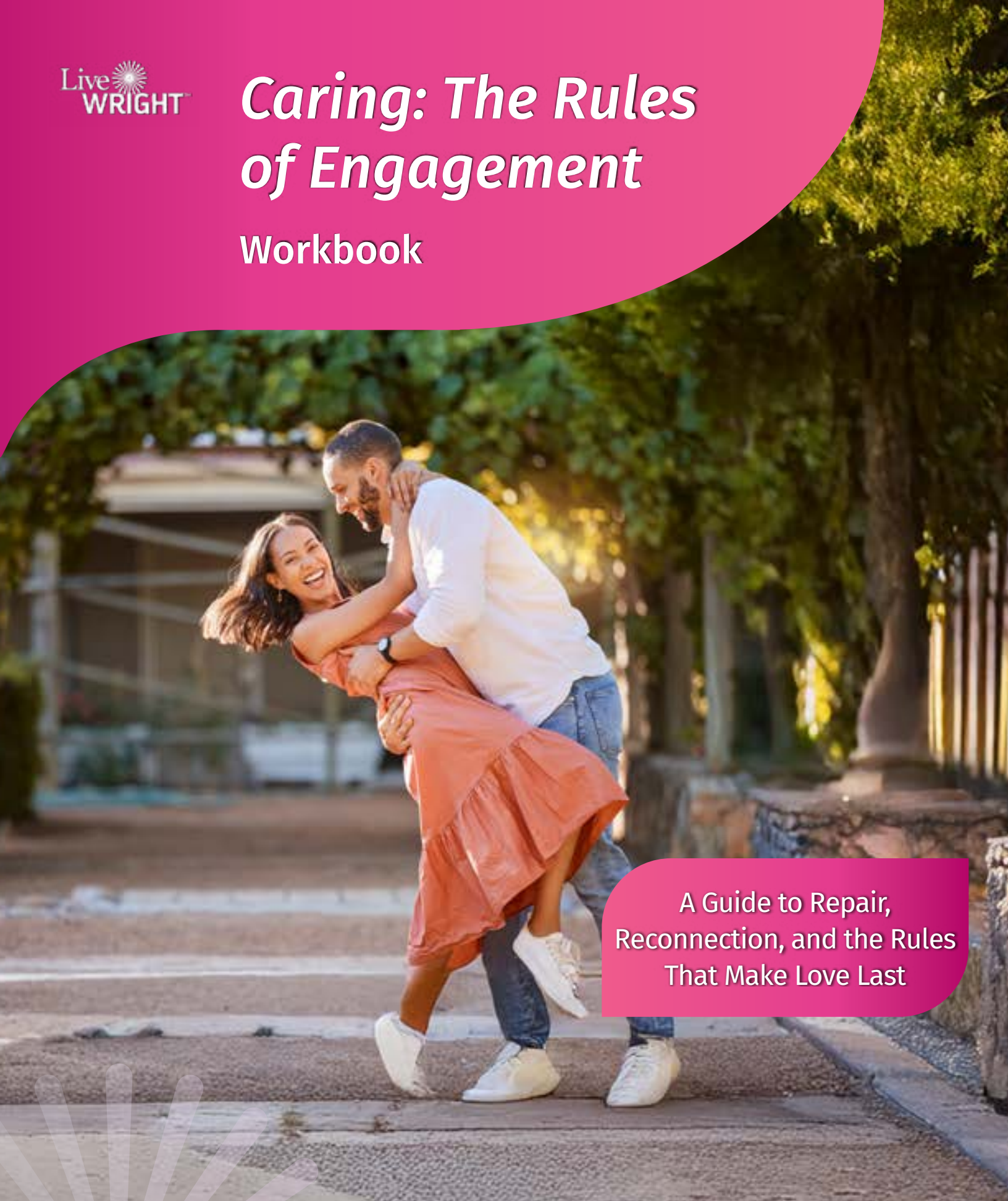
Caring: The Rules of Engagement

Workbook



A Guide to Repair, Reconnection, and the Rules That Make Love Last

Caring: The Rules of Engagement

Welcome!

At LiveWright, We believe that great relationshipa aren't found—they're created. They are built through presence, skill, and the courage to engage with care, even when it's uncomfortable.

This workshop is designed to help you explore how you show up in relationships—both when things feel easy, and when they feel anything but.

