

Lead With Love

Learn the 12 steps to stop fighting with your husband



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Lead With Love

1. The secret key

“The key to a good relationship is communication”. We have heard that many times. When we shout and scream, yes, communication is bad. It is because we are controlled by our emotions, not the good ones, but by fear and insecurity. If you've heard me before, you've heard me say many times:

***"It's not WHAT you say that matters
but what you FEEL when you say it"***

What matters is not what you say to your husband, nor even the way you say it. The only thing that really matters is how you feel when you say it. Because that's what he feels and perceives.

Good communication as we know the term is just tactics and strategy in my eyes. When you have hated those you love the most, to such an extreme degree as I have, then all the tactics and positive communication tips in the world will not help you.

To Lead With Love starts with changing your inner dialogue. Look at how you communicate with yourself inside your head. This is what I call the “#1 secret to communication” because no one really dares to share this or talk about it.

What do you tell yourself? That it's your husband's fault? If he just XYZ, then this that, and the other.

Being stuck with your own load

I know how hard it is to be in a relationship when it doesn't work and you really want it to. To feel like you fail no matter what you do. Feeling like a "loser in love" consumed by frustration and maybe regret but most of all thinking:

"argg what else can I do!?"

The feeling that caused me to explode was feeling like a loser in every sense of the word when it came to loving my husband. I know the pain and frustration and how a traumatic upbringing follows us into our relationships, no matter how fast we run. No self-development courses can prevent it from entering our relationship. No matter which way we go.

But I have seen with my own eyes what the right questions and the right redirection, support, and guidance can do to people. I have seen people look physically younger and change their posture and regain their zest for life. The life energy we are born with. The right questions steer your thoughts in the right direction. Looking at the right things will get you to the right place. That's what I can do.

Well, enough coaching talk! The point is, love relationships don't have to be filled with arguments, pain, drama, and guilt as it was in my case.

What do you need to understand to Lead With Love?

Answer: It is about your relationship with love, and not your current love relationship.

Your husband simply reflects where you are in your own development. Everything you are experiencing or receiving is a result of what you send out. I heard Wayne Dyer say that three years ago. And I am still learning the meaning of it.

My online show is called Lead With Love, and my training is about noticing if you are being led by fear and insecurity or love and trust. It teaches you to how to see and walk on "The Way To Love" because we either walk away from or towards love.

2. The Three Quick Steps

When you coach with me there are three steps you go through, over and over again. I call them the three quick steps:

1. Honesty
2. Responsibility
3. Choice

In any situation, I use the three quick ones. When I yell at the kids, I interrupt my excuses; "mommy is tired, mommy is the only one who cleans up, mommy is hungry" and instead admit: "Okay, I shouted and I shouldn't". Only when I have been honest with myself can I take responsibility. Until I am 100% honest with myself, I listen to my excuses for my behavior and get stuck. When I don't take the first step, I don't get to number two, or three I simply can't take responsibility without being honest about my own "bad" behavior. If I am not honest about myself first, I can not get to a place where I can "Lead With Love".

It is 100% my own responsibility not to shout. When I shout, deep down I get hugely disappointed in myself. I so want to be a good and loving mother and I hate when I yell at my children or freak out. The same thing happened in my marriage, I was disappointed that I was not the loving wife that I am. Therefore I immediately think: *why did I do that?* In my attempt to find an explanation, I think out loud and answer my own question. Why did I do that? Then I say directly or indirectly that it is the fault of the children, or my husband, or the circumstances. Think of the term "unconditional love". A love that endures no matter the circumstances. The truth is there are NO excuses or outside reasons that can hinder it. That is just something we make up or point to. The flow of love and the blocks are all inside you. Love is unconditional.

What should YOU do to Lead With Love?

Answer: Stop thinking out loud!

Your logic is to say what stands in the way of love (seen with your eyes) in order to fix it, and have it removed, and your brain is built to think out loud. **Stop thinking out loud.**

Your female logic has brought you far in life, now it's time to learn from your male logic. It is the one that gets you to the finish line and gets you back to love.

What we end up saying when we speak without thinking is: "I'm shouting because I'm tired, I'm tired because you've kept me awake all night". As soon as you think out loud, you will somehow say: "it's your fault", or it's the fault of some external thing.

When you start this story in your head, you are telling yourself that you are not in control of the situation. You train your brain to believe that you are not the master of your own life, and do not choose how you want it to be. You are saying that the circumstances that you point to have a greater influence on you than yourself and your choices.

The best "hack" to Lead With Love is to train your brain and above all your mouth to say that you yourself are responsible for everything. As soon as you verbally take responsibility for the situation, you can actually change it. Don't blame yourself and beat yourself. Just take responsibility; realize your bad behavior, forgive yourself and choose not to lash out anymore. That choice is a good habit and one that is just a choice in the now, which you get better and better at keeping the more you choose it. But only if you first practice honesty and responsibility. I still freak out today, but that doesn't change "The Way To Love" or the road back to love. We lose our way when we do not want to realize and accept what we have done.

What bad behaviors do you do in your relationship?

Examples of bad behavior: yelling, being angry, blaming, not listening, being stubborn

What are your excuses? (inside or outside your head)

For example, do you use your feelings as an excuse? "I just feel alone and without help" or do you use his behavior as justification? "Sorry I yelled, its just that you didn't pick up xyz" or "I am just so tired of his/your XYZ" or "if only you xyz.."

Look at your excuses and think of explanations, stories, justifications, as the same.

What you explain, is something you defend, and if you knew deep down you had done nothing wrong, you would have nothing to defend. You will find the answer to your problems under all your excuses. I call them lies because lies are something we tell ourselves that we believe. Otherwise, it wouldn't be a lie.

3. The 12 Steps to Lead With Love

In addition to the three quick ones, I teach the 12 Steps to Lead With Love that you see on the front page.

It always starts with admission

The first step on the road is always Step 1

The very first step is admitting what you want to change and recognizing that you need help. That your relationship is destructive or unhealthy or just not as good as you want it to be.

After that, you must be honest about what you want. Many think it is something practical, a clean house, that he shows up and shows an effort, that he takes out the trash. That's not what we really want. It's the next best thing, we want love and connection. We want that feeling. In order to learn how to always be able to create that feeling you have to do and say things you do not want to. You have to choose to do things and feel things that scare you and seem difficult, in order to "Lead With Love".

When you practice the 12 steps with me, you practice being honest about your own bad behavior. The sooner we can be honest about our bad behavior the sooner we can get back to love.

