

# THE *Secret* TO HEALTHY RELATIONSHIPS

*Core Value Guide & Workbook*



# *What is the secret* TO HEALTHIER RELATIONSHIPS?

In fact, what does a healthy relationship (any relationship) even look like?

Over a decade ago, we began asking therapists and experts this very question, but never in a million years did we expect that...

None of them would have a clear answer.

This was the start of a research project that would become a 10-year journey leading to the development of Core Value Focused Therapy™ and the creation of 12 Week Relationships.

In this process, we discovered that the average couple seeking therapy will spend 5 years and nearly \$45,000 on a service that fails roughly 80% of the couples seeking it. The cause?

**Symptom-focused therapy.**

See rather than going straight to the roots of a problem, we found that therapists tend to focus on surface-level issues like how we communicate or argue.

On top of this, despite their various levels of education, these professionals would often fall back on anecdotal everyday advice you might hear from a friend.

So we began collecting and studying data from real-world case studies looking for patterns. After analyzing well over 500 real-world case studies, we came to an incredible realization. *One that we were able to support with Doctor Glen's 20 years of experience as a clinical psychologist and professor.*

All healthy long-term relationships follow the exact same fundamental principles. From this finding, we developed a practical relationship framework that we called the SSRM™.

We also realized that the secret to healthy long-term relationships came down to one thing, an alignment in Core Values.

Core Value Focused Therapy™ is just that, a modality of therapy that guides individuals and couples from the standpoint of what matters most, their actual underlying values.

This quiz and workbook is the first step in understanding your Core Values.

We sincerely welcome you to TWR and hope you enjoy this workbook and exercise!

*Doctor Glen + Pye*



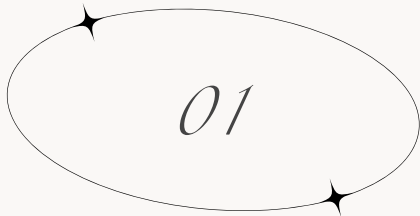
# 3-STEP WORKBOOK

Uncovering a person's Core Values is an in-depth process that takes hours of work spread across our 12-week programs. The reason for this is that all of us have experiences and traumas that create certain emotional needs; needs that we often confuse with what we might value. It's in session where we go deep to distinguish needs versus actual Core Values.

We've intentionally designed this workbook to be a simple but valuable tool. Within 15-30 minutes, we want you to walk away with two major insights. **First, we want you to begin to identify your own Core Values. Second, we want you to gain an understanding of how these values affect your relationships.**

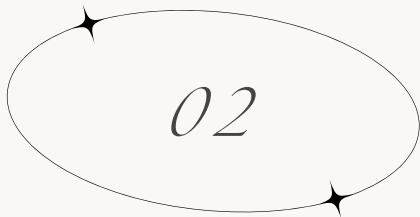
*As you begin the workbook, our advice is to be brutally honest with yourself. There is no right answer, and the only wrong answer is the one that is inauthentic to yourself.*

We've divided this workbook into three exercises which are shown below. After we'll continue on to analyze and explain the results. Let's get started!



## PART I. STATEMENTS

You're going to choose the five statements that best define you in life and your intimate relationships.



## PART II. CORE VALUES

You're going to circle the Core Values that correspond to the five statements you chose in Part One.



## PART III. MY TOP FIVE

You're going to list your Core Values from top to bottom in order of importance (one being the most important).



# *PART I*

# STATEMENTS

Before making any selections, read through all twenty statements. After, choose the five statements that best represent you in life and within intimate relationships.

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01 More than anything, it's critical that I feel safe and secure within my relationships. ☐

02 Every day i work hard to be strong and resilient so I can face any and all of life's challenges. ☐

03 I'm very independent and autonomous because I don't ever want to have to rely on anyone else. ☐

04 I enjoy the luxuries of life. I'm always ready to splurge on things and experiences that I love and appreciate. ☐

05 It's important that I feel closely/emotionally connected to the people and community around me. ☐

06 As humans, I believe one of our primary responsibilities is being kind and compassionate to the people around us. ☐

07 Family is everything to me and when it comes to my friendships and relationships, loyalty is paramount. ☐

08 I'm driven to work hard and make a name for myself. I want people to know who I am and the legacy I've left. ☐

09 Money is energy. I value wealth for not only the lifestyle it allows me to live, but the power it gives me to influence. ☐



## PART I...CONTINUED

Again, before making any selections, read through all twenty statements.

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- |    |  |                          |
|----|--|--------------------------|
| 10 | Having fun and enjoying life is a priority for me. I'm always willing to adjust my work schedule to do things I enjoy. | <input type="checkbox"/> |
| 11 | I am who I am and I wear my heart on my sleeve. I expect that same level of truth and authenticity from others.        | <input type="checkbox"/> |
| 12 | I'm driven to learn and explore new things. From traveling to taking a cooking class, curiosity is at my core.         | <input type="checkbox"/> |
| 13 | I love diving deep into specific topics. Gaining knowledge and wisdom in applying that knowledge motivates me.         | <input type="checkbox"/> |
| 14 | I chase creative activities because it's through the arts where I feel like I can fully and freely express myself.     | <input type="checkbox"/> |
| 15 | Behind everything I say and do is my belief in God or a higher power. I know we're all here for a divine purpose.      | <input type="checkbox"/> |
| 16 | From my career to my personal life, I strive for balance and harmony, for living in a sustainable manner.              | <input type="checkbox"/> |
| 17 | I'm always ready to stand up for justice and advocate for those who can't or are unable to defend themselves.          | <input type="checkbox"/> |
| 18 | I lead by example. We all make mistakes, but it's ownership that allows us to learn and for true leaders to shine.     | <input type="checkbox"/> |
| 19 | I spend a lot of my time serving my community and trying to make a difference through philanthropic efforts.           | <input type="checkbox"/> |
| 20 | Professionally, I'm constantly pushing toward human progress and technological advancement.                            | <input type="checkbox"/> |



## *PART II*

# CORE VALUES

From our clinical work and research (now including over 600 case studies) we compiled data including hundreds of beliefs and values that could potentially guide human behavior. After consolidating that data, we distilled the list down to the twenty proprietary Core Values seen below. Core Values that virtually all of our behavior.

