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## **The Possibility Path™ for Relationships**

A Life Coaching Program based on  
*The Possibility Path - Book One: Beyond*

*“Bringing Possibilities to Reality”*

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## **STEP SIX**

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### **SYSTEMS FOR COEXISTING**

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Do this worksheet. Do the accompanying Short Cut audio. OR do both together!  
It is your path to possibility. Do it your way!

# The Possibility Path™ for Relationships

## INTRODUCTION

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Systems Make the World go Round.

They also make relationships work! The systems we step up in our relationships can make or break a relationship. Funny thing is, we most times don't even realize we are setting up systems at all! When you get in a fight with someone you love, do you run away, give the silent treatment, or ghost them? Do you fight or retaliate tit for tat? Do you sulk or act passive aggressively, mutter under your breath? All these things are systems! How we act repeatedly in reaction to things are systems. How do we stop reacting and using systems that we don't like?

We become aware of what we are doing. Then we create new systems that we do like!

We can do this in three simple ways:  
Rules of the Road, Check Ins, and Date Days.

Rules of the Road are the basis of how we deal with our relationships.

Would you ever tell your mother to go jump off a cliff? Probably not. Even if she was abusive, or hurting you, most people would not speak to their mothers that way. Why not? Rules of the Road. We have certain internal rules that govern how we act in each relationship we have. How we treat each other, how we treat things, and even places are ingrained in us as old as time. We can become aware of these rules and create ones we like as we grow into who we want to become, in our relationships and in life!

Check Ins are days and times that we just check in!

How are things going? Do we like how things are going? This could be a financial Check In for a spouse. This could be a family Check In for a family member in need. This could be a "How are you?" to a busy Mom friend or a BFF you haven't seen in a long time. Check In with yourself to help make decisions! Doing Check Ins helps us keep in touch with what is really going on, instead of just living the same old same.

Date Days are not just for couples, though those are the best for couples to do! They can also be with your kids, your friends, your communities, or even yourself! Doing something fun, out of the ordinary, helps bring joy back to your ordinary. It helps you find the freshness of life by taking time to experience something fun and new! When you do this, you also learn and grow together at a much faster rate. It helps you connect, bond, and create memories that do last a lifetime.

How do we do all these things?  
That is what we will learn as we move onto Step Six:

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Systems for Coexisting  
Rules of the Road , Check Ins, and Date Days to connect and live in possibility!  
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The Possibility Path™ for Relationships

**STEP SIX**

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SYSTEMS FOR COEXISTING

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**RELATIONSHIP**

THINK of a relationship in your life.

\*This may also be a job, a house, a place, an addiction, a behavior, Yourself, or a group family dynamic!

What relationship is it?

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**CHANGE**

What would you like to CHANGE if you could about this relationship if you could?

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# **RULES OF THE ROAD**

Rules of the Road at the basis of how we deal with our relationships.

We have certain internal rules that govern how we act in each relationship we have. How we treat each other, how we treat things, and even places is ingrained in us as old as time.

Ever heard someone say, “This is just the way I am?” Cultural effects, gender behavior, family dynamics, and even how we treat ourselves is all internally governed by these usually unknown Rules of the Road within us. Most times we do not decide these rules! They are engrained in us before birth as to how to behave in this world.

If you have having issues with your relationship, first take a look at the Rules that you think you are supposed to follow.

What **RULE** do you have in this relationship that is **STOPPING** you from making the **CHANGE** you wish to see?

**\*Having trouble answering this? DO THE SHORT CUT**  
**Or. ask yourself what would happen if you did make the change?**  
**Who would be upset if you made this change? Why? (THE WHY IS THE RULE!)**

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## DATE DAYS

Date Days are not just for couples, though those are the best for couples to do! They can also be with your kids, your friends, your communities, or even yourself! Doing something fun, out of the ordinary, helps bring joy back to your ordinary. It helps you find the freshness of life by taking time to experience something fun and new! When you do this, you also learn and grow together at a much faster rate. It helps you connect, bond, and create memories that do last a lifetime.

Setting a date day and time is the easy part. Finding a way to connect and make it memorable for all, or even enjoyable? That is a more difficult task.

Listing your ideas for Date Days with the relationship you chose to focus on, and then look at why you think this would be a good way to connect and have some fun!

Asking the person you are planning the date with or for is **IMPORTANT!**  
That is a part of getting to know each other and creating an event that is enjoyable for all. When people feel comfortable, they let down their guards and are able to enjoy the moment. Not everyone likes just going out to dinner. Be creative!

**THINK** of the person you are having the relationship with and imagine **WHY** they would like this idea.

Then **LIST**:

**DATE IDEAS**

**WHY?**

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**CHECK INS**

Check Ins are days and times that we just check in! How are things going?

Do we like how things are going? This could be a financial check in for a spouse. This could be a family check in for a family member in need. This could be a “How are you?” to a busy Mom friend or a BFF you haven’t seen in a long time. Doing Check Ins helps us keep in touch with what is really going on, instead of just living the same old same.

Check Ins give us a chance to find new if we need to!

Check Ins are more about GATHERING INFORMATION than about having fun or an experience like a Date Day. Check Ins is about getting to know one another or learning about a topic you need to discuss.

WHAT is CONFUSING you in your life in your relationship right now?

Describe:

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## **SHORT CUT**

### **NEW RULES**

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A Short Cut is a Guided Visual Exercise that helps allow access to our own inner wisdom, our unconscious information Possibility Doorway, and our own inner intuition.

Listen to each Short Cut and then process your insights.

Questions are just suggestions to get the ball rolling. You might get new insights you never thought of that have nothing to do with the topic at hand or realize things that are not in the questions. Allow. It is your time. It is your program. It is your inner wise self.

Go where the journey takes you!

List your insights!

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## **The Possibility Path™ for Relationships**

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*Because this is a personal development program, please understand the importance of keeping this material private within the group or your coaching time.*

*Feel free to share the insights, ideas, and growth you have experienced with people you trust and who care about you, including family, friends, coworkers, therapists, doctors, etc. and of course the group that you are working with on the **Possibility Path**.*

*Please direct any professional questions to [thepossibilitypath@gmail.com](mailto:thepossibilitypath@gmail.com)*

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