There are three overall actions or feelings you must learn to recognize, as they stand in the way of you getting back to love. The only reason a behavior is "bad" is that it stands in the way of you getting to love or rather connection.

It is not a moral judgment, it is purely practical. It's "bad" because it doesn't work it doesn't give you what you want. There are three behaviors that stand in the way of where you want to go. I call them the 3 bad behaviors.

The 3 Bad Behaviours

1. Blaming
2. Complaining
3. Hosting your own pity party

The sooner we are honest about what is going on inside us, the sooner we get to step 12 "Fail and Recommit". Failing is the most important step. You learn every time you fail because you get up and keep going, by practicing being honest again.

At step 12, you consciously choose to steer yourself toward Leading With Love, with the choice to continue and not give up.

You lead yourself with trust and love, by daring to admit your mistakes, instead of being led by fear and insecurity and blaming him and focusing on what you want versus what you don't want aka what he does "wrong". We direct ourselves to what we don't want by looking and pointing at it.

On a deeper level, we may be driven by fear of having done something wrong, which we want to defend and explain away. If we don't create new experiences through recognition and see in the response around us that we *can* Lead With Love, then we won't change our habits. We need to see and experience a new response from our husband to begin to learn to lead with love.

Recognition is key, it is the search for truth inside, and then making a choice about what you see inside. When I coach you, and you do your homework (and you do or I don't coach you) you experience your husband's new response to you. And then it becomes

clear that committed action is the key to a good relationship. In spite of what you feel like doing.

We need to experience that it works, and here your honesty and willingness and your commitment and choice are what determine the outcome. Your power. I can only interrupt your lies, I don't buy your self-deception. I understand you and feel for you, but focus only on one thing, to give you homework so that you can experience that you can "Lead With Love".

You fail only when you are honest, but on the other hand, you always fail before you are honest. This may take some time to understand. We start by not realizing our mistakes but point to external circumstances instead. But we wouldn't point to anything, if we ourselves hadn't failed, or felt like it deep down. While we blame and point out and explain our own bad behavior, we can choose to try to be a little more honest. Realizing our mistakes, that is, telling ourselves, "I'm complaining right now, it's bad behavior" and then not continuing the dialogue, is the key to success and "The Way To Love".

It can take a long time before we dare to admit to ourselves that we have failed, and deep down we feel like a "failure" because of our own bad behavior. Until we simply acknowledge our bad behavior, we have a sea of good explanations and excuses.

In my coaching, "Fail and Re-commit" is for example committing to and swearing that we won't yell anymore, and then when we can't keep that promise, we just think great, now have I won because I have reached step 12 I have "failed"..

Now you are ready to win. This is where we exercise the muscle, only when we fail do we face the choice of re-commitment. Only when we fail do we encounter the choice that trains us.

Everything is training, another word for it is "practice", which makes us perfect or rather I'd say a master. Perfect implies a lack of failing. The word "Practise" is one I have

equated with "Fail and re-commit. Because we exercise the Lead with Love muscle, every time we actively choose (after we fail) to re-commit and re-align ourselves, the muscle grows stronger.

In reality, it is a new habit we are implementing. But muscle is a good word as our capacity to receive and give love grows with each loving choice. And it is primarily directed at ourselves when we fail. When I wrote step 12 in Danish it translated into "Fail and Continue". This Danish version of step 12 reflects the dialogue inside our heads that we simply have to admit our mistakes and stop talking, and continue on "The Way To Love" with whatever we are doing, and not go down the rabbit hole. Continue without blaming, defending, or explaining anything. Inside or outside our heads.

When I translated this handbook into English automatically the word became "Fail & Remedy". This was an a-ha moment too. Remedy to redeem our sins and to make things good again. Most of all to me it means forgiving myself. Once we stop blaming ourselves we stop blaming the ones we love and we have nothing to defend or explain.

This proves my statement it is about how we treat ourselves, and:

*"It is not about your current love relationship
It is about your relationship with love.*

Question: What do you want? To be right, about what he should or shouldn't do? Or to be wrong, and get to love?

Why is honesty so important?

You won't get back to love or walk "The Way To Love" without being honest. If you'd rather be right that your husband should do this and that differently, because it's not fair to you, or because he is too slow or just an idiot sometimes, or insensitive etc. then you can choose to stay in that story. The choice is yours. I always choose love, sooner or later, and I make a lot of mistakes. The choice to continue takes place after we admit

and acknowledge the mistake. In this way, you can say that steps 12 and 1 are always mixed together.

The way back to love is about breaking bad (destructive) habits. Our brains become addicted to our habits and thought patterns, that is, the feelings that they evoke, good or bad. Like getting out of other addictions, this journey first of all requires honesty, that is, admission to ourselves.

"Any change of bad habits (recovery) always starts with being honest with yourself and that you need help"

After I started saying "Hi my name is Samantha and I am a recovering angry wife" people started confiding in me and saying "I am an angry wife to". My American marketing team begged me not to use the phrase "nobody wants to be associated with an angry wife". But people kept admitting it as a secret to me.

Many people live in destructive relationships (I think), but do not want to admit it to themselves and least of all to others. Although I was completely honest about having a potted plant (albeit in plastic) thrown at my head and things flying through the house etc., it took me many years to realize that my love relationship was dysfunctional. Great in many loving ways but fundamentally flawed. There is nothing wrong with this, the problem arises when we do not want to acknowledge it. I suspect most relationships are dysfunctional sooner or later. At least ours was.

"You never admit that your relationship is not working, unless you are honest with yourself."

Once you are on the journey and have asked for help, each new step towards love starts with a new and deeper honesty. You need to be honest about your own bad behavior, not your husband's. Once you have been honest about your behavior, you can choose to drop it, and instead practice one of the many good behaviors that are on the 12 steps.

Example of Three Good Behaviors

1. Acceptance and Surrender: stop trying to fix things
2. Trust his love - trust versus fear and insecurity
3. Honesty and Vulnerability - start daring to open up and show yourself

Summary: You always start and end with steps 1 and step 12, in between, there are three bad behaviors (blaming, complaining, hosting a pity party) you will practice to not do, and a series of good behaviors you will practice doing. When you coach with me.

The goal is to recognize as soon as you complain (or engage in some other bad behavior). How long it takes you to come to this realization depends on how much you have practiced honesty. It's the number of minutes, hours, days, or years you're stuck in the story of his bad behavior (versus your own) that determines when you stop arguing and being mad about something he does.