Through science, self-reflection, and shared insight, we'll explore the real work of relating, including what we truly want from each other, how we get stuck in patterns that prevent closeness, and what it takes to move toward intimacy, honesty, and growth.

As we move through this experience, we invite you to:

- **Get Honest About What You Want**
  Explore your own desires and need in relationships—with openness and compassion.
- **See Your Patterns Without Shame**
  Notice the moves you make to protect, distance, or control—and why they once made sense.
- **Learn to Engage with Love and Power**
  Begin practicing new ways of showing up in relationships that honor both yourself and others.

Our Three Hopes for You

1. That you feel more empowered in how you relate—with yourself and those around you.
2. That you begin to understand and apply the deeper rules that lead to meaningful, lasting connection.
3. That you leave inspired to risk more love, speak more truth, and show up more fully in every relationship.

Inspiration for the Journey:

"Caring isn't just passive—it's engagement in action."
– Dr. Judith Wright

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Why You Are Here—Your Personal Why

This workshop is about *you*—your connections, your patterns, your relationships.

The science of connection is powerful, but it only matters if you apply it to your own life.

Take a few moments to reflect.

The clearer you are about what brought you here, the more your brain can begin to rewire toward the closenss, trust, and love you long for.

What Do You Want In A Relationship?

(Check all that apply.)

- ☐ I want to *have* a love relationships/close relationship
- ☐ I want a better relationship with my partner/significant other/person close to me
- ☐ I want more romance/intimacy in my relationships
- ☐ I want to stop fighting and/or resolve our conflicts
- ☐ I want to be more authentic, more me in my relationships
- ☐ Things are OK in my relationship, but I'd like them to be great
- ☐ I want to date more and date better
- ☐ I'd like to relate better with everyone
- ☐ I want better work relationships
- ☐ I want better family/friend relationships

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Purpose of Relationships

What is the purpose of relationships?

- ☐ To not just feel better, but to become better
- ☐ To challenge, awaken, develop, support, nurture each other
- ☐ To grow, transform, and realize my potential
- ☐ To become aware of unconscious beliefs and open new possibilties for relating
- ☐ To serve both as a womb & crucible for growth
- ☐ To trigger unfinished developmental business so it comes to the surface to be completed, healed, and integrated
- ☐ To understand ourselves and each other
- ☐ To discover the deepest aspects of ourselves

What other thoughts do you have about the purpose of relationships?

