



Workbook

THE
groundwork



0

INTRODUCTION

Opening and commitment

This first section is about **your** intentions for the course

➤ Why did you sign up for the Groundwork?

➤ What's been happening in your life that made you want to do it?



0

INTRODUCTION

Opening and commitment

▶ What do you most want to get out of it?

▶ What might get in the way?

*What normally gets in the way of you completing something that you really want to finish?
Do you convince yourself that you're too busy or that it's too hard? Or something else?*



0

INTRODUCTION

Opening and commitment

▶ What could get in the way of you getting the most out of it?

▶ What can you do to support yourself if you're getting sidetracked?

Perhaps you could invite a friend to do the course with you... or if you would prefer to do this alone, do you know someone who could occasionally check in with you to see how it's going?



01

SESSION ONE

By you, aged 6



By _____, Aged 6

page four



01

SESSION ONE

Your past and present

▶ Did you spend lots of time playing outside with friends, or were you alone lots?

▶ Were both of your parents around? If they were, how did they communicate with each other?

Continued on the next page ...

page five



01

SESSION ONE

Your past and present

▶ If one or both of your parents were **not around**, what stories did “little you” make up about why?

▶ Did they show you what a loving relationship looked like?



01

SESSION ONE

Your relationship blueprint

- ◆ I felt uncomfortable when they were too touchy feely
- ◆ I wanted more physical affection
- ◆ I worried that they would leave me or lose interest
- ◆ I felt doubts that I was in the right relationship sometimes
- ◆ We argued a lot
- ◆ We never argued
- ◆ I did what I could to avoid arguments, I wanted to keep the peace
- ◆ I spent a lot of time on my own
- ◆ We spent all our time together
- ◆ I felt independent, not especially needy
- ◆ I often wanted more attention and love
- ◆ I felt crowded or smothered sometimes, I need my space
- ◆ I felt relaxed around them most of the time
- ◆ I felt nervous about getting it right or being good enough
- ◆ They irritated me
- ◆ I wanted to tell them how to do things
- ◆ I found my controlling side coming out
- ◆ They weren't as thoughtful or attentive as I wanted them to be
- ◆ I felt a bit needy or clingy
- ◆ I felt like they criticised me and I tried to get things right to avoid that
- ◆ I found it hard to trust them fully
- ◆ I didn't totally trust myself
- ◆ I missed them a lot when they weren't around

Continued on the next page ...



01

SESSION ONE

Your relationship blueprint

- ◆ I didn't really want to spend time on my own
- ◆ I made most of the big decisions and tended to take the lead
- ◆ They didn't want to commit in the way that I did
- ◆ I felt scared of commitment
- ◆ I felt responsible for them, like I needed to take care of them
- ◆ I needed them to look after me, they helped me out a lot
- ◆ I put my own needs second and prioritised what they needed
- ◆ I doubted whether I really deserved to be with them
- ◆ At some level I felt 'out of their league', a bit too good for them
- ◆ I often just wanted to give up and leave the relationship
- ◆ I felt dependent on my partner, like I'd be lost without them
- ◆ I did a lot to try and keep them happy
- ◆ I didn't want to hurt them
- ◆ *Add any insights of your own ...*



02

SESSION TWO

Pet hates

It irritates me or winds me up when ...

- ◆ People make noise when they're eating
- ◆ They are rude, impolite
- ◆ They don't ask me any questions about myself
- ◆ They don't seem to be listening to me
- ◆ They don't clean up after themselves
- ◆ They interrupt me
- ◆ They take ages to text back or call back
- ◆ They're too touchy feely in public
- ◆ They're grumpy and moody
- ◆ They don't give me any compliments, even if I've made a real effort
- ◆ They're argumentative
- ◆ They talk really loud, don't seem to have social awareness
- ◆ They stare at their phone all the time when we're together
- ◆ They have bad taste in clothes
- ◆ They don't do the washing up (or don't do it properly!)
- ◆ They are inconsiderate or selfish
- ◆ They fidget, they never sit still
- ◆ They work too much
- ◆ They see their friends all the time
- ◆ I don't seem to be high enough on their priority list
- ◆ They seem ditsy or clumsy
- ◆ They're not practical
- ◆ They're not good at saying what they want

Continued on the next page ...



02

SESSION TWO

Pet hates

It irritates me or winds me up when ...

- ▶ They've got a temper
- ▶ They're so sensitive
- ▶ They're defensive
- ▶ They're too loud
- ▶ They're too quiet
- ▶ *Now, add some of your own ...*



02

SESSION TWO

What's underneath?