As soon as you are able to recognize an inappropriate reaction, you have reached the 12th step: Fail and Continue and thus you have reached the finish line and can ring the winner's bell. And then rush up the stairs or steps again by taking one step at a time. As soon as you are on the stairs and take a step, you are on your way back to love, and failure is right there at the top waiting for you, to re-commit. It is about finding or walking the way to love, not away from it. Your story stands in the way of love and connection.

4. Stop Yourself

The next step after Step 1: Admission is Step 2: Acceptance and Surrender. As ambitious women, we have many things we want, especially when it comes to relationships and our children. We put a lot of pressure on ourselves. And that helps us steer ourselves in the wrong direction away from love. Perhaps your bad behavior is more introverted or passive-aggressive, I just freaked out and lost my temper, and said things that didn't help. But I kept practicing the steps and helping other women helped speed up the process. Now that I was a coach and role model. I was and am genuinely interested in this work. And the interest in finding out the truth about yourself is what sets you free. Today I am rid of most of the "addiction" and bad habits inside me. And it feels liberating, to say the least. I don't lose my bib anymore.

"Surrender does not mean giving up"

Accept your man as he is, accept yourself as you are, and trust that the next minute will be better because you have a choice. Don't lock yourself in insecurity and fear by focusing on "if he doesn't do this or that, or if he just does this or that, then all is lost and we have to break up".

Step two is called "Accept & Surrender: Stop trying to fix things". As ambitious women, we shoot ourselves in the foot by eagerly and thoughtlessly trying to fix and solve problems right now. We are simply impatient and it works against us because we are managed by fear if we need to get somewhere we want to get away from somewhere. I've created so much trouble and extra work in my eagerness to fix things now, send a text and get people started now. Because I didn't believe my husband would do it or trust it would end well or be fixed without my intervention. What my husband knew is that most things work themselves out, by themselves. At least it always did when I stopped trying and didn't interfere. The exercise in step 2 is to let go. Let go of the idea that if I don't do it, no one else will.

WAIT.

The exercise is to surrender whatever we want to have to happen to someone else, or something other than ourselves. For example, a higher power, or just learning that we are not indispensable. And that our interference destroys more than it builds up. When we have the habit of always interfering.

If you're like me, it's not action you lack, it's obvious what your man lacks (it can be the other way around, sometimes you're the woman and sometimes the man). Regardless, we get nothing out of focusing on what he needs to do. Conversely, there is much to be gained by acting more like him and less like you. There is a good reason for that, which I can get into later in the handbook.

Step 2 requires trust and faith, it rules out fear, you cannot accept the state of affairs and surrender while feeling fear and insecurity. Step two is a hack to trust and faith, which Step 3 is all about. Step two is an exercise in doing the exact opposite of your natural instinctive response. It takes confidence to go against yourself and your logic. To go against one's own nature.

I measure everything in ROI (return on investment), and will assert this important ROI rule of thumb:

"When you do the opposite, you get double the benefit."

How do I change my mindset of insecurity?

Answer: Don't think: *"oh no, if only he didn't XYZ"* or *"if only he had XYZ"*

Remember: You get what you expect and what you focus on.

You learn to lead yourself with love and trust instead of insecurity and fear when you practice steps 2 and 3.

When I, as a self-appointed "development expert", freak out again and again at my poor son, I have no choice but to accept that I am probably always going to yell at my kids and cast blame. It's okay as long as I realize it and accept it and don't stay in my excuse for why I yelled. Because there I blame them, him, or something else. Only by admitting it can I take responsibility and prepare to avoid it.

In reality, you should also not think "I must not shout at my children", you may decide that, but accept that it will happen again and again. Only then is it possible to change it, through:

1. Honesty: "it's bad behavior"
2. Acceptance and surrender: "okay I shouted it happened, it's okay"

And then a form of surrender of your own will to something bigger that takes care of you, or what you want to have happen, or simply surrender to this fact:

The will of your husband or child is more important than yours.

As soon as I am honest that it is about my "bad" or unfavorable behavior (not my children's or my husband's) I feel that I can actually decide how much I freak out. Then I feel in control and become less anxious. Honesty by taking responsibility and accepting my actions no matter how "bad" they are, fosters confidence in me, confidence in myself, and my abilities to do good behavior. By fostering less anxiety, I limit my outbursts and I don't freak out inside.

All bad behavior that comes out of us; blaming, screaming, threatening, etc. is a result of something in us we have rejected and denied or even repressed. Only 100% honesty gives constructive "release" because anger is okay but when suppressed or denied it

comes up as rage, uncontrollable and damaging. Fear is okay but if not recognized or accepted it comes up as anxiety. And so forth. Feelings are not good or bad, but create good or bad behaviors. Suppressed feelings can not be managed when they pop up.

It is panic and anxiety that causes us to lose our temper and see it as the others' "fault" and we lose control over ourselves because we believe the lie that it is about their behavior or something external.

Being "in control" is generally not good, it's the opposite of letting go, we hold on to something in fear of losing it and miss out on all the other things available to us. But "good" control is to see and feel that we have a choice, and then to choose. When we repress and deny the anxiety, anger, insecurity, etc. we get out of control. By accepting the emotions when they arise, we get our power back. That requires ongoing honesty about how we feel deep down, not just honesty that our husband is slow, useless, and annoying, or whatever your honesty might be on the surface.

NB! You either feel security or insecurity, when you feel insecurity, you just have to have the courage to admit it, as soon as you articulate your insecurity, it disappears or it loses its power over you. All bad emotions work that way.

God says in the book "Conversations with God" that there is only Love and Fear, all emotions are sponsored by these two underlying emotions.

5. Take responsibility in practice

Manage your actions by managing your thoughts

In addition to controlling your thoughts (excuses and stories) to control your emotions and actions, you can conform in a practical way. Taking responsibility is EITHER taking care of the practical things yourself or letting go of them 100%.

No martyrdom.

If you delegate to your husband, you must be willing to accept that it may not get done. There are many reasons for this, one being that he hasn't heard you, hasn't been sold on the idea of doing it, and hasn't understood or even grasped what you said. And that's not his fault. Remember it. The choice to delegate is yours, or the choice to expect or hope he does something is yours. That's not to say you won't get what you want, but the way to get there is different than you think.

When you then get mad and disappointed that he didn't do what you asked, you basically get mad at yourself mostly, because deep down (right there where you can't see for yourself yet) you are disappointed that you didn't manage to say it in a way that made him want to do it. Basically, we would rather "enroll" our men than control them. Deep down, you feel like a failure. It's hard to see. But try to buy into the idea and trust me.

