
Course Outline for Win-Win Relationships

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Lesson
One

Title: The Four
Ways of Relating: Win-Lose; Win-Win; Lose-Win; Lose-Lose

Affirmation: I choose
win-win relationships as much as I can.

Objective: To reach a
thorough understanding of each of the four ways.

Lesson
Two

Title: I Accept
Appropriate Responsibility for the Quality of My Relationships.

Affirmation: My life:
It's up to me, so I choose how I think.

Objectives (in part one):

To place
responsibility where it belongs
To
identify your greatest power
To
discover how you can best control how you feel

Objectives (in part
two):

To show
how to turn a negative event into a neutral feeling
To teach a
formula for insult protection
To explain
why people complain and why you shouldn't
To teach
that control is a basic need

Lesson
Three

Title: Happiness
Demands a Good Relationship with Yourself.

Affirmation: I enjoy
unlimited self-esteem; I value who I am.

Objectives (in part one):

To
identify your most important possession
To
discover where it comes from
To
understand whether you can possess too much of it

Objectives (in part
two):

To
understand that guilt thwarts self-esteem
To show
how mental filters can hurt you
To see
that only a loser needs to win

Lesson
Four

Title: Every
Relationship is a Stressor.

Affirmation: I enjoy my good stress, and can control any
distress.

Objectives (in part one):

To outline
how nature has prepared you to react to stress
To
discover the single source of all your psychological stress
To
understand the main purpose of stress management

Objectives (in part
two):

To examine
the 'c of stress management: commitment, control, challenge
To teach
why we avoid challenges

Lesson Five

Title: Make Your
Mind-Body Relationship a Win-Win.

Affirmation: My mind,
my body; I energize one with the other.

Objectives (in part one):

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To
demonstrate the reality of the mind-body connection
To show
how you can use the connection to your advantage

Objectives (in part
two):

To
demonstrate how the potency of your immune system fluctuates
To show how
to maximize the potency of your immune system

Lesson Six

Title: Be Proactive In Seeking
Win-Win.

Affirmation: I act, not just react.

Objectives (in part
one):

To teach
the difference between being proactive and reactive
To teach
how your mind gets programmed, and how you can reprogram
it.

Objectives (in part
two)

To teach
the value of visualization
To portray

the power of self-fulfilling prophecies

Lesson
Seven

Title: Enjoy a
Loving Relationship with your Source.

Affirmation: I am a
spiritual being living a human experience.

Objectives (in part one):

To explain
why spirituality is foundational
To draw an
analogy between God and Santa Clause
To address
the question: How can a God of love allow suffering?
To use
water analogies to describe
spirituality

Objectives (in part
two):

To see the
similarities in different religious faiths
To rate
our own spiritual health
To
consider a variety of viewpoints

Bonus
Lesson

Title: Raising
Children For Win-Win Relationships

Affirmation: I model
and teach the value of win-win.

Objective: To see how
win-win can be taught to children and teenagers

Each lesson above has questions at the end to consider which involve self-reflection. And people may submit any questions they have about the course (or about their own personal problems) to a weekly teleconference call. Just join The Win-Win Club at www.TheWin-WinClub.com. Membership is free.