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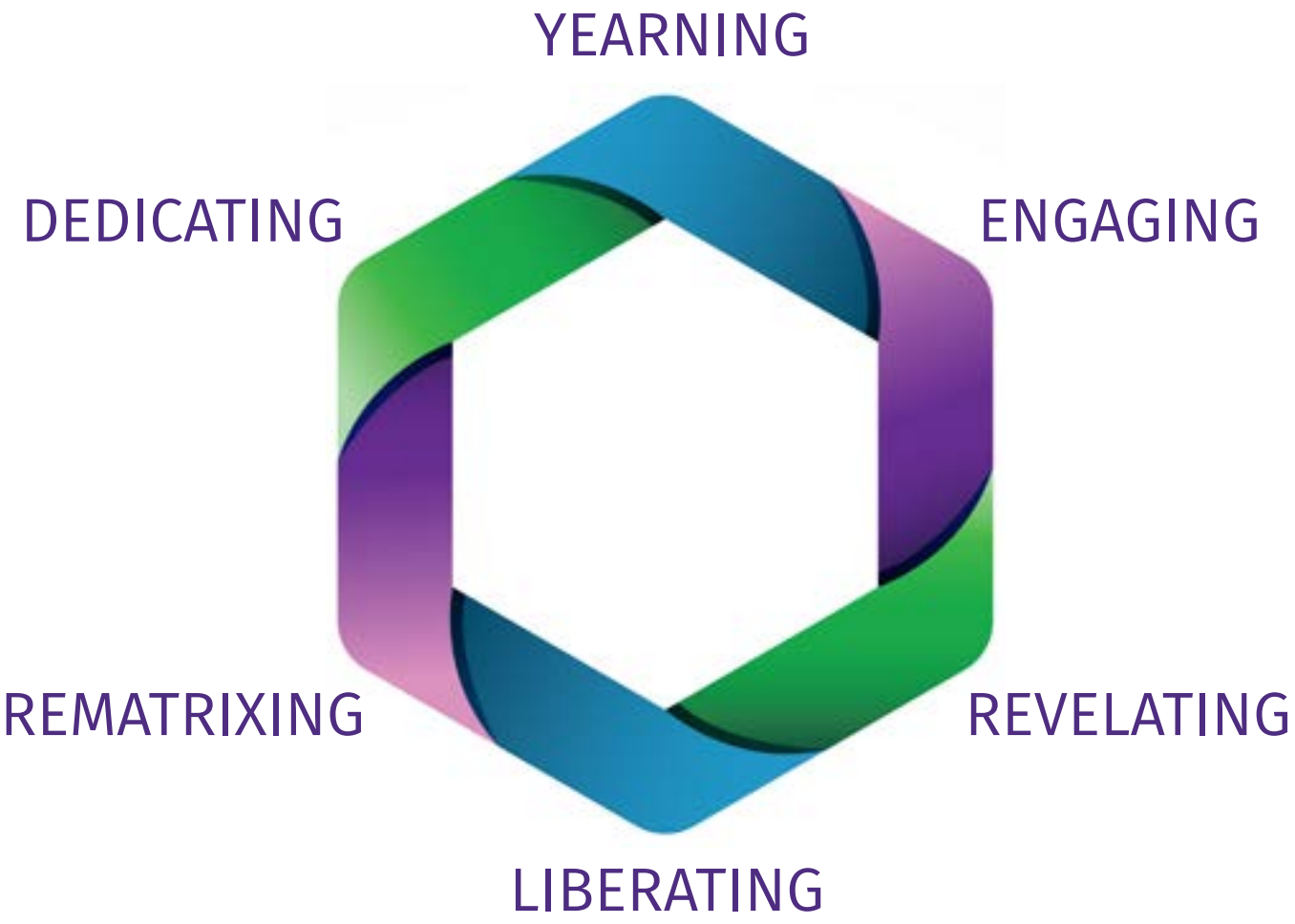
Evolating Model

The Great Relationship Process
The Skills of Caring



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Caring: The Rules of Engagement

The Rules of Engagement

Taken from *The Heart of the Fight*, written by Dr. Judith Wright & Dr. Bob Wright

1. Accentuate the

Intentionally emphasize what is good and wonderful in your relationship.
Keep an eye out for qualities and behaviors that you admire, respect, and appreciate. Celebrate what is going well!

2. Minimize the

Identify practices and habits that are not serving you or your relationship—and work to discard them.
Fight our natural negativity bias to loosen your grip on grudges and be compassionate toward mistakes.

3. No one gets more than of the blame.

Blaming and shaming are near-guarantees that nothing will change!
When you have the urge to point fingers, acknowledge your part in creating the situation.

4. You are responsible for your own happiness & satisfaction.

Claim your place as the author of your experience, rather than blaming a partner for not meeting your needs.

5. Express and agree with , always.

Be clear with yourself and your partner about your commitment to a shared, truthful reality.
Say what you see—and be willing to hear their reflections on you, too.

6. Fight , not

Rather than complaining about what you don't want, frame your thinking and speaking toward what you do want.
Set your sight on that positive vision and move in that direction.

7. Assume

When your partner "pricks" you and hurts your feelings, rather than imagining malice, practice viewing them as a person doing their best. A generous spirit can work wonders for your relationship!