Imagine that your husband is your child, or that you are the soccer coach for the junior soccer league. If you delegate, expect it not to be done the way you wanted it to be, be happy no matter what he does. If it is not done at all, then YOU have failed and that is okay don't blame yourself. Failing is super cool because then you have the ball on your half of the playing field again, and get another shot. If the ball was now on your man's half of the court, you will sit and wait forever for him to shoot for the ball.

“Expect the worst and hope for the best!”

Or just hope for the best and let go. Don't control the outcome. Instead of waiting annoyed or expectantly for him to shoot exactly as you want. Be open to the fact that what you are trying to get him to do is a waste of time and that he will always kick the ball the way he does. And that you get a goal in a completely different, more magical way, where both contribute equally to creating the outcome. But no one knows the way. Take responsibility by mentally letting go of the future.

You can also take responsibility by lowering your ambition level. In practical terms, you can just plan one activity with the kids, don't try to do it all, and be open to change. Save your energy. Go to bed at a decent time, and always have a bag of snacks with you for the children. For me, it's almonds and raisins that save my ass when I pick up kids and they are cranky. If I don't, I get mad at myself. Because my underlying feeling that I am always trying to escape is that I can't do anything successfully as a mother.

Don't write to your husband that he should remember the swimming trunks, (because he doesn't), if you want to be sure, bring them yourself. As much as possible, avoid any situation where you can end up freaking out, or being a bad version of yourself, and feeling or saying it's his fault.

The Power of Surrender

To take responsibility is to let go of expectations and surrender 100% to, whatever happens, no matter what happens it's okay, it doesn't matter. The danish word is "overgivelse" and literally means "to give to above". I like that word because I believe in God and a higher power than myself. When we see that we ourselves have "less power" than if we give it away, we receive help from above us. The word "surrender" is a great concept for understanding how to let go of the outcome in the practical world around us.

You can't fix an emotional problem with a practical solution. Forget ALL the practical things you are focused on.

There is something in you that stands in the way of Leading With Love. That part will always be there. The trick is to just walk past that part, see it and nod your head, and just say "hello" and then "bye-bye".

Only when you let go of your initial instinctive way of reacting can you get past the part that stands in the way of connection and get to love.

You let go by:

1. Accepting it, i.e. "see it" and then
2. Choose to "move on" past it.

Your first reaction will always be "ouch" then "it hurts" then "it's your fault!" or something like that. After your first reaction, you can choose to realize and admit your mistakes, and continue on the path back to love, or forward toward it.

ALWAYS do the opposite

In addition to surrendering to the circumstances, you must also surrender to not doing what comes naturally to you. As well as not saying what you normally would, interrupt yourself (a coach comes in handy here), and say or think something new. A coach comes in handy here, especially me, one of my worst habits is interrupting people. Luckily I found a living where this is my job.

Only when you choose, (as soon as you can choose) to react opposite to what you do automatically, for example, think out loud, explain, reason, and try to fix things, can you sincerely let go and move on. This is what step 2 is about. But again it requires brutal soul-searching honesty.

What is the most important thing I can do besides stop thinking out loud?

Answer: Stop trying to fix things all the time and stop thinking about what your husband should or shouldn't do.

It is logical for you to think out loud and tell your husband what he is doing wrong, or should do differently, because then the problem is solved, inside your head. But not in your husband. In him sits a great resistance. Every time you tell him what he shouldn't do, you're telling him he's doing something wrong. And every time you tell him what to

do, he is also failing for not doing it, and he ends up not wanting to do it, because you tell him to. If he does it anyway, he's going to hate you for it or hate himself for doing something that goes against him.. UNLESS you are in a deep connection.

You can ONLY lose by telling your husband what he should and shouldn't do, unless you say it very lovingly, without expectation, for example right after you have made love.

THE FUTURE

From now on, you must do the reverse of what is your automatic logic.

Ask yourself, what would my husband do? And do it. That still works for me 3 years (2022) after we separated. Which may be the result of doing this work but the choices and work and the way is the same. The Way Back To Love may take us to unexpected places. But it brings us home to ourselves. To our soul.

See the possible in the impossible

The possibility in the impossible

When we feel we are in an impossible situation, with no choice, when we feel pushed into a corner with nowhere to go, we start arguing.

Remember: We fight because we love our husbands.

All quarrels are an opportunity to choose love again. All trials are just a matter of which way you want to go, the one towards love or the one away from it.

*No matter how far we seem to be from love,
love is always only one step away."*

You only need to take one of the twelve steps to be on your way back to love. The most important step is to just keep going, and keep taking the steps on the path to Lead With Love.

What is the biggest obstacle to Leading With Love?

Answer: Staying in one's excuse, and telling the same stories to yourself and others.

As long as I keep making excuses for my bad behavior instead of admitting it's wrong, I'm never going to take responsibility.

It requires more honesty than we are used to, to reach responsibility. The responsibility lies in admitting my own bad behavior, not my partner's. Responsibility is solely to look at what I can do better.

"As long as you focus on what he should or shouldn't do,
he won't focus on that."

How do I Find the Way Back to Love the fastest?

Answer: trust your husband's love (or whatever YOU need to trust).

Taking responsibility can also mean acknowledging: "my husband does not wish me harm, he loves and respects me, even if he comes home several hours later than I wanted and expected".

What happened to me was that my heart felt broken because I had been looking forward to seeing him and anxiously waiting with the imagination and images of throwing my arms around him. Every time I built up high expectations because I felt it had been way too long since we had loved or been close, I was so disappointed, felt

stupid, and my heart felt broken. I blamed him for this pain. Even if he wasn't responsible for it. I either got vengeful or hosted a huge pity party.

It hurt me SO much that I tried to ease the pain by blaming him. And that's like peeing your pants, nice for a second and then unpleasant. It was me who gave up, and gave myself up to sulking and feeling extremely sorry for myself. I chose to live through our entire divorce for no reason. Other than my own insecurities.

My own hurt and ego blocked my view so I couldn't see things from his perspective. I couldn't take responsibility because I wasn't honest about my own role. I chose to look at, and grow the pain in my heart, that it was his fault and that became my truth in the decisive moment; that my husband had hurt me because he didn't love me.

Even though he wasn't part of it at all. He had just walked around in his own world and done what made sense to him without any ill will. I created a reality in which he didn't love me because I looked for and saw proof.