- ▶ Spend some time writing the **reasons behind** your pet hates. Get yourself into the mindset of looking at **what is underneath** something for you, rather than focusing on what the other person is 'doing wrong'.

Ask yourself *why* this annoys you... why are **you** so sensitive about this? Why is **this** a thing?



02

SESSION TWO

The rant

➤ In the box below, write down an example of something that's **triggered you - what happened?**

it could be happening in your life right now, or something from your past. It could be an argument with a friend or a post on social media that wound you up - or something else that you found irritating.

➤ Now, **have a rant** about it!

This is where you write anything you want about this situation - and don't hold back, nobody is ever going to read this, unless you let them.

Be childish, be selfish, be unreasonable, be rude, be unfair - and swear as much as you want!

Continue your rant on the next page - really go for it!

page thirteen



02

SESSION TWO

The rant



02

SESSION TWO

Turning those triggers around

It's time for the switch ...

➤ Why is **this** a thing for you?

This isn't to negate what happened to you, to justify it, or to take away your feelings - this is about learning about why this might be a trigger for you.

➤ Who does this remind you of in your family, or what **situation in your past** is it reminiscent of?

Continued on the next pages ...

page fifteen



02

SESSION TWO

Turning those triggers around

➤ When have **you behaved like this** or done this same thing?

Perhaps not with this person, but when have you displayed similar behaviour? If you haven't, then move onto the section below.

➤ If you have never behaved this way, is this something that you feel you are **never allowed to do**?

Continued on the next page ...

page sixteen



02

SESSION TWO

Turning those triggers around

- ▶ Finally, what has **happened in the other person's life** to make them behave like this?

If you don't know what may have happened in their life to cause this type of behaviour, then try and imagine what might have caused someone to behave in this way.

- ▶ Your takeaway exercise for this week is to ask these questions to yourself **whenever you get irritated with something or someone** - and if you don't have time there and then, set aside some time later.



03

SESSION THREE

Archetypes

Place a tick or a check after each statement that applies to you

- 01
- ▶ I just want to play and go with the flow, everyone else is so serious
 - ▶ Relationships should be about having fun together - the other stuff comes later
 - ▶ Committed relationships or marriage are just clever ways to tie people down
- 02
- ▶ I dislike arguments and will do anything to make sure they don't happen at all
 - ▶ I trust most people and go into any new relationship with an open heart
 - ▶ I would rather do what my partner wants to do, as long as they're happy
- 03
- ▶ I tend to be quite critical of other people, especially when in relationships
 - ▶ Little things can niggle me about them and I don't mind telling them that
 - ▶ I've often suspected that my previous partners have been cheating on me
- 04
- ▶ Everyone else's relationships seem to be going fine, whereas mine are a mess
 - ▶ I'm not scared to open up about how I'm really feeling
 - ▶ I seem to have bad luck in relationships, it just always seems to go wrong
- 05
- ▶ I wait a long time before sleeping with someone, I need to see commitment
 - ▶ I am very loyal when it comes to my partners
 - ▶ I'm very self-sufficient, I don't feel a strong need for sex or relationships
- 06
- ▶ I have no problem finding dates - it's staying with them that I struggle with
 - ▶ I tend to keep a bit of a distance in my relationships
 - ▶ If things get too deep then I'm out of there

Continued on the next page ...



03

SESSION THREE

Archetypes

Continue placing a tick or a check after each statement that applies to you

- 07
- ▶ I can't help window shopping for a new partner when I'm with someone
 - ▶ When I'm at a party, I have no shortage of potential dates
 - ▶ My relationships never last for more than a few months at most
- 08
- ▶ I give practical support to people more than I receive it
 - ▶ My ex-partners have mostly been incapable of looking after themselves
 - ▶ I have often neglected my own needs in my previous relationships
- 09
- ▶ I'm very independent and not so keen on life-long monogamy
 - ▶ I won't settle for second best when it comes to my partners
 - ▶ I find that I push people away when things are not going my way
- 10
- ▶ I just want to cuddle up and connect with my partners
 - ▶ I like nothing more than a romantic candlelit dinner for two
 - ▶ Some of my previous partners have claimed that I am too 'clingy'
- 11
- ▶ I am the life and soul of most of the parties I attend
 - ▶ I can be quite the drama king or queen in relationships
 - ▶ I often pretend to be someone I am not to attract a partner
- 12
- ▶ I just want to meet someone nice to settle down with
 - ▶ Things are very different from how they used to be
 - ▶ I can commit to my partner so it's not too much to expect them to do the same



03

SESSION THREE

Common relationship archetypes



01

Peter Pan

The motto *"Let's play! Relationships are about having fun!"*

Strength Positive about life, fun to be around, spontaneous and imaginative.

