

Session One: Video Notes



This series will help you follow your _____ while using your
_____.

The difference between acting like a jerk and being a jerk is a persistent
resistance to _____.

Personal changes require _____, motivation, new information/a plan, and a willingness to persist with working at change over time.

Staying in the safe zone in your relationship as depicted on the RAM means that you do not let one level get higher than the ones to its _____.