Many nights as a response to him acting in a way "that hurt me", I had huge pity parties. I remember one night I had a huge party, I collapsed out of breath from sobbing and self-inflicted pain. And sleep it off, I was completely intoxicated with my own sad emotions. I woke up with a huge pity party hangover and was slowly able to see reality. After all, he had done nothing with or out of an ill will. Only after getting all my unhappiness out of me could I be honest. And then I knew very well that he had no idea how I was sitting and feeling while I was waiting for him. Which was when the party started and the insecurity took over. Because he came home way later than I wanted him to.

As soon as you trust in his love (or trust in what you need to trust) all uncertainty disappears. Insecurity comes when we have not had contact and received love in a while. The more time passes since the last contact and love, the more evidence you find of your insecurity:

"he doesn't love me".

Insecurity is always the fuel in your pity party. In this state, we cannot control our stories, and it becomes "if he loved me he would come home on time when he knows I am standing with the food ready."

When you are ready to admit and recognize that you are on the verge of choosing to host your own pity party (letting yourself be controlled by your stories and insecurities), you can take responsibility by stopping it. But you have to admit it, and that requires you to stop focusing on your own hurt for 12 seconds.

In these 12 seconds, you can get back in touch with your source of love and be in contact and connection with it. In those 12 seconds, you can choose to see things from his perspective, this is what creates the connection to your source of love. This is where you choose to lead yourself with love, back to love. Instead of staying in pain and hate.

Now you can choose to look at what you can do in the situation to stop the situation, and not remain disappointed and hurt to the point where you throw blame. It only takes one thing, trust in His love. Trust is a choice. Nobody knows the future.

ARKFP! *Always Remember Kung Fu Panda*

*"The past is history, the future is a mystery,
now is a gift that's why they call it the present"*

What stories do you tell yourself when you start a pity party?

What story can you tell yourself instead to stop the party before it starts?

6. The way back to love with the 12 steps

The twelve steps replace bad habits with good ones. The twelve steps are a staircase. Once you've practiced a step, you'll be faster and better at taking the step to the next time you land on it. My training is different because the twelfth step is called "Fail and Continue". You reach the top of the stairs every time you fail. You must celebrate your victories, and your victories are your "failures" that feel like defeats. In Danish, The 12th step is called "Fejl & Fortsæt" which means fail and continue. Choose again to commit yourself to take the step you are practicing and practice one step at a time over a period of one week or one month. One step is all it takes every day to stay on your path.

It can be different which step on the stairs you practice, it is not linear, but you always start at step one: Admit and Acknowledge, and always sooner or later land on the last step: "Fail and Continue aka re-commit".

When you have reached the top, you start again at step one: you admit that, for example, you complained and you recognize that it was bad (inappropriate) behavior. Then you continue with one of the 10 steps between one and twelve, for example, step three: "Trust in his love" and practice it until you fail and continue.

Breaking habits happens one step at a time

We practice one step at a time, habits are hard to break and we can only implement one new habit at a time. Therefore, we only practice one step at a time. It is called a step because it is a staircase that we eventually run up faster and faster. It leads us back to love.

What is the most important tool for leading with love?

Reply: The key to all of this is being honest about your insecurities.

Our insecurities are often a variation of feeling we are "not loved", "not good enough", and not lovable. When we don't "Trust His Love", we don't trust that we deserve it. We

let ourselves be led by this fear, in our conclusion that if he doesn't do this that or the other, he must not love us. And we get what we focus on. Knowing and feeling that we are loved just because we exist can be a long journey. It is not about our love relationship, but our **relationship with love**.

How do we use honesty to find our way back to love?

Honesty is the flashlight that shines in the dark and shows you the way. If you can be honest about the stories inside your head, you will win. If you can be honest, you will always find the way back to love.

The way back to love with a good coach

Honesty + a good coach puts you on the road back to love.

A good coach must give you two things

1. Sense of direction
2. Responsibility (make sure you do your homework)

Thus a good coach is someone who inspires YOU to do what you need to do, and provides accountability.

My personality

1. Honest and direct
2. Action-orientated
3. Passionate

When I coach I am very direct and often interrupt my clients with the comment "that's a good story" or "that's a good excuse" or "Aaaai!" "stay on your own turf". Because it is my job to interrupt you. To be a loving interruption.

It's not my job to make you like me, but to make you find your way back to love. It feels unsafe and uncomfortable at times because you break through patterns and walls inside. It's not nice to see the parts of ourselves we try so hard to ignore. But it is only scary until we actually jump into, or through it, and feel the creative power we have within ourselves.

When I stand looking over yet another scary cliff or edge and have to take the leap and don't dare, I always remember this phrase from a song I heard in California in my leadership training:

"Someone you were meant to be will catch you"

You should only coach with me if....

You should only coach with me if you are truly ready to take the jump meaning do the work. True transformation of destructive habits usually requires a big investment of both time, and money because that generates the commitment to doing things we otherwise wouldn't do either out of lack of support and knowledge or because we stay stuck in fear and do not dare to. When you have paid the money, you do the work, and then I can afford to have a whole team with full focus on you, and 24 hours support. We will need to connect in the middle of the night sometimes. And you will need someone to be there all the way through.

My coaching is ONLY for you if....

1. You are prepared to do what it takes to achieve your goal (not just talk about it)
2. If you would rather: Lead With Love and get to connection than to be right
3. You are prepared to give up your excuses and see things differently

How my coaching gets you on the right path

When you coach with me you will not talk about what your husband is doing wrong, only look at what you can do right now and here, to get to where you feel peace, ease and love.

Your source of love is eternal and infinite. In reality, you don't need me, the only thing standing in the way of it flowing freely, is you, and only you can remove those obstacles. I evoke your own ability to remove that which is blocking your source of love. If you hadn't already made up your mind and weren't already able to, you wouldn't be sitting reading this. My words just get your own thoughts and actions moving faster. I inspire you with my words so that you move faster back to love, and I hold you to your word. I cut off your excuses that your brain will always make when it convinces you why you shouldn't do what you know is right for you. What your heart knows is right but feels uncomfortable. What you have said you will do. I will hold you to your word.

All though you don't need me, and everything is going on inside you, I will say this:

No one can create anything new alone. Everyone needs help, and re-direction when we go back to our normal. The fact that someone sees us for who we really are, without prejudice, and believes in us, it creates miracles. We need someone else's faith until we ourselves believe, and see that we can Lead With Love. Faith can move mountains.

We both need someone who can make us see our own ass and someone who can make us see our magical abilities.

Why should you ask for and accept help?