This list corresponds to the Statements you selected in Part I. Now in Part II, please circle the Core Value that corresponds to the statements you selected.

- 
- |                            |                              |
|----------------------------|------------------------------|
| 01 Safety + Security       | 11 Truth + Authenticity      |
| 02 Strength + Resilience   | 12 Curiosity + Adventure     |
| 03 Independence + Autonomy | 13 Knowledge + Wisdom        |
| 04 Beauty + Refinement     | 14 Creativity + Expression   |
| 05 Connection + Community  | 15 God + Universe            |
| 06 Kindness + Compassion   | 16 Harmony + Balance         |
| 07 Family + Loyalty        | 17 Justice + Advocacy        |
| 08 Status + Legacy         | 18 Ownership + Leadership    |
| 09 Wealth + Power          | 19 Difference + Philanthropy |
| 10 Fun + Pleasure          | 20 Progress + Advancement    |



### *PART III*

## MY TOP FIVE

Now, take the Core Values you circled in Part II and list them out below in order of priority. One being the most significant driving force in your life.

1

2

3

4

5



# *ANALYZING & UNDERSTANDING* YOUR CORE VALUES

Now that you have an idea of your Core Values, let's talk about what they mean and how they impact your relationships. Let's start with a high-level glimpse at the Stupid-Simple Relationship Method or SSRM™.



The SSRM™ is a framework that we originally developed from over 500 relationship case studies, then backed by clinical experience and academic research. Its name was a reminder to us that despite being scientific in nature, the framework needed to be "stupid-simple."

Relationships typically begin with Desire or the potential benefits that push us to spend time with someone. But it's in that Quality Time where we discover the emotional costs (Sustainability) of maintaining the relationship.

Here's how it works in a nutshell.

Relationships are "unsustainable" when the benefits of Desire are outweighed by the emotional costs of Sustainability. But here's the thing. At the beginning of any relationship, emotional costs are usually an afterthought. There's so much Desire in new friendships, and especially new romances, that all we want is more Quality Time. But as that new relationship excitement fades, we begin to notice those emotional costs. When a relationship lacks Sustainability, emotional costs are high and we begin to see a breakdown and loss in Desire.

Desire, Quality Time, and Sustainability all have their own components. But we're going to keep this simple for now.

The most critical component of Desire is Regard. **Regard is a combination of respect, admiration, and attraction.** It's the foundation of Desire because it's virtually impossible to want a relationship with someone that you don't respect or admire.

The most critical component of Sustainability is Core Values. They're the foundation for Sustainability because **when Core Values are misaligned, everything we do will grind against one another.** Even the simplest of interactions becomes difficult and draining.

Now when you're ready for the first of many lightbulb moments, review your Top Five Core Values from Part III, then keep reading...





Your Top Five Core Values are the first step in better understanding what drives you in both life and relationships. But here's how they specifically affect the relationships you create.

Whenever you perceive someone to be acting in alignment with your Core Values, you'll gain Regard for them. In short, your Desire for the relationship will continue, or even increase.

Whenever you perceive someone to be acting against your Core Values, you'll lose Regard for them. In short, your Desire for the relationship will be damaged, or even lost altogether.

Let me give you a few examples, let's say:

**Truth + Authenticity** is one of your top Core Values. You believe in being honest and authentically you, regardless of the situation. Because of this, you'll lose Regard for individuals who pretend to be someone they're not, or even when they curate their lives for social media.

**Strength + Resilience** is one of your top Core Values because you firmly believe that life is difficult and you want to always be capable of supporting those you love. Well, you'll not only lose Regard for someone who you consider "soft," you will even struggle to understand the difficulties that such a person might complain about.

**Kindness + Compassion** is one of your top Core Values. You'll gain Regard and Desire to spend time with people who demonstrate real compassion. At the same time, you'll see through and lose Regard for people who are "nice" in order to be manipulative.

I could go on, but I think you understand exactly how this works.

Because it works this way in EVERY RELATIONSHIP.

Think of a relationship in your life that you would define as "easy." We'd be willing to bet that it's one where you both share similar Core Values. Along the same lines, if you think of a relationship in your life that you've always struggled to maintain, it's anything but easy. It's likely going to be a relationship where you don't share similar Core Values. **It's likely to be a relationship where you're trying to force the proverbial square peg into a round hole.**

CVFT™ (Core Value Focused Therapy) not only provides a guide into exactly what's happening right now, but it also gives us a roadmap on the appropriate solution.

Through clinical trials and nearly 100 real-world clients, CVFT™ has a 98% success/satisfaction rate. Why? Because it's the first model of therapy focused on the Core Values driving you.



***THIS IS GREAT!***

# BUT NOW WHAT?

You're already part of the TWR Newsletter, a place for valuable handwritten messages that include practical tips and insights. But there's more!



Subscribing to the TWR Podcast is free and guaranteed to be insightful. It's our place for in-depth conversations relating to the field of relationship & human psychology.



With a 98% success/satisfaction rate, our 12-week coaching programs (online group and one-on-one) are the best place to get support, clarity, and answers right now!



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