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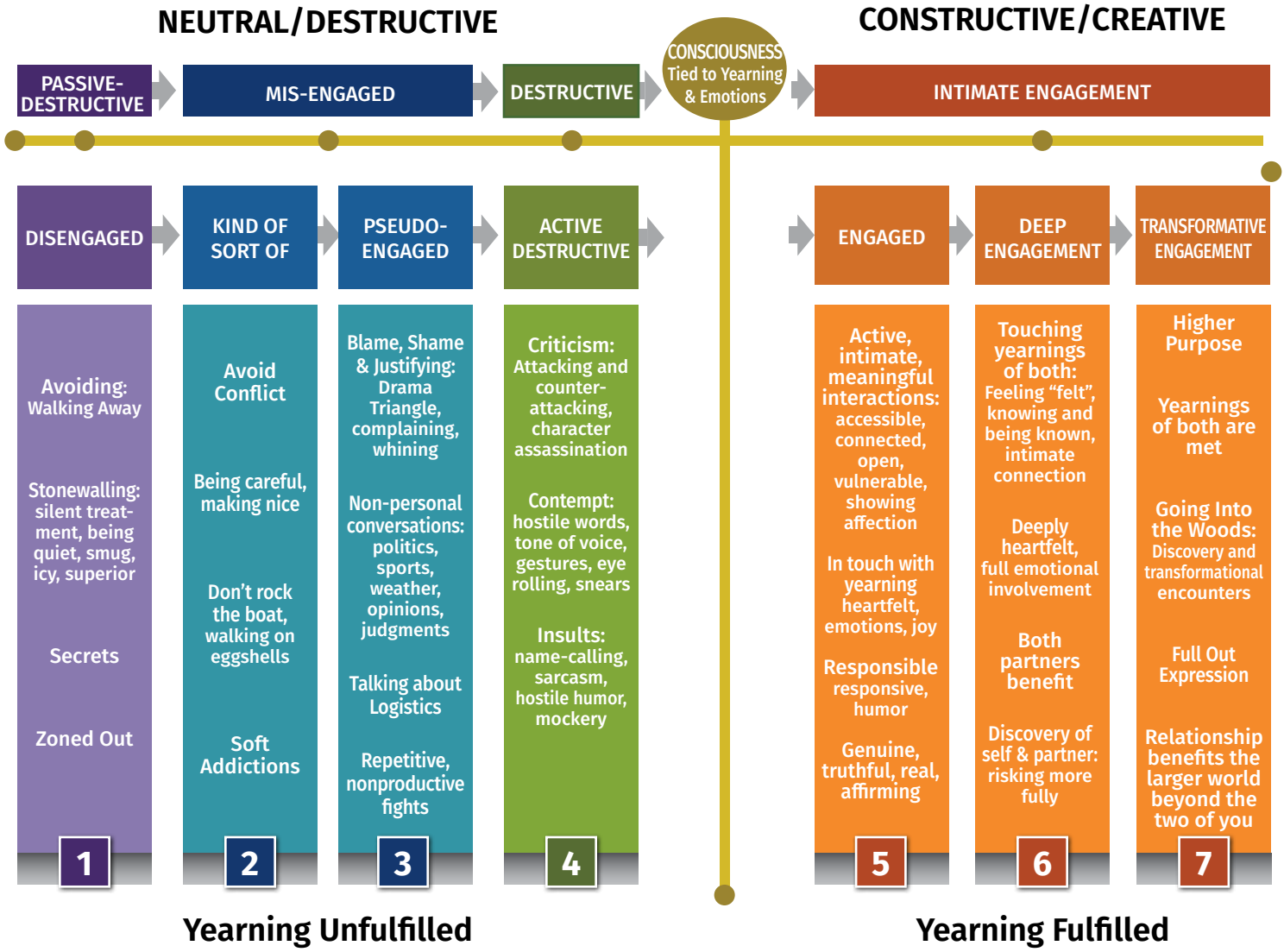
1. Positive; 2. Negative; 3. 50%; 4. 100%; 5. The truth; 6. For, Against; 7. Goodwill.

Caring: The Rules of Engagement

Relationship Engagement Continuum



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Credit: *The Heart of the Fight* by Drs. Judith & Bob Wright.

Action Plan

What will you do differently now?

(Choose at least two actions from the list below and provide context as to how you will see yourself implementing purpose into your life.)

- ☐ **Action Idea 1:** Be more aware of my yearnings and engage to fulfill them.
- ☐ **Action Idea 2:** Work on being more comfortable (or at least become more willing) to engage in conflict.
- ☐ **Action Idea 3:** Accentuate the positive in my interactions.
- ☐ **Action Idea 4:** Increasingly make and respond to bids for attention.
- ☐ **Action Idea 5:** Practice being more Accessible, Responsive, and Emotionally engaged. (A.R.E.)
- ☐ **Action Idea 6:** Be more affirming and appreciative in my relationships.
- ☐ **Action Idea 7:** Show more interest and curiosity in my relationships.
- ☐ **Action Idea 8:** Minimize the negative and be more present and engaged.

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Notes

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