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GROUNDRULES

In NLP there's a really cool concept called presuppositions, which are basically a set of beliefs that you apply to every situation when you are dealing with NLP.

For example, people always do the best they can with the resources they have available to them is an NLP presupposition, and it means that when you are looking at a situation, you always assume that the person has given of their best.

Groundrules in a relationship work in the same way – they're a base set of beliefs or ideals that you always work from when you're in a relationship.

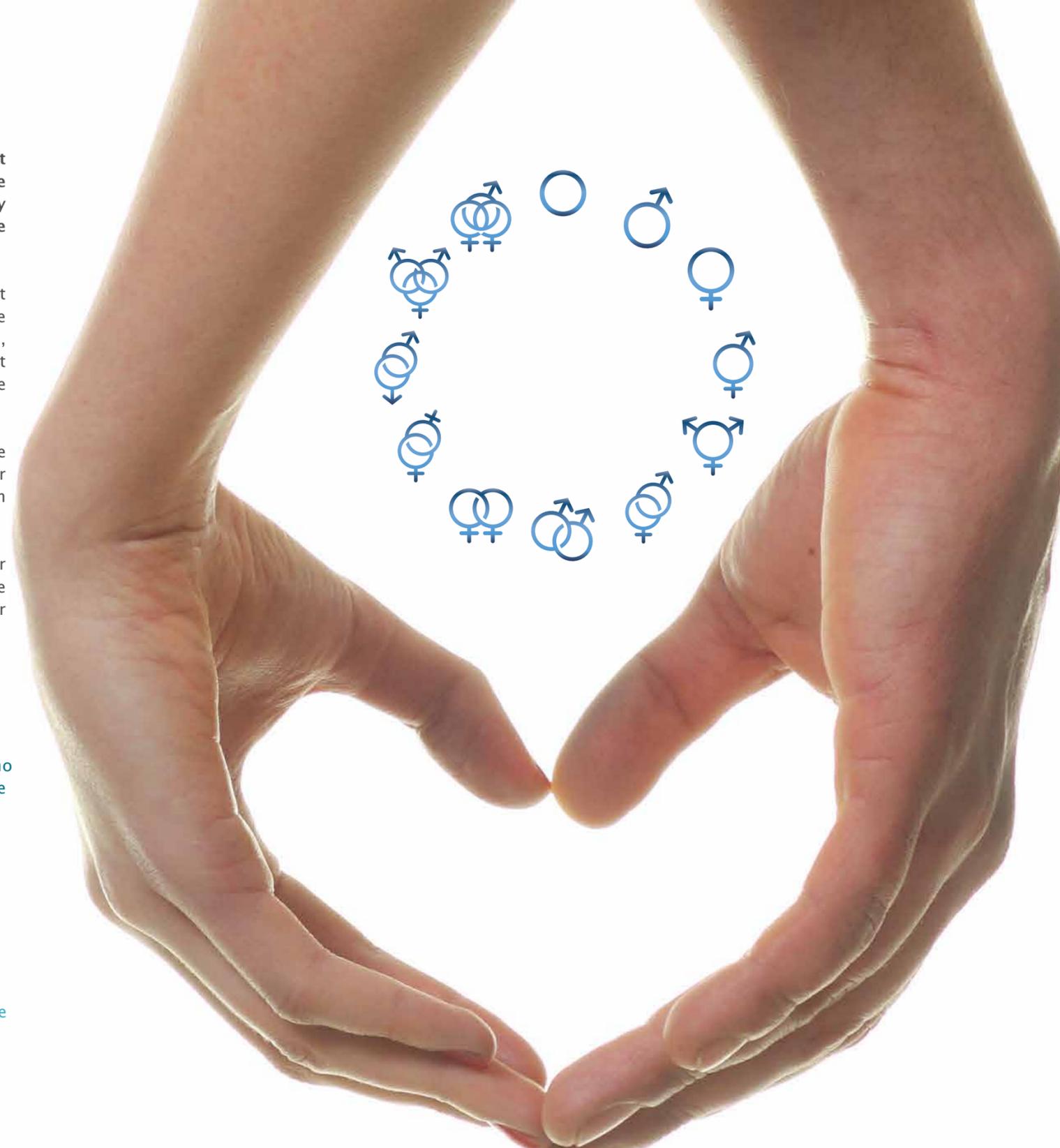
You don't always have to have partner participation for groundrules, in fact there are a number that you can implement for yourself alone.

GROUNDRULES WITH A PARTNER

- The 48-hour rule for break ups
- A no exit policy
- Monogamy or polyamory
- If real life interferes, so be it; meaning no one can get into trouble for life interfering
- Always reply and answer in detail
- Don't try and solve problems immediately – always take time to think

GROUNDRULES FOR YOURSELF

- I will always ask if I'm unsure about something, before I worry about it
- I will raise concerns immediately
- I will ask questions even when they scare me
- Always state the obvious



NO EXIT POLICY

When you're working on fixing any relationship, romantic or otherwise, you need to be present in order to really make it work. In fact, the same truth applies to any situation in life.

Sadly, our modern life and all its distractions makes it very easy for us to 'check out,' procrastinate and avoid our responsibilities on a day to day basis.

If you need to be committed to a situation, including if you need to really make a go of making a relationship work, implement a no exit policy for a fixed period of time, meaning you may not leave the relationship in any way during the specified time:

- No breaking up
- No cheating
- No checking out by being glued to work, your devices, your computer, a hobby or the television
- No zoning out with drugs and alcohol
- No overloading your schedule
- No committing suicide or talk of committing suicide

As important as what you can't do is what you will do during this time:

- Be home by a certain time
- Be available telephonically
- Include or invite your love to join you at events and on outings
- Make dedicated time for activities together
- Make time for sex and touching



categories



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Life Coaches Toolbox has a number of free diagnostic tools and resources that coaches, trainers, mentors and managers can use with clients, or that you can use on your own.

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- Affirmations
- Anchoring
- Belief Systems
- BodyTalk Tapping
- Boundary Setting
- Building Trust
- Chakras
- Chinese Medicine
- EFT Tapping
- Eliminating Ego
- Energy Work
- Energetic Protection
- Fear & Anxiety
- Feeling Stuck
- Fighting & Arguments
- Focus & Motivation
- Forgiveness
- Gratitude & Appreciation
- Generating Joy
- Human Strategies
- Inner Voice
- Intuition
- Keeping Your Cool
- Manifestation
- Mental Exercises
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- Shock & Trauma
- Meditations
- Mudras
- Writing Processes