



**30 DAY**

**LOVE CHALLENGE**

# Day 18

## 10 Steps To Intimate Love



# "There's Nothing More Intimate In Life

*Than simply  
Being understood.  
And understanding  
Someone else."*

~ Brad Meltzer



# ”The Greatest Happiness In Life



***Is the conviction  
that we are loved;  
Loved for ourselves,  
Or rather,  
Loved in spite of ourselves.”***

**~ Victor Hugo**

**“True Love Is Usually  
The most inconvenient kind.”**

**~ Kiera Cass**



**“You Don’t Stop Loving Someone  
Just because you hate them.”**

**~ Hanif Kureishi**



**How Do You Get  
From Where You Are  
To Joyful Intimate Love  
That Lasts?**

# Step 1

## My Current Love Status





# Step 2

## Love In My Early Years



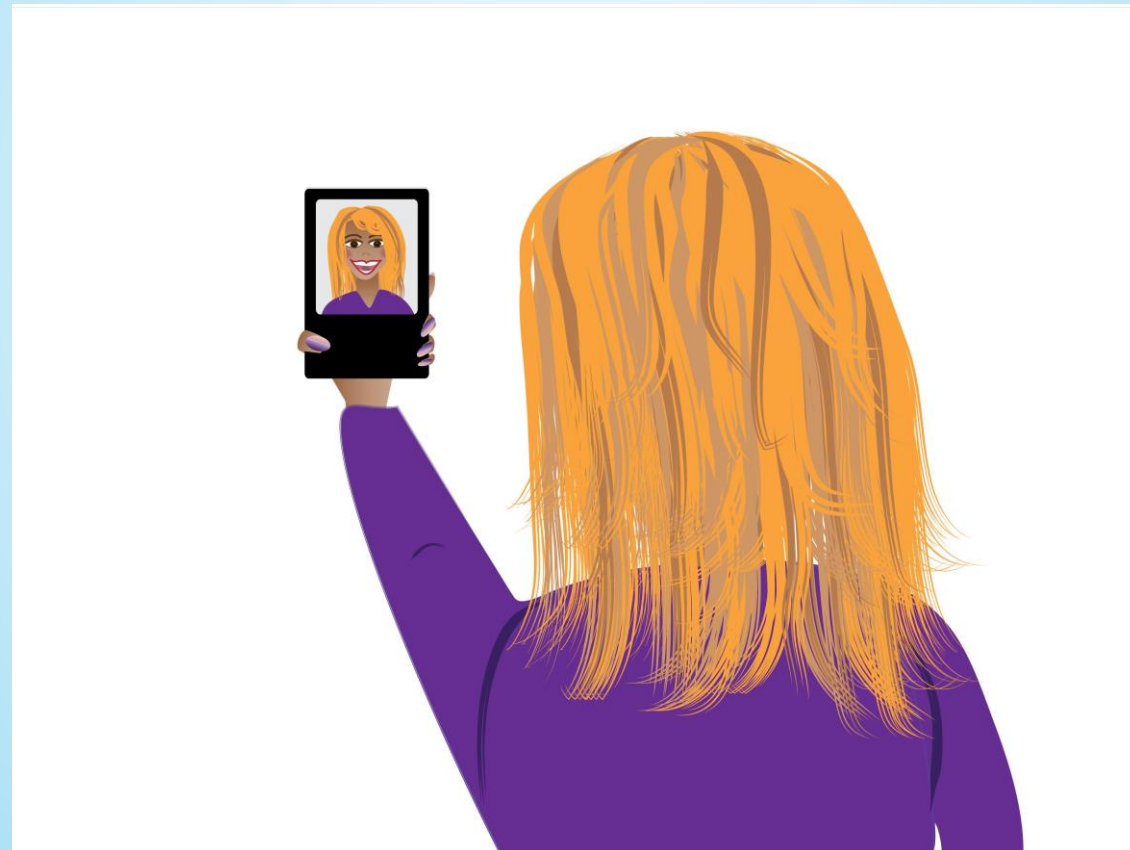
# Step 3

## My Love Education And Experience



# Step 4

## My Love Identity And Preferences



# “You, Yourself



**As much as anybody  
in the entire universe,  
Deserve your love  
and affection.”**

**~ Buddha**

# Step 5

## Why I Want Love



# **"There Are Three Kinds Of Men**

**Who do not understand women:**

**Young,**

**Old,**

**And middle-aged."**

**~ Unknown**

# Woman Begins

**By resisting a man's advances  
And ends  
By blocking his retreat."**

**~Oscar Wilde**

# Step 6

## My Love Style





# Step 7

## My Love Limitations



**“Of all forms of caution,  
Caution in love is perhaps  
The most fatal to true happiness.”**

**~Bertrand Russell**

# Step 8

## I Can Create Intimate Love



# Step 9

## I Am Committed To Love



# Step 10

## Unconditional Love At Last



# **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**

## **Love And Intimacy**

**Briefly Review The 10 Steps Today**

**How Is Your Present Love Life Influenced?**

**What Life Period Most Affected You?**

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



# **Dr. Erica Goodstone**

## **RELATIONSHIP HEALER**

*Helping You Heal Through Love*



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