

## 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 \_\_\_\_\_.