever and say, "I want to know what it is you want out of this relationship, and I want you to know what it is I want!", that's a starting point. Lay out what it is you want. For example, you go to your life partner and say, "I don't want children." And they say, "I do want children!"

Now, you could just leave it open and see what happens. but that would merely repress something that really needs urgent attention. You both may not give to each other fully, because that burning question will pop up remorselessly and cause the fairy tale to collapse. You know it is there, but you pretend it isn't because everything seems okay now.

On the other hand, you can address the issue, "I respect that you want children, and as you know I don't. I don't want to hold you back from what you truly desire, and your happiness is paramount to me. Find someone who can fulfil that wish of yours. I will always be your friend."

Now, this is truly loving someone. To help them get what they want and you being there to support them.

If you get what you want and don't want (the things that are non-negotiable) out of the way early on, you can both make a real and serious commitment. Then, the rest you can work with without any surprises.

Be upfront and create that code of honour that you both agree to (the non-negotiables), and commit to getting each other to that desired place.

### **Action Steps**

I want you to sit down with the person that popped up in your head as you read this and create the space of non-judgment so you both can fully express the non-negotiables. Be honest and be upfront with them and yourself.

If their non-negotiable conflicts with yours, then you have a real challenge. If neither of you are willing to budge, then you can either go your separate ways, or seek outside help to navigate yourselves to a fulfilling relationship with each other. Papering over the cracks will only be a recipe for disaster. Setting aside problems/issues merely means avoiding them and not coming up with a solution. You could then try and continue living life as normal, however, it will come up again, but this time more time has passed and it won't get any easier.

Write your non-negotiables here:

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Your code of honour is what you will commit to doing for each other no matter what!

For example, we commit to never leaving an argument until it is resolved, or we will speak every day, or we will discuss our finances once a month to see where we are.

This can be for your life partner, business partner, or anyone that is in your life.

Write your code of honour here!

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## **Chapter 2 - Creating a safe space - No matter what is said you will not judge!**

Everyone just wants to be accepted for who they are with no exceptions.

In fact, the more you resist and “try” to “change” someone the more they stay stuck the way they are.

You see, it comes down to physics and when it is science you know it is real!

What makes anything solid? Moving particles that are constantly changing makes it solid. So, the more you try to change someone the more solid they become.

But Alex, He/She is a lazy bum who just sits and plays games all day!

Okay, I get it. However, for something to fully change the way you perceive it, you must create a space where transformation can take place. Once you do this, the person you want to change will transform to be the person you want them to be.

So how does one do this?

You, or your mind has wandered off and you need to re-read it again.

You see, when your mind is challenged it will do all it can to avoid the issues. Get sleepy, be distracted by a thought, floating hair, or just about anything else. Your mind is built to survive, by making you right and everyone else wrong. When something comes along to challenge this, the mind does not like this and then begins to close down. If you recognise this, then this book is doing what it intended. Namely, challenging the survival of itself to help you raise your level of consciousness (and not because you think this book is boring...right!?!)

Let's get back to not changing the people in your life.

Accepting someone as they are is all that is necessary. And, to approach that person in your life and say that you are willing to create a safe space where you will both have the floor to speak honestly and openly without any judgement, criticism, and you taking it personally. To have space where you can actually listen as a friend and not as an invested partner.

This will only add to your intimacy to the relationship and have you both truly understand each other without having to put an act on (pretending to be someone you are not), and realise you are not made out of glass. That you are mature enough to take what has been given and to get through this together.

Now, this exercise will leave you open to some truths that you may never have even thought existed. Just know that creating a safe space will open you both up to absolute vulnerability. You must respect the process for each other 100%, and whatever is said is shared in full confidence between you both.

Also, be aware not to blame anyone. This is you taking 100% responsibility and not blaming them to change them (we saw how far that takes you) but coming from a place where you understand it is from your perspective which doesn't make it the truth. In fact, it is more an hallucination than a reality, as neuroscientist Anil Seth pointed out in his TED Talks. We are all having a shared hallucination.

I went through my own challenges, and if I hadn't practiced what I had written here I would not be where I am today.

### **Action Step**

Share this concept to the person you have in mind if they are open to it. Then sit with them and open the circle of trust and non- judgement.

You can write some truths you have about that person and yourself here:

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## **Chapter 3 - The “pain-body” - I swear it wasn't me, it was my pain-body!**

Now, if you have ever ready the “Power of Now”, you will get the terminology pain-body.

