



**30 DAY**

**LOVE CHALLENGE**

# Day 11

## Four Noble Love Truths



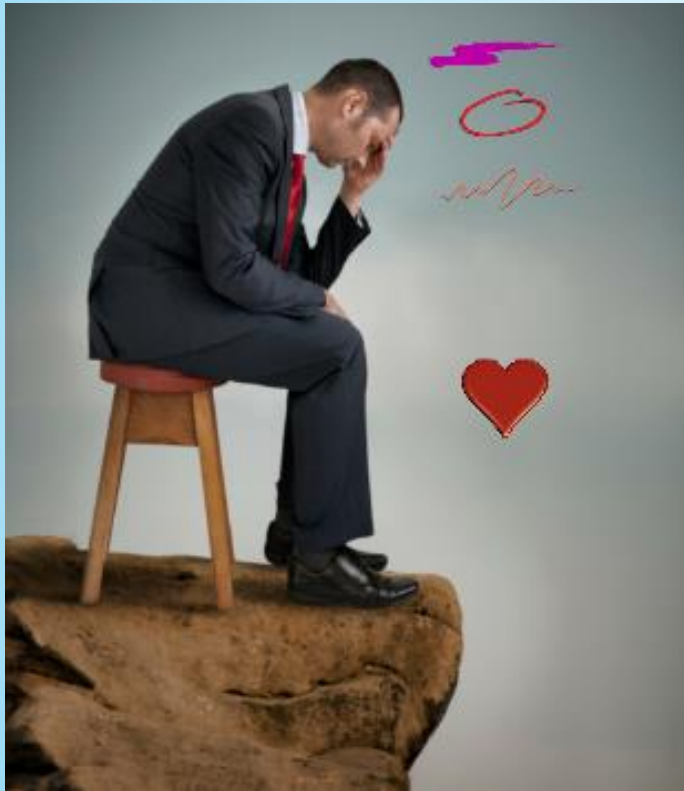
# "Life Is Full Of Opportunities For Learning Love..."

**The world is not a playground;  
It is a schoolroom.  
Life is not a holiday  
But an education.  
And the one eternal lesson  
For all of us is  
How better we can love."**

**~ Henry Drummond**



# 1<sup>ST</sup> Truth - Suffering In Love

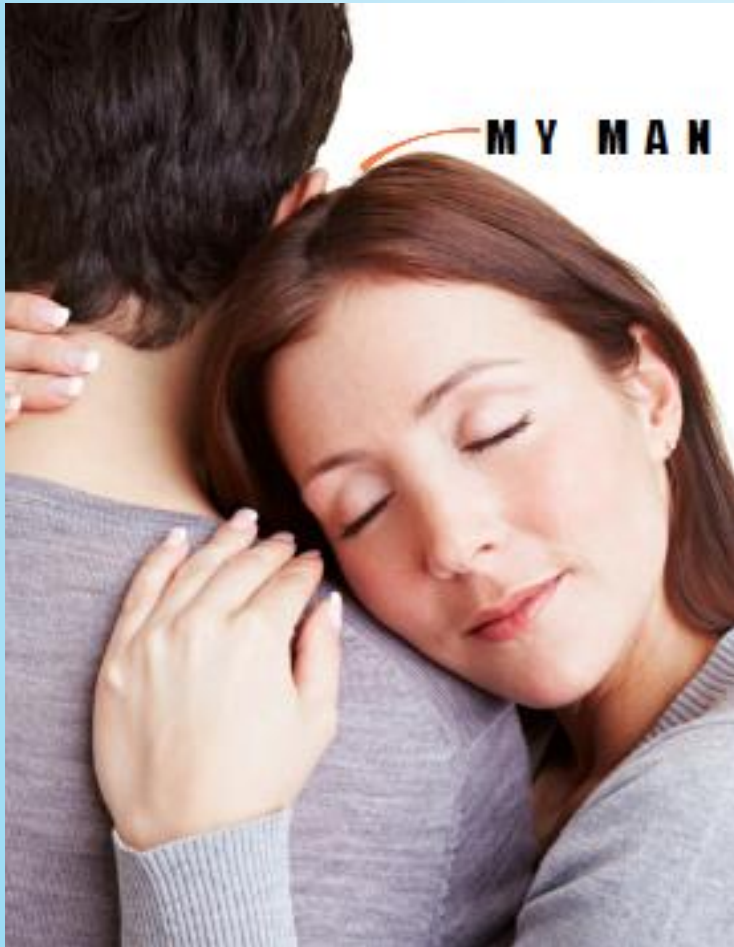


## Suffering

**Is a normal part of love**  
**Makes the good times better**  
**Reveals to you who you are**  
**Brings you closer to God**



