

Module 1 Summary and Reflection

Congratulations! You've made it through Module 1. Your progress demonstrates your commitment to yourself and to your relationship.

You're aware that your body produces chemicals which entice you to fall in love. When you move in together, those chemicals decrease, and you wonder where the passion went.

You can keep your relationship special by developing special rituals for greeting and saying goodbye to each other. These rituals keep the fun in your relationship and can assist when relationship challenges come.

When relationship challenges arise, remember that you each have a different perspective. Be as objective as possible. Know that each of you will change as your relationship matures and as you age.

In the next module you'll explore the power of communication and some techniques to assist you in communicating openly and honestly with your partner. You'll learn how to better understand each other and resolve differences in perspective.

Self-Reflection Questions

1. What has it been like for you as the passion you had with your partner has lessened?

2. What are ways you express to your partner how special they are to you?

Legendary Love. Module 1. Lesson 7.

3. What are the three most difficult challenges in your relationship? What three things give you the most joy?
4. What can you do to keep irritations from escalating?
5. If you've wondered if you made a mistake in your relationship, how can you resolve your concerns?
6. What changes can you expect in your relationship?
7. What can you do to adapt to these changes?