Eckhart Tolle first introduced me to this concept of pain-body in 2013/2014 and it was somewhat of a revelation. What was equally shocking was the awareness around the voice in my head.

When I read about the voice in my head, I suddenly woke the hell up! If you are not sure what the heck I am talking about, just listen to the voice saying, “What voice is this weirdo talking about?” Bingo! That is the voice.

Now you know. You are awake to hear that the voice is there and guess what, you are not the voice. You can't be that which you can observe. So, who are you? Well, that is a whole other level we must deal with.

So, the concept of the pain-body is such that you are carrying something deep within your psyche, genes, spirit (whichever resonates with you the most), and when something comes up in the relationship, this is released. It can be when you and your partner have finally tied the knot, moved into your newly purchased home (rented if in London), and then this person who you thought you knew turns into the devil incarnate. You quietly lay in the corner, rocking and talking nonsense to yourself or wondering what the ‘beep’ is going on!

Well, Eckhart goes on to say that this is also a collected consciousness from many years back (past lives kind of stuff) and this comes out and suddenly you have this 'she- wolf' partner who will devour you for leaving an open onion in the fridge!

What you must be aware of is that certain situations in life that can trigger our pain-body (some are bigger than others) and when this comes to light, the secret is to not resist it. To observe what is coming up and complete it.

Another way to look at it is as if we are an operating system. We have files that are in our hard drive from all our events over our lifetime. We went through painful situations as a child and all these moments have built up over time. Our minds will have stored it in order to help us survive. Now when a moment happens in the present, your mind will pull out an old file and compare it to a moment in the past and if the mind matches it to a time when your "survival" was threatened. Wallup! You will begin to behave like a man child.

You see, it is in the deeper layers of your unconscious mind (the part that operates 24 hours, regulating your heartbeat, lungs, etc.) that is 90% of your brain's capacity, whilst your consciousness is 10%! So, all these stored files are in your subconscious mind waiting to protect your present moments by you overreacting and looking like a tit for no good reason. Hhmm. Thank you Mind!

Now, perhaps, you will understand that if your partner kicks off for no apparent reason, it is because of something stored deep in their subconscious mind. To observe it and be compassionate would be a more productive way to deal with it.

Once you both get this concept, and something arises you can say "Oh, honey. That pesky pain-body is showing up again". Get the hose (maybe leave the hose out of it!).

### **Action Step**

Write down some childhood memories that you feel have been unresolved, compare it to what triggers you now and uncover where this trigger first arose.

Once you become aware of the triggers, your observation and giving it space will help complete it, and it will no longer show itself in your now.

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Sit with your significant other and explore the pain-body concept with them, get an understanding of what triggers their behaviour. Really create awareness around this.

Write both your triggers here:

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## Chapter 4 - Values - To know or not to know is the question!

Our lives are dictated by our values, my mentor, Dr John Demartini knows this more than anyone. I mention this a lot throughout my books, online courses, and the life transforming events I do worldwide.

When you get to see what someone does, not by what they say but by what actions they take, you can see what it is they actually want to do.

Let's look at it like this. You say you want to have more money and be financially free but then you spend your money on the things you enjoy. How much money is left over to go towards your "never have to work again" future investments? I cover this in my finance and wealth book, how you can manage your money to lead to financial freedom.

If you can see what it is others value, you will be able to communicate to them through what they value in order for you to get what you want. Win-Win!

Here is an example. If my highest values are speaking, education, and wealth, but family is somewhat lower and my dad wants me to go visit him and just says, "Hey, come see me." He lives in another country, it makes it a challenge, and it's not fulfilling my highest values. It doesn't make me a bad person. I just do what I want to do. If you go against your highest values and you start to do what you don't want to do, you start to feel certain unwanted feelings rise up inside you and you either resent that person, task, or yourself.

Back to my dad, if he was to say, "Hey son, I have set up a meeting for you in my town to speak in a school and you can share your principles and help transform lives and we can get to hang out. Fancy coming over?"

Erm, yes!

Do you see? It is not about our feelings getting hurt if someone does what they want to do because of what it is they value. Most people are unconscious to this stuff, so you are already ahead of the game. Now, you can either liberate yourself and become conscious and use it to your advantage without it causing people harm, or you can go along, getting frustrated and taking it personally.

I know what I would rather have!

A quick way to know what you and someone else values is by seeing:

What you think about? (What thoughts come up often that you may brush aside?)

What you talk about? (When you bump into someone, you may unconsciously ask about their family, business etc - this is a good indication).