Reply: The people who have the best lives all have this in common:

They ASK for help and TAKE it.

As a coach, I help you be the best you because that makes me the best me. I love this work. It doesn't feel like work and I'm happy because I'm doing it.

Honesty loves speed! That is, love loves when you are quick to be honest about your mistakes. You will always be rewarded in your life for speed, instead of remaining in indecision. That's why you get a unique good offer with you today, which you have to say yes to today.

Why does honesty work?

Answer: honesty stops our stories so we can change course.

Stories are excuses for our own incompetence and bad behavior. Only by daring to be honest about these stories and speak them will you come to Lead With Love. Stories like "I can't afford it" or "I don't have time" or "I am just that way - I cant change" "This doesn't work for me" or perhaps "that coach is too unsuccessful and angry herself, how can she help me" Whatever story about me or yourself that is your reasoning for not getting help, and taking my offer, please share it. You'll learn akot from that excuse or fear. After you share it, ask "where else am I saying that?"

Why do I have to take the same step over and over again?

Answer: because we cannot interrupt our stories ourselves.

Every time you practice, fail and keep going, you start at the first step: Admit and Acknowledge. You are exercising your honesty muscle. Step one is a mixture of recognition, i.e. a confession of your "mistake", and realizing your mistake and acknowledging something positive about your partner.

Why should I look at all the good in my husband and all the things I can do better?

Answer: it is the fastest way back to love

You have as many positive and negative habits as your husband. Realizing your own bad behavior or “mistakes” is a huge advantage. It is the best human quality, if you practice it you will go far in life. However, as I said, don't bash yourself in the head with it, just accept it and continue. Every time you say something positive about your husband, both the good in him and in you grows. The trick is to enjoy the good and learn from your mistakes. You can't learn from your mistakes if you don't acknowledge them.

Your husband should of course do the same. But you can't tell him that, because then he won't do it. To lead yourself with love is to be a leader. You inspire your man to do the same as you. You lead him by leading yourself.

Everything is a habit. And everything is a matter of practice, that is, failing and continuing, the more times you land on step 12 and fail and re-commit and continue, the stronger your leadership muscle becomes. Your ability to lead yourself with love, instead of fear, is tested every time you choose to fail and re-commit.

Bad habits will always be with us, by practicing the twelve steps you replace your bad habits with new better habits, through honesty, responsibility and choice. Until the new habits eventually become our instinctive response. However, you will always experience relapse, the bad habits do not disappear, they are always with us. The trick is to keep practicing and not give up.

If you remain in the belief that there is nothing you should change in your behavior you and that it is the others' fault, well then you remain there and get to be right. And then you don't get the love back. The choice is yours. Every time you choose to fail and re-commit, you stand stronger against your bad habits. You cannot lose as long as you choose to fail and keep going. That is the way forward.

The key to always Lead With Love is to take the twelve steps over and over and over and never give up. You are a loving woman who is made to love and be loved, scolding and blaming is just a bad habit. And it is rooted in high ambitions for your love relationship, in reality, you are most angry at your husband for standing in the way of you being the loving wife you are. And as my children say (since they have been involved in my self-development) "mom, I know you're just mad at yourself" remember that when you're mad at your husband.

You are most upset about not being the loving woman you are! And the only remedy is to just admit "fuck, I'm scolding, sorry honey, that's not my opinion at all, I love you - and now I'm kissing you so I don't talk anymore"

7. The three quick ones in everyday life

You can use the three quick ones in all areas of your life, but your greatest exercise is in your relationship with your great love for your husband (or ex-husband) and your children. When you have reacted to something and it ended in an argument, you practice honesty, responsibility and choice and get the love back.

Follow the three quick steps, you will experience what it is like to Lead With Love. When you practice the three quick ones in everyday life, you avoid hours or days of drama in your relationship and get time and energy for a lot of other things in your life.

You can practice the three quick ones in any situation, that is, any reaction. It may take half a minute or several days or years to be honest. You just have to start and practice, honesty is a life process. It starts with daring to admit what you tell yourself, to yourself. Then to me or another confidant. And uncover the lies you keep telling yourself.

When you coach (practice) with me, you use the three quick ones to open up and be vulnerable and to sincerely apologize to your husband, ex-husband, or children after your bad behavior.

How to break the three bad habits?

When we feel hurt, we often build a wall around our hearts and think "I will never allow him to hurt me this much again". Using the three quick ones, after practice, you will realize that he did not hurt you on purpose. When you feel hurt and lash out, you will be able to see it from his point of view and say sorry.

You know when someone does or says something that gives you that particular uncomfortable knot and feeling in your stomach?

The feeling that usually causes you to be offended, angry or hurt and react from there. Everyone has it, the person who made you feel it must have just felt the same and just reacted to it. When we cross other people's boundaries, we don't see it ourselves, we only see and feel that they cross ours.

A-ha minutes that give understanding to your husband

When you are really honest about your own feelings and where they come from, namely your own insecurities, then you can see your own role. And from there you can see it from your husband's perspective, and understand and reach him. When you are connected to him and his perspective, you are connected to your source of love. From here you forget your own overwhelming pain but at the same time, you must also forget it to get here.

Suddenly you feel compassion for him, at first, it feels embarrassing and painful that you have behaved like whatever you did. It's not comfortable to look at what you did wrong. But afterward, you are freed from the pain and unhappiness you cultivate around yourself when you blame him.

It's so liberating. As Echart Tolle once said to me: "You are not your feelings".

All choices are open from here, even if you choose to stay in your excuse and yell, you can always choose love again, just by admitting and moving on.

That's the superpower of honesty.

What happens when your man crosses your line?

When your man crosses your line, it's usually because you crossed his, it could be a long time ago. You can use the three quick steps to turn the situation around, before you go on the attack, and let your negative emotions rule you. The three quick steps allow you to respond without anger, because you are honest about your own role, and without being hurt because you know your husband does not want to hurt you. They then give you the opportunity to react with energy and joy, because it becomes a game to quickly see your own role, and look away from "blame". Once you experience the magic of practicing these steps, you will automatically seek to take responsibility. Because you know it's the only way you can win.

Example of admissions and why they are important

The first level of honesty in step 1 is often "I'm mad at my husband" not everyone will admit this. The most effective step I have experienced with a client is step 8: No Blaming.

Remember: You cannot practice step 8 if you do not admit that you blame your husband.

Blame always comes from complaining. It starts with the stories inside our heads, eventually, we allow ourselves to freak out because everything is his fault, we've told ourselves that every time we've picked up his socks etc.

