



## **Real Love: The Truth About Finding Unconditional Love and Fulfilling Relationships**

by Dr. Greg Baer

Essential Points by Frumi Rachel Barr, MBA, Ph.D.

### **The Missing Ingredient: What Relationships Really Need**

- Real Love is unconditionally caring about the happiness of another person.
- With Real Love, nothing else matters without it, nothing else is enough.
- If you're feeling disappointed or angry with your partner, it's a sure sign you're not unconditionally loving him or her.
- Don't blame your partner for your unhappiness, which is really caused by long-standing lack of Real Love in your life.

### **Getting and Protecting: The Many Faces of Real Love**

- In the absence of Real Love, we attempt to fill our emptiness with Imitation Love, which comes in four forms: praise, power, pleasure, and safety.
- Although the effects are: superficial and temporary we still pursue Imitation Love in its many forms, because it gives us a sense of "happiness" that feels far better than nothing in the absence of I Real Love.
- We use Getting Behaviors to fill our emptiness: lying, attacking, acting like a victim, and clinging. We use Protecting Behaviors to eliminate our fear; lying, attacking, acting like a victim, and running.
- For most of us, the real meaning of "I've fallen in love" is "I've found someone who will give me all the Imitation Love I want."

### **Being Seen and Getting Loved**

- When you use Getting and Protecting Behaviors, you will not be able to feel Real Love, even when it's being given to you.
- When you tell the truth about yourself, you create the opportunity to find someone who will unconditionally accept you: Truth → Seen → Accepted → Love
- The Law of Choice: Everyone has the right to choose what he or she says and does. A relationship is the natural result of people making independent choices.
- The Law of Expectations: We never have the right to expect that another person will do anything for us. Expectations lead to disappointment, anger, and unhappiness in relationships.
- We never have the right to expect someone to love us or make us happy, even when they promise to do so.

- In any relationship, you have only three choices to make: live with it and like it, live with it and hate it, or leave.

### **Taking the Leap of Faith: Everyday Wise Men/Women and How to Find Them**

- You can find unconditional love if we consistently follow some simple steps
  - Have a desire to change
  - Exercise faith
  - Tell the truth about yourself
  - Give up your Getting and Protecting Behaviors
- If you're unhappy in a relationship, you're always wrong. As long as you focus on being right, you're wasting your time, effort and chance for happiness.
- Faith is the act of consciously choosing to experience something we don't know.
- Faith is a decision you make to tell the truth about yourself even when you're still uncertain about what might happen.
- As you tell the truth about yourself you will create opportunities for wise men and women to accept and love you unconditionally.
- The Four Rules of Seeing – guidelines to allow us to see each other
  1. One speaker at a time
  2. Whoever speaks first is the speaker
  3. The speaker describes only him or herself
  4. If you can't be a wise man, get one
- Every time we're angry, we're really just protecting ourselves from something we're afraid of. Usually the thing we're afraid of is not feeling loved.
- As we feel unconditionally loved we lose our need to use Getting and Protecting Behaviors. If in addition, we simultaneously exercise self-control over our Getting and Protecting Behaviors, we can generally accelerate our feelings of unconditional love.

### **The Effect of Real Love: Like Money in the Bank**

- Sufficient Real Love is like having twenty million dollars all the time. Then, when other people are uncooperative or unkind, it's like they're taking two dollars we don't miss.
- When you feel Real Love from just *one* person, that love gives you greater strength with *everyone* else in your life.
- Real Love is the greatest treasure of all. Whatever effort and risk you put into finding it will be well rewarded.
- Gratitude is simply a decision we make to recognize what we already have, and that decision greatly magnifies the effect of the love and happiness in our lives.

### **Sharing Your Fortune: The Power of Loving Others**

- We can't love other people unconditionally until we've felt unconditionally loved ourselves. We can't give what we don't have.

- It's the lack of Real Love in our individual lives that causes all the anger, racism, and contention in the world.
- Disappointment and anger are selfish. You can't be genuinely loving toward your partner if you're disappointed or angry with him or her.
- Acceptance is forgiving and the absence of criticism, anger, and controlling. Unconditional love is a more active, outwardly directed caring about the happiness of others that also *includes* acceptance.
- We learn to love just like we learn anything else. It takes time and practice. Be patient with yourself as you make mistakes and learn. Be patient with others as they learn.
- As you make conscious decisions to share your love with others, you'll experience a miraculous increase in the Real Love you *feel*, even if those you love don't return the love you give.

### **Playing a Beautiful Duet: The Joys of Mutually Loving Relationships**

- Do not consider telling other people the truth about themselves unless you are unconditionally loving and they are feeling loved enough to hear what you are saying.
- In a loving relationship, you can always make a request, but when you are disappointed and angry if you don't get what you "requested," you demonstrate that you were really making a demand.
- Before you make a request, be certain that you feel unconditionally loving and that your partner feels loved enough to hear your request without feeling threatened.

### **Real Love in All Our Relationships: Spouses, Children, Friends, and Co-Workers**

- From the beginning most marriages are fatally burdened with the impossible expectations each partner places on the other to make him or her happy.
- Marriage is not an opportunity to dump our expectations for happiness on our partner – it's a *commitment* we make to stay with our partner while we learn to love him or her unconditionally.
- In the absence of Real Love, sex can become a powerful and dangerous source of Imitation Love, and many of us will do almost anything to get it.
- If you have sex with someone early in a relationship, you can't know whether you care about your partner's happiness or whether you simply enjoy the way he or she pleases you sexually.
- There is nothing that will make you more sexually appealing to your partner than if he or she knows you genuinely care about his or her happiness.
- Even with complete strangers we have opportunities to practice unconditional acceptance.
- All the conflicts we have with people at work can be understood once we see the lack of Real Love and the Getting and Protecting Behaviors of everyone involved including ourselves.

### **Dealing with Obstacles on the Path to Real Love: Disappointment, Anger, and Getting and Protecting Behaviors**

- We eliminate conflict when we genuinely care about the happiness of our partners and allow them to make their own choices.
- In any relationship there will always be simple differences or disagreements, but Real Love eliminates the disappointment and anger that turn disagreements into conflicts.

- When you're angry, you're unloving, blind, trying to control your partner and expecting him or her to make you happy. You couldn't be more wrong.
- When you're angry at your partner you may not feel like doing something loving. But if you do it anyway you'll create an opportunity for both of you to feel the miracle of Real Love in your lives.
- As we tell the truth about ourselves we give others the courage to do the same and the opportunity to feel unconditionally loved by us.

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**About the reviewer: Frumi Rachel Barr, MBA, PhD**

Many CEO's find themselves asking "What now?" to sensitive situations that only an experienced former CEO can understand. Frumi is brought in to solve problems and often remains to work with you, as your confidante and secret weapon. She has an uncanny knack of getting to the heart of your corporate climate and maximizing your team's performance, profitability and sustainability.

To schedule a free *Break From the Pack to Success* consultation email

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