What you spend your money on? (Look over the past 3 months and you shall see)!

What you surround your personal space with? (What is it you have around you, or a place in your home you get a bit antsy when people come close to it?)

Write your ideas here:

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Now you have a clearer idea on how to observe and communicate to others around you. Once you take the time to understand what they value, you will be able to meet both your needs and get what you want! Not bad for a few quid spent on a book!

Would having a relationship where you can serve them at their highest value, and they can serve you at your highest value be a relationship you would keep? 100% yes.

Here is how you can do it!

If you can see what they value (it could be going to the spa, watching films, travelling for work etc.), and see how it serves your highest values (find out what that is from the above questions) by linking them to each other, you will see the value in each other's actions actually helping fulfil each other's values. No more moaning that they are going to get their nails done or that they are playing that game again.

We all just want to be accepted as we are, rather than changing that person. They will transform in front of your eyes when you get this.

### **Action Step**

Sit down with your partner or anyone you want to do this with and explain it to them (a great way for you to fully understand a concept is to teach others). Get them to explore what it is they value.

Now, once you are both aware, see how you doing XYZ, serves their XYZ, by writing 20-30 things that help serve their value of XYZ!

“Example - I like speaking, learning, and coaching - She likes fitness, food, and relaxing. When she next goes and does something that meets her values, I will see how what she does supports my values rather than judging what she does. Our relationship will grow and be harmonious as we are not trying to change each other. As all we want is to be accepted for who we are, right?”

When she is happy and fulfilled living by her values, I am fulfilled because I know she is happy, content, and fulfilled. I am not trying to change her to what I want and vice versa.

Write down 20-30 links here:

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## **Chapter 5 - What do they want out of life? What the heck you gonna do about it?**

Have you taken the time to know what it is they want out of life? Do you know what it is you want out of life?

I mean, to really take the time to ponder and dream as you did once as a kid! This is so important because we fall into the trap of doing things our parents wanted from us, or society, or the moon with its mind controlling technology....a tad far? Probably!

You know when you are doing something for someone else by the words, “I must do this, I should do that, I got to do.....!” Who is telling you to do this?

As you noticed in your highest values, you do the things you want to do without people telling you what to do.

I want you to take a moment and close your eyes (read this first then come back to it).

Focus on your breathing, 4 seconds in through your nose and 8 seconds out through your nose and just be present.

As you breathe focus on what is happening inside you, your lungs expanding as you breathe, the seat beneath you, your feet on the floor or upon the surface you may be lying on, and just feel into your body. Just know that there is a whole community living inside you, in your cells. Life is going on inside you, whether you are doing something or not. When you are sleeping, life is happening. It is alive because you are alive, and you are alive because it is alive.

Just breathe and feel the air go into your lungs.

Now take your mind 12 months into the future. As you do, pictures will start to rise up for you. What images do you see? Who are you with? What are you doing? Where in the world are you? Are you doing a job you would love to do? In a place with your family?

What is it that lights you up?

Breathe into this picture. Expand this image and make it brighter, explore the colours, make it louder. Smell it and feel it.

What details do you see more clearly?

As you see everything clearly, I want you to rewind back to where you are sitting, keep rewinding, over and over.

As you do this, a few images will pop up for you. Now, what that image is, is your next step to getting you towards that vision you saw 12 months in the future.

Now that you have an idea of what you want to do, I suggest you take that person you want to share your space and time with and get them to take this process if they don't know what they want. If they do know, it is still a great process, you can both do it to each other rather than read it to yourself.

If you now know what they want, you can have a relationship of truth and integrity, rather than for selfish gains. Make a commitment to how you will help them fulfil the vision they have for their future.

### **Action Step**

Write down what it is you want, have them write down what they want, and make that commitment that you will do what you can to make it happen.

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## **Chapter 6 - Masculine and Feminine energy - Man turns to boy and Woman turns to mum**

I had attended a seminar run by the well-renowned success coach Tony Robbins at a program called Date with Destiny in Cairns.

He takes people through the seminar and gives you tools to help you become aware of something that you were once not aware of. He then asks questions, and people stand up and share their experience (the story they have created from a moment that happened in their lives).

There was a moment in Cairns, when a lady stood up and shared an exercise we were all asked to do involving masculine and feminine energy. She gave a very basic letter, detached of any feelings, to her partner who was also at the event. Tony stood them both up. As the partner stood up, he was looking at her as if she was the only woman in the world. She just looked like she had completely clocked out and was void of showing any feelings.