Blaming is just a habit. I think we all have it inside or outside. I have blamed and guilted my loved ones more than most. I almost always start out thinking it's someone else's fault. Like when I couldn't find an item f.ex. the kitchen scissors, I always thought

someone else moved it. Nine times out of ten I've moved the thing myself or have it myself. My ex-husband and I often laughed that EVERYTHING was his fault. There is a deeper biological explanation for this. It is an automatic response to cast blame. By practicing step 2 we learn to Accept and Surrender and not throw blame.

You will feel resistance in step eight, as you are not used to admitting that deep down you think it's all your husband's or ex-husband's fault. We can tell ourselves we don't blame him, but if we're really honest with ourselves, we know we blame him.

Example of no complaining

I had a client who got love back after 5 years of unhappy marriage, by not complaining for just 24 hours! Conversely, I had a client, Theresa, who also practiced step 8 and after 5 minutes screamed at her husband: "fuck you, I hate you, it's all your fault". Theresa reached level 12 as soon as she shouted. She got to step 12 immediately. The moment when she has to choose, either to give up and go back to her old thought patterns and habits or to fail and re-commit to not blaming.

It is easy to recognize inappropriate behavior when you shout "fuck you, I hate you". Admitting that you deep down blame your husband, and recognize that you feel it is your husband's fault when you send a text message and write "honey do you know where the lunchbox is?" Whatever you feel when you are sending that text, your husband can feel it. It requires that you dare to be honest about it, even if your husband is not honest about the fact that he feels you say he is doing something wrong.

The 12 Road Maps

When I coach and try to improve myself, I use 12 Road Maps. If you hear me say "AAAA!!!" then you have violated number one.

The 12 Road Maps

1. Stay On Your Own Turf (on your half of the playing field)
2. If you want something, give it
3. Ask not what your husband can do for you, but what you can do for him
4. What you look for is what you see
5. What you see is what you get
6. What you cultivate (keep looking at) grows
7. See the gift of learning in front of you, in everything that pisses you off about your husband
8. The key to success is to fail and keep going
9. It's not the crime but the cover-up that hurts you
10. Don't let insecurity be in the driver's seat of your life
11. Stop peeing your pants
12. Catch the one percent that can change your life! 99% of everything you say and do is pre-programmed.

Why you should choose me as a coach

1. Honesty (and the stories)

You can't run from your feelings, but the sooner you are honest about them, the sooner you can create a change in them.

Your reaction to your first feelings (emotions) determines what controls you and fills your life. Your first feeling may be jealousy, fear, envy, "I'm better than you", superiority, hatred, or desire. Emotions are stored instinctively in our amygdala brain, we are pre-programmed to have certain impulses in certain situations. Emotions are a kind of poor defense mechanism that is sent out to protect us. We do a lot of things to protect ourselves that actually do the opposite. These instinctive emotions and reactions stand in The Way of Leading With Love. They are a destructive defense, a bad habit. Your reaction to your emotion determines whether you allow it to become a feeling that grows in you and controls you.

Remember: You either manage your emotions, or they manage you (off the cliff).

When you work with me you learn to be honest with yourself quickly. Because I'm 100% honest and just me. That's my superpower.

We all have stories in our heads that justify complaining, blaming our husband or ex-husband, yelling, scolding, or throwing huge pity parties.

In the name of honesty, as your coach, I will interrupt your stories. Your justifications and excuses that you are used to telling yourself and others. Stories others in an attempt to help you will tell you, you are right about. I will not. Those stories are the biggest obstacle on your way back to love. Our stories are our worst enemy, we are so in love with them and used to hearing ourselves say them. It is impossible for us to stop our stories, it requires a determined and insightful eye from the outside.

When we dare to share the stories we have in our heads that we don't normally share, they no longer control us. This applies to both the story we tell ourselves consciously, and the one that justifies our "bad behavior". This also applies to the other story that controls us, our childhood stories of not being lovable, which unconsciously limits us.

With our childhood story, we tell ourselves that we don't deserve more love or more money.

In our marriage this translates into: "O boy, he is SO annoying is he, I hate him" we unconsciously say to ourselves, "I don't deserve more love".

When our imaginary absolute amount of love is reached, we begin to reject love and self-sabotage. On the surface, it looks like our husband is insanely annoying, or that we've fallen for someone with extremely bad habits that just makes us explode.

When we see our stories, both those on the surface and those below the surface, and see their falsity, we can see how they steer our lives in a direction we don't want to go. When you coach and practice with me, you will see how your stories appear everywhere in your life, at work, with your family, and friends.

When we see them and that we ourselves are the author of them, we can change them.

If we don't change the stories, we'll tell ourselves time and time again that it's all our husband or ex-husband's fault, justifying freaking out and digging ourselves further away from the path back to love through honesty. When we start thinking "hey how annoying is it that he doesn't do this or does that" after some time we will behave "badly" and say or do something "bad". When we lose our temper and freak out, it can feel good and we get it out of the system. If it is not followed by honest frank conversation, it will plant mistrust in your husband. Your husband will be scared every time and will find it difficult to open up to you. He becomes decidedly afraid of "getting

scolded". It hurts him more than you think. When he gets upset and you break his trust, he doesn't talk about it with anyone. That just sits in him and stands in the way of honesty and love. He loses the courage to be honest.

With or without a coach?

When you think: *"arrgg....if only he understood xyz!"* or *"WHY can't he see xyz?"*

Or you think *"why?!? Can't you just do xyz"* you have the wrong stories in your head, and probably have had them for a while. As they grow and your lack of understanding him and your frustration grows and grows till you think you simply can't live with him anymore. When in fact he is exactly the same as when you married him.

When these stories run uninterrupted (not interrupted by a good coach) sooner or later you will complain, freak out or have a pity party. Once we have started doing this, it takes extra honesty and self-awareness to stop us, because then we really want to be right. We are now really enrolled in our own story of how wrong he is and how sorry it is for us.

We have lost our inner battle once we complain or have a pity party. You need a good hard loving interruption, I'll give it to you!

The Miracle

You can always get love back in one second, with 100% honesty and vulnerability. You can always find peace within if you are just honest and open, more than you are used to. It feels scary to start with, but it's deeply liberating as soon as you get going.

Most people don't dare to be honest with you, they'd rather you like them than tell you the truth. I tell you the truth, that makes you honest too.

Remember: Honesty is only honesty about you, not honesty about him and what he needs to do better, only use honesty about how you feel and what you can do better.