Weakness Doesn't really want to grow up or take responsibility for their life.



02

Good Girl or Boy

The motto *"I smooth things over and avoid conflict."*

Strength Gets on with everyone and very trusting.

Weakness Quite pathetic, doesn't really want to voice opinion, naive.



03

The Judge

The motto *"Stay on the ball and tell the truth."*

Strength Makes clear judgements - expresses their opinions openly.

Weakness Tendency to be paranoid, judgemental and lacking trust.



04

Poor Me

The motto *"It's not fair!"*

Strength Able to show their vulnerability and be open with their emotions.

Weakness Self-pitying and negative, not willing to see their part in things.



05

The Nun or Monk

The motto *"I would never do that!"*

Strength Kindness, independence and loyalty.

Weakness Avoids relationships, doesn't bother going on dates.



06

Prince(ss) Charming

The motto *"I always get what I want!"*

Strength Positive and fun to be around, spontaneous and imaginative.

Weakness Scared of commitment and runs away when things get deep.



03

SESSION THREE

Common relationship archetypes



07

The Explorer

The motto *“I just want to discover new people, new ideas and new places!”*

Strength Adventurous, dynamic and the life and soul of any party.

Weakness Never satisfied, restless, rejects easily, “the grass is always greener”.



08

The Rescuer

The motto *“I’ll sort it out for you, I’ll help and support you.”*

Strength Supports people, gives love without expecting anything back.

Weakness Gives too much, forgets to take care of themselves, becomes a martyr.



09

The Rebel

The motto *“Don’t go along with the crowd, stand up for yourself!”*

Strength Strong values, assertive. Won’t settle or compromise themselves.

Weakness Rocks the boat for the sake of it and can end up pushing people away.



10

The Lover

The motto *“I just want to cuddle up and connect.”*

Strength Super affectionate, very loving and romantic.

Weakness Can be manipulative, can get needy, clingy and find conflict difficult.



11

The Performer

The motto *“Look at me, everyone!”*

Strength Gregarious, funny and charismatic. Very creative and ‘out there’.

Weakness Can put on a mask just to get attention, can be shallow or insincere.



12

The Homemaker

The motto *“Commitment is the only way”*

Strength Has compassion and understanding for everyone.

Weakness Perfectionist which leads to nothing ever getting done.



03

SESSION THREE

Archetypes in your love life

How have these archetypes been showing up in **your** love life?

➤ Which archetypes feel very **familiar** to you?

➤ Which archetypes feel **new and unfamiliar** to you?

➤ Are there any that you **wouldn't** want to admit to?



03

SESSION THREE

Your familiar archetype

It's time to dig a little deeper into **one** archetype

➤ Which archetype jumped out for you? _____

➤ Why is it that you **identify** with this particular archetype?

➤ How has that **helped** you in your love life?

➤ How has that **hindered** you in your love life?

Continued on the next page ...

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03

SESSION THREE

Your familiar archetype

➤ If they were **separate from you** and sitting in front of you right now, what would they want to tell you?

➤ Again, if they were **separate from you**, what would they think about you **meeting someone new**, and what **kind of person** might they want you to meet?



04

SESSION FOUR

Numb-out bingo!

Click or draw a circle around each **numb-out tactic** you regularly employ ...

YouTube	Drinking booze	Smoking	Constant social plans	Serial dating
Headphones on all the time	Taking drugs	Email overload	Serial Dating	Constant phone checking
Shopping	Television	<i>Free square</i>	Back-to-back boxsets	Sugar, sweets, chocolate
Always at the gym	Porn	Music constantly playing	Facebook	Tinder swiping
Overworking	Constant coffee drinking	Messaging	Instagram	Always playing bingo



If you feel that 'just passing the time' has turned into numbing out, here are some ways you can **connect with life** a little more ...

- ▶ You could start writing down your thoughts first thing in the morning, clearing your mind for a new day
- ▶ As you wake, instead of reaching for your phone, you could take a few minutes of deep breathing
- ▶ Go for a walk without the usual distractions - no podcasts or music, just the sounds of the birds
- ▶ Rather than reading before bed, just lie on your back, remembering your day in reverse
- ▶ Could you set aside some time for meditation or a 30-minute nana-nap?
- ▶ Join a local lindy-hop, swing or other fun and high energy dance class
- ▶ Do you sing in the shower? There are plenty of singing groups in most towns
- ▶ The next exercise could also give you some ideas for how to connect with yourself more



05

SESSION FIVE

Changing the story

Think of a time when you got **triggered** by someone

➤ Your **example** - what triggered you?

