

**Why Relationships Are So Hard Note-Taker**  
*“To attract a Dream Partner, you must BECOME a Dream Partner!”*

**Point #1** – *Relationships are complex today*

---

---

---

---

---

**Point #2** – *The “Old Brain” Fights for Survival*

---

---

---

---

---

**Point #3** – *A new Understanding of Relationships is required*

---

---

---

---

---

**Point #4** – *Gaining Knowledge and Skills is now required*

---

---

---

---

---

**Point #5** – *How we learned to be in Relationship*

---

---

---

---

---

**Point #6** – *Defenses and Adaptations to Childhood Pain*

---

---

---

---

---

**Secret #7 – Skill #1 ~ Overcoming the Old Brain’s Sabotage**

---

---

---

---

---

**Secret #8 – Skill #2 ~ Overcoming the Old Brain’s Sabotage**

---

---

---

---

---

**Secret #9 – The importance of Practice**

---

---

---

---

---

**My Expert Advice to give myself:**

---

---

---

**What I will do to follow my Advice:**

---

---

---

**Resources for Help and Support:**

**Carol A. Anderson, MS**

[carol@acenter4relationships.net](mailto:carol@acenter4relationships.net)

[Intro.AttractYourDreamPartner.com](http://Intro.AttractYourDreamPartner.com) ~ Singles Relationship Programs

[www.KeepTheLoveYouFind](http://www.KeepTheLoveYouFind) ~ Singles Weekend Retreat

[Carol's FaceBook FanPage for Singles](#) ~ Resources for Singles ~ Please LIKE & SHARE!

[www.meetme.so/carolaanderson](http://www.meetme.so/carolaanderson) ~ Schedule a complementary 60' Strategy Session