What had happened is that the man and his masculine energy over time had shifted to the feminine energy and she had shifted to the masculine. They had depolarised each other and now there was no intimacy, and no relationship frankly.

I know this as this was something I went through, big time! I was so confused and I was suffering. I was in love with my partner and yet I felt like I was in desperate need of her. I would behave out of survival rather than as a man who was confident and owning himself. I would look at each action or word that came out of her as an attack of some sort. It was paralysing. In fact, I could not think about anything else. I would self-destruct and my business I was building would begin to unravel. Because my self image was fractured and I lost self confidence.

It forced me to look into this phenomena and get free of it. I read daily, attended seminars religiously. I even joined the world's largest seminar promoting company in order to be immersed in it, so that I could stop feeling like this as quickly as possible.

After all of this I realised it wasn't about fixing her, but owning my masculine again, well from my understanding, I would revert back to become the little boy who had lost his mum when he was 9 and my partner at the time was also going to do "leave". So, I took back the man within, acknowledged the boy, and let go of the past. I created a safe space for my partner to be able to drop her shit on me without me taking it personally.

However, be also aware of the characteristics of narcissism and abuse based on a shame-based person. They will not be able to go within themselves due to the pain it causes, and are constantly looking for distractions outside of themselves.

They can bring you down, have you question yourself and you begin to question your own self-worth.

If this is you right now, seek professional help so you can make clear the difference, if this is a relationship based out of addiction and fear rather than the illusion of love.

It can be very hard to notice the difference. I have been there for years.

If it is a healthy relationship, and you are wanting to have a closer bond and to be able to support her then this is really powerful stuff to know.

And if you are a woman reading this, please share and coach your partner. We just don't know this stuff!

The majority of women will take a handbag out with them as they leave the house, have you ever dared to venture into a handbag?

If you do, you will see that women will carry pretty much anything, usually unnecessary objects that they couldn't even tell you why they have them.

As a woman leaves the house they need to be prepared for any eventuality, as if venturing into the woods back in the tribal days.

If she was to come home and unload that bag, you and she would be surprised at what you would find.

Now, this bag also represents her mind. What she has had to carry throughout the day. With this she also needs to empty the heaviness that she carries inside her head.

Really get this! A woman needs to unload her shit (aka vent) on you and it ain't pretty. You may lose an arm, half an ear, nose or an eyeball. But once you weather that storm, you will not only be a stronger person for it, but you will have the brightest sun shining on you.

I will list out the rules for you to follow so that you both can get back to owning your true energy. You may be a man whose core is feminine and the woman maybe masculine, that is cool. Own it and accept it. If you are in a same-sex relationship, one may be masculine or feminine naturally. Just know it and move from there.

What can happen (and it happens a lot) when a boy is masculine and a situation occurs in his childhood, he puts the feminine over the masculine and then covers up the feminine with another masculine to operate in the world. You meet someone special and when something happens, they uncover the feminine that is sitting under the masculine and then all hell breaks loose.

Just keep with these rules, be aware and own your shit.

### **Action Step**

Stand up and shout I am a (input an empowering phrase here) MAN!

For a woman, stand up and start dancing like no one else is in the room but you. Let go.

Rules:

What shuts down intimacy?

### **The Feminine -**

- A woman needs to be noticed, to be seen for who she is constantly - If you are a man reading this, and you think you have done enough then multiply it by 10 and then you will be a little closer. No exaggeration! Women need it like oxygen!
- A woman wants to know you “get her”. We all want to be listened to. To have someone’s full attention. We don’t want to compete with a mobile phone or a television programme. Focus on each other.
- She will now unload the handbag she carries around with her on your head (not literally). But women feel unsafe and do not trust easily. They need to know they can trust you and feel safe with you. She needs to know this ALL THE TIME! When she shares her thoughts and feelings of the day including her problems, just listen. By sharing stuff she’s not necessarily seeking advice or confirmation. She is doing just that, SHARING! Next time, instead of believing she’s inviting you to fix some problem, calling out to you to help solve some problem, just listen to her. Soon you will see for yourself, the level of your connection enhanced.

### **The Masculine -**

- A man needs to feel that he is taking care of his woman, that his woman looks up to him, admires him and appreciates him for what he does for her out there in the world.

To criticise him is belittling him and the little boy or the feminine will come out and it will only repel you. So stop it!!!