# 2<sup>nd</sup> Truth - Attachment To Love



**Attachment To Love**

**Causes suffering**

# What Is Your Attachment Style?



# Secure Attachment



# Secure Attachment

## I Feel

**Good about myself and my chosen partners.**

## I Easily

**Become emotionally close to others**

**Depend on others and let them depend on me**

## I Am

**Okay being alone or when others don't accept me.**

**Generally satisfied with my relationships.**

**Comfortable being intimate and being independent**



# Insecure Attachment Anxious-Preoccupied



# Insecure Attachment Anxious-Preoccupied

**I want** to be emotionally close  
But others don't get as close as I want

**I'm uncomfortable** being alone,  
But others don't need me as much as I need them.

**I seek** high levels of intimacy, approval  
And responsiveness from my partners.

**I often doubt** my worth as a partner  
And I blame myself for my partner's behavior

# Insecure Attachment Dismissive-Avoidant



# Insecure Attachment Dismissive-Avoidant

**I like to feel independent and self-sufficient**

**I don't depend on others or have them depend on me**

**I desire a high level of independence**

**I view myself as self-sufficient, invulnerable to needy feelings**

**I tend to suppress and hide my feelings**

**When I feel rejected, I distance myself from my partner**



# Insecure Attachment Fearful-Avoidant



# Insecure Attachment Fearful-Avoidant

**I have** mixed feelings about getting close to others

**I want** an emotionally close relationship **but ...**

**I find it difficult to trust others completely**

**I don't feel that I can depend on others**

**I'm afraid I will be hurt if I let myself get too close**

**I feel** unworthy of having a responsive partner

**I don't trust** trust the intentions of my partner

**I don't express** affection or seek intimacy easily

# 3<sup>rd</sup> Truth - To End Suffering Remove The Cause



**Attachment  
To Love**

**Depression by Monkey Business Images**

**”I Have found The Paradox,**

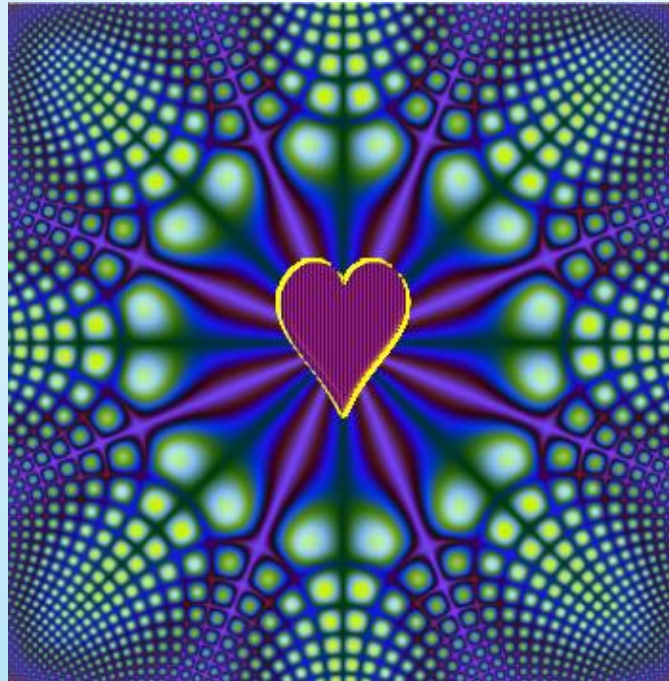
**That if you love until it hurts,  
There can be no more hurt,  
Only love.**