It could be a conflict or a disagreement. It may be something that's happening in your life right now or from a while back.

➤ Now, get down **the facts** of what actually happened

What would someone see, if they didn't know you or them, and watched a video recording of what happened?

Continued on the next page ...



05

SESSION FIVE

Changing the story

➤ Next up, what was **the story** you made up about it all?

What story did you make up about their behaviour? And, what story did you make about yourself?

➤ Finally, how did **you feel**?

Without blaming the other, how did you actually feel? There are a list of 'core' feelings on the next page if you're finding it difficult to express what you feel, avoiding 'blaming words' ending with 'ed'.



05

SESSION FIVE

Core feeling words

Stick to core feelings, such as ...

Anger

Resentment / Irritation / Frustration / Annoyance

Fear

Apprehension, Overwhelm, Concern, Dread

Sadness

Grief, Sadness, Shock, Despair

Joy

Happy, Elated, Hopeful, Peaceful

Passion

Enthusiasm, Desire, Zest, Eagerness

Love

Affection, Compassion, Warmth, Fondness

Shame

Embarrassment, Unworthy

Guilt

Regretful, Remorseful, Sorrowful

Avoid using blaming words, such as ...

Abandoned, accused, betrayed, blamed, criticised, deserted, disrespected, excluded, humiliated, ignored, isolated, intimidated, judged, manipulated, mistreated, neglected, offended, oppressed, rejected, resented, ridiculed, suffocated and unsupported.



05

SESSION FIVE

Say it loud, say it clear

Finish off the following sentences

It's better if you don't spend too long thinking about this - just write the first thing that comes to mind. Enjoy being as unrealistic and unreasonable as you feel!

- ▶ What I don't want, is _____
- ▶ I don't like it when _____
- ▶ I want them to _____
- ▶ I want myself to _____
- ▶ I wish they would say ... _____
- ▶ I wish they were more .. _____
- ▶ I wish I was more _____
- ▶ If they would only _____ I would feel ... _____
- ▶ I'd feel loved if they _____
- ▶ I'd feel supported if _____
- ▶ What's important is _____
- ▶ I'm really scared of _____
- ▶ It would be amazing if .. _____

Any more realisations about what you **really** want from a relationship?



06

SESSION SIX

Little one in the mirror

After you have completed the initial part of this exercise, write the first thing that comes to mind for the following questions ...

Allow the small things to be enough - these don't need to be grand ideas, just the little actions and ordinary moments.

▶ What is it that **makes you happy**, what gets you really smiling?

▶ What did you **love to do** when you were a **child**?

Continued on the following pages ...

page thirty



06

SESSION SIX

Little one in the mirror

▶ When do you **feel 'yourself'** and totally at ease?

▶ What makes you **feel strong**?

Continued on the next page ...

page thirty-one



06

SESSION SIX

Little one in the mirror

▶ What are you **most proud** of in your life?

▶ Write down **any further reflections** you have gained during this exercise.

06

SESSION SIX

What can *you* do for you?

Use the experience you've just had, and the notes on the previous pages, to list **eleven things you can do, every day, to take care of you.**

- ▶ 01 _____
- ▶ 02 _____
- ▶ 03 _____
- ▶ 04 _____
- ▶ 05 _____
- ▶ 06 _____
- ▶ 07 _____
- ▶ 08 _____
- ▶ 09 _____
- ▶ 10 _____
- ▶ 11 _____



06

SESSION SIX

Your intention

Create a broad and feeling-focused intention for your love life.
Write it in the present-tense, as if it's already happening.

The more concise, the better. And give it a time-frame too. For example, "I am feeling happy and loved in a committed relationship, before my next birthday".

Your take-away exercises for this week ...

- **Read this intention to yourself**, often; in a clear and loud voice. Read it to others too, if you feel comfortable doing so.
- If you're feeling extra brave, you could always share your intention with the group too!
- And perhaps most importantly, **every evening for the remainder of the week**, as you lie in bed, on your back, eyes closed - take a few minutes of deep and slow breathing and simply **imagine what this intention feels like in your body**, and imagine what it feels like to hold each other, before you drift off to sleep.



Your familiar archetypes

Use these pages to dig a little deeper into more of your familiar archetypes

➤ Which additional archetype jumped out for you? _____

➤ Why is it that you **identify** with this particular archetype?

➤ How has that **helped** you in your love life?

➤ How has that **hindered** you in your love life?



Your familiar archetypes

➤ If they were **separate from you** and sitting in front of you right now, what would they want to tell you?

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