- When a man's woman is closed off, he will react by going into his head and judge himself and put himself down, create the feminine where from this place no intimacy can exist. What can you do? Be the opposite of closed and open that man up and be joyful!
- A man will start to resist, and tend to distance himself, when he feels he is being controlled to become someone he is not rather than be accepted as he is. Just give him space, freedom to be who he is and he will transform to be who you want him to be.

## **Chapter 7 - A letter to let go! Blaming only keeps you from inner tranquillity!**

What has been one of the most powerful tools of transformation for me is the art of letting go, letting go of blame, resentment and all that shit that stores up in your psyche and eventually causes disease in your body and then you die! Well, you do die at some point but probably not so dramatically.

When we were young our whole survival was dependent on our parents or peers. If anything happened that would threaten our survival, like a parent raising their hand to you, taking someone else's side against you, or confiscating something belonging to you, this would appear from a child's perspective like a personal attack. These memories can come back to haunt us. Childish thoughts mixing with adult problems affecting our ability to make cogent decisions.

Now fast forward 20, 30, 40 or 50+ years into the future from where you are now. You will still be acting out on those decisions a child made, yes that is right, you are a man child. Still making decisions based on the child's decisions. Your future is predetermined by your past decisions, so you are stuck this way and wonder why your relationships with yourself and others do not work.

The relationship you have with your parents is what you have with the World.

You will believe the story you have told yourself for years about your parents, from that decision a little sprog made, and you will not take ownership for that story that you MADE UP! You make them wrong so you can be right! So then you don't have to take responsibility for aspects of your life because you can say my life is a mess because of you. See how wrong you are and how my life is a mess (secretly you feel good about this but then you come to realise that you're the one with a car crash life)!

So, remember what I said at the beginning of our journey together. Take full responsibility for your life. This means letting go of the story of blame, as much as you feel justified to. Whatever happened to you, it is YOU who has to carry it around. If you are willing to put it down no matter how wrong they are, you will create a new space within yourself that will be a lot lighter on you.

All a parent wants to hear is thank you and that you love them, then they know they have done their job.

If you are not on the street scoring crack but are in a place with shelter and you are warm and fed then they did a pretty good job, didn't they?

Stop blaming and start taking responsibility for your own life, you ain't a bucket full of roses yourself.

Of course, there may be situations that have occurred in your past that may be down to abuse and I am clearly not asking you to justify those actions. What I want, is for you to stop carrying that poison around in your body.

### **Action Step**

Write a letter to a parent going back to a moment in your life that you made a decision to make them wrong and you right (they won't have a clue and it will complete your relationship).

It will be a very freeing experience and your relationships in your life will shift. It's as if the world has changed, but really it is your inner self that has changed. You will benefit massively.

Write your letter here:

I invite you to open up, be authentic to life and write a letter to take full responsibility for yourself right now!

Dear \_\_\_\_\_,

I made a decision when I was \_\_\_\_ years old \_\_\_\_\_

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I created the story that \_\_\_\_\_

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I want to say I am sorry for \_\_\_\_\_

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Thank you for \_\_\_\_\_

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I love you for \_\_\_\_\_

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I want to create a space for something new such as \_\_\_\_\_

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Now, once you have your letter. Call the person you have written it to and read it to them!

Yes, you heard me. It is all well and good for you to write it out (and it will be very therapeutic) there is something rather profound when you express it to them and own your story fully, You must face your fears (lightning and thunder appear overhead)! You may not get a response you wanted, but they know now and they may come back to you in a week, month or year. You will have closure and will be free from it. Just don't go with any expectations! You have got this. Our Facebook community is here to support you and we would love to hear how it went!

If in the event that reading or sending the letter could put you in harm's way, please consider the options before taking the action if you are happy to deal with the consequences - As Newtons law states, "For every action, there is an equal and opposite reaction."

Go do it now!

Thank you for taking the time to read my collections of thoughts and experiences of my years of time and investment to take the complex and simplify it the best way I can for you to digest and take action to transform your life and others you love.

I can only thank you for creating me, you are the creator and without you, I would not exist! If you didn't enjoy this book and your life has turned completely upside down from taking action, then you must ask yourself, "Why did I create this?" ;) You take full responsibility for your actions. Right?

I will be here to support you on your journey.

Thank you to Melissa Peer, Dr John Demartini, Tony Robbins, Jack Canfield and many other of my mentors.

Peace and love

Alex Roseman

If you want further training with Alex Roseman, you can find his online programs and events on [www.alexroseman.com](http://www.alexroseman.com)