**~ Mother Teresa**

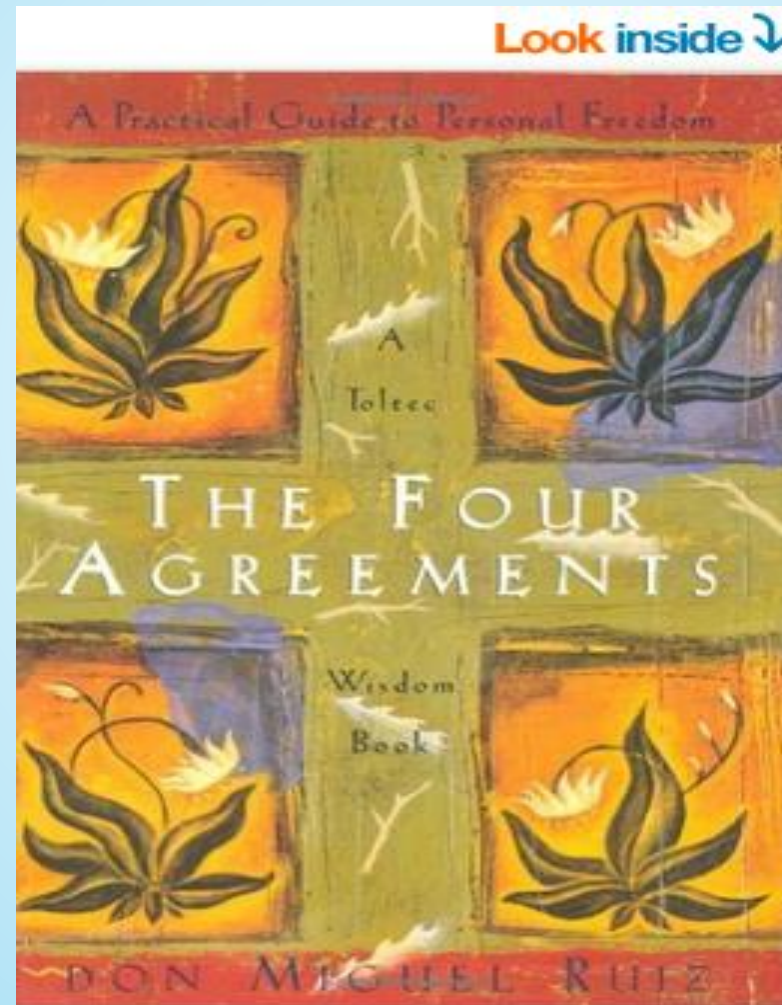


# 4<sup>th</sup> Truth - Follow The Loving Path To End Suffering In Love

## The Eightfold Love Matrix



# The Four Agreements



# 1<sup>ST</sup> Agreement

## Be Impeccable With Your Word

Avoid Speaking Against Yourself Or Others

**Speak with integrity**

**Say only what you mean**

**Use the your words for truth and love**



# 2<sup>nd</sup> Agreement

## Don't Take Anything Personally

**Become immune to others' opinions or actions**

**Nothing others do is because of you**

**What they say and do is their own reality**

**You won't be the victim of needless suffering**





# 3<sup>rd</sup> Agreement

## Don't Make Assumptions

This One Agreement Can Transform Your Life



**Ask questions**

**Express what you really want**

**Speak and act with courage**

**Communicate clearly**

**Avoid misunderstandings**

# 4<sup>TH</sup> Agreement

## Always Do Your Best

Your Best Changes From Moment To Moment

**Under any circumstance  
Simply do your best**

**Avoid**

**Self-judgment**

**Self-abuse**

**Regret**



**“We can let the circumstances  
Of our lives harden us  
So that we become increasingly  
Resentful and afraid, or  
We can let them soften us,  
And make us kinder.  
You always have the choice.”**

**~ Dalai Lama**

# **This 30 Day Love Challenge is Serious and Life Changing**

**You will see amazing results  
If you seriously intend to  
Expand your loving – and -  
Love fearlessly and openly**



# **As We Close** **Remember**

**Start each day** focused on love  
**In every moment** feel the love  
**End each day** realizing love  
**Every day** repeat the love pledge



# **Start Each Day** **Focused on Love**

**In every moment ask...**

**"What would love do now?"**

**For Me**

**Knowing all that I do brings me**

**Closer or further from love**

**End Each Day**  
**Realizing the Power of Love**  
**Review The Moments You...**

**Turned away from love**

**Shared your love freely**

**Felt loved by others**

# **The Love Pledge**

**Every Day I Develop Greater**

**Awareness and communication**

**Acceptance and forgiveness**

**Compassion and tenderness**

**Love, trust and respect**

**For My Self And For Others**

# **Love Agenda for Today**

## **In Your Love Habits Journal**

### **My Noble Love Truths**

**Which Truth Resonates Most With You?**

**If You Apply These 4 Love Truths**

**What Will Change In Your Life?**

**Share Your Love Truths In The Facebook Group**



# **Dr. Erica Goodstone**

## **RELATIONSHIP HEALER**

*Helping You Heal Through Love*



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