



## Session 2 Skills for Successful Relationships

### Notes:

@Bill and Pam Farrel [www.Love-Wise.com](http://www.Love-Wise.com) authors of 50+ books including *10 Best Decisions a Single Can Make*; *Single Men Are Like Waffles*, *Single Women Are Like Spaghetti*, *The Before You Marry* book of Questions, *7 Simple Skills for Every Man* and *7 Simple Skills for Every Woman*

**Personal Reflection:**

If you are in a relationship, have a coffee and conversation and talk thru where you each see your level in the relationship

If you are currently NOT in a relationship, review the chart, and review past relationships. Are there any changes on how you might manage deciding and talking thru your levels of commitment in future relationships?

**His Perspective**

<b>Level of Involvement</b>	<b>Cautious</b>	<b>Curious</b>	<b>Confident</b>	<b>Connected</b>	<b>Committed</b>	<b>Why I marked it this way</b>
<b>My Involvement</b>						
<b>My Partner's</b> (as I perceive it)						

**Her Perspective**

<b>Level of Involvement</b>	<b>Cautious</b>	<b>Curious</b>	<b>Confident</b>	<b>Connected</b>	<b>Committed</b>	<b>Why I marked it this way</b>
<b>My Involvement</b>						
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