There can be many good "explanations" for our behavior, but they do not help us. When you coach with me, you learn the first and biggest step on the road to getting back to love. That step is admitting and acknowledging what I call "bad behavior". Bad behavior is all that stands in the way of getting to love and connection. Often it is that you blame your husband for your own frustrations.

“When you coach with me, you learn not to come up with explanations, you identify your explanations and admit them. When you admit your own bad behavior and acknowledge it, you set yourself free and can lead yourself with true love.”

Uncertainty and true love

Great love turns into great insecurity in us, but this is not true love. True love is security and trust. That's what we feel when we lay in our loved one's arms.

True love brings you back to your childhood both the nice naked feeling as a baby but also all your traumas, it's not his fault.

It is natural and normal that love triggers our insecurities, and then we experience stress and conflict and become insecure about receiving and deserving love. That is just the way our human brain is in default mode.

The longer you stay in your explanation, the further you get away from your man and your goal: to Lead With Love. Honesty loves speed. In my view, there is no way into or towards love without honesty.

When you coach with me, you will learn to ask yourself this question in difficult situations:

"what can I do right now, without complaining, blaming or shouting?"

Eventually it becomes a game and a habit. You will always complain, say stupid things that stand in the way of you Leading With Love. Together with me, you learn that right behind failure lies success, just waiting for you. The more times you fail and keep going, the more success you will have.

Honesty: What do I feel? "I'm mad at my husband or ex-husband, I feel it's all his fault"

First, we practice honesty about how *you* feel. We never talk about what your husband is doing wrong or should be doing better. These conversations do not serve you ever. Because they stand in your way. They stand between you and feeling love and connection towards your husband. Because they stand in the way of you being in connection with love, with source, with the creator.

I feel for you, but....

I know how hard it can be that your husband doesn't understand you and that he keeps doing something that feels terrible and I know what it's like when it seems like he doesn't give a bib about your needs and values. I have the deepest sympathy and empathy toward all that you are going through. His lack of understanding feels very painful. The only thing I can say with 100% certainty is that your husband is not trying to hurt you. Your husband loves you.

When you have been able to be 100% honest about what you feel deep down; everything is your husband's fault, it's a pity and shame for you, you hate him because (...), you're afraid he doesn't love you. You're mad, you feel like you're failing no matter what, and you can't see a way out. Only then can you start taking responsibility.

The sooner you learn to be honest and admit how you feel, the sooner you can recognize what you feel and what you act on. And see that it is really a lie, a story based on insecurity and fear.

“The sooner you can be honest with yourself, the sooner you can take responsibility and react differently. “

We cannot recognize something we are not aware of. It takes practice and awareness to practice honesty.

REMEMBER: We only have one truth at a time until we get a new one.

2. Responsibility is something we take

After honesty comes responsibility. When you subsequently begin to practice taking 100% responsibility, you will begin to be able to manage your life and relationship. It's magical. No matter what happens in your life, it's your own fault, that's great! It is not negative. It is not an accusatory guilt, it is an acknowledgment of two things; 1) there is something here I can and must learn, therefore I am facing this irritating situation, 2) Right now I am learning the universal rule, everything I get is a result of what I send out.

How rich would you be if every trigger was a goldmine?

The gift of learning

When we practice 100% responsibility, you see everything around you, especially what irritates you, as something that is triggered in you, because of something in you, more than something in the person you are annoyed with. Emotions that are triggered or evoked, it can be love, but when we talk about it its the bad emotions. Feeling of being

hurt, insulted, offended, or angry. There is something in you that is triggered and "breaks out", and you "lash out". Right there in the middle of these bad feelings where we lash out and blame. Right here where we don't see ourselves, there is the wisdom and hence the freedom. Inside your triggers lies so much wisdom so don't retract from them. Don't let them rule you either but know that wisdom is on its way. If you just stay.

To take 100% responsibility is to see the gift of learning

In this exercise, we see everything in our lives as something we ourselves create and attract. The positive aspect is that everything happens for us and not against us. But only as long as we are looking for the gift of learning. Even the merciless and brutal death of my beloved mother, at the age of only 58, happened for me, not to me. I would not have started this work, this calling if she had not passed away.

At this stage, we practice looking at our lives as if we are the source of everything around us. We realize how we "source" it. By taking responsibility, you manage to turn everything bad into something good. By looking at and receiving the "gift of learning". By trusting that there is a reason for what happens or at least something to learn from it.

“There is a reason why your husband annoys you, or rather, it annoys you that he does a certain thing that makes you feel a certain way.”

I call this the "gift of learning" because it is life's greatest gift, to see that there is something to learn in all situations that affect you negatively. And there is a reason God put your husband in front of you, to learn something for me, it was "patience" and well all my 12 steps. When you do this work you start to SEE the gifts in triggers and remember this concept every time you feel irritation. You will respond differently as you elevate your leadership.

It is a liberating gift to see that there is something valuable in any situation where you are annoyed and frustrated with your husband, children, colleague, boss or ex-husband.

“The more frustrated and angry and reactionary you are,
the more insight and wisdom you face.”

I call this: "The gift of learning in everything that pisses you off about your husband".

It always goes down extremely well with my clients. Laughing is an important part of my coaching.

We receive the gift of learning when we realize the reason why our husband can make us so frustrated, hurt, pressured, insecure, etc. The reason is that he is put in front of us to teach us something. My ex-husband and the thing that annoyed me the most about him was exactly what I needed to learn in life - the most. The qualities I lacked to be able to live out my full potential. The thing that I cursed and complained about and that made me tear raving mad and frustrated, was the same thing that was supposed to teach me what I lacked, to be able to lead a loving change for thousands of people around the world.

“There is a reason, and a very good reason, that he annoys you. Behind all the irritation is the wisdom you lack.”

Only when you learn exactly what he has to teach you, can you influence the world with the gift you have to give, and become the leader you were created to be and make the difference in the world exactly you can, and then you are the best version of yourself.

So be happy every time you get annoyed, with the right coaching all your annoyances will turn into millions.

For me, what I was missing in my life was what my ex-husband taught me; patience, presence, and being grounded. I (and many others) got mad at my ex-husband for being slow, indecisive, and not action-oriented. He could annoy women with his mere presence, not just me. He was and is even accused of being lazy, and he certainly is not. He just doesn't want to jump around for no reason, or for the sake of appearances or because it is expected of him. He relaxes and is calm. That is a quality many of us can use. Especially I.

3. Choice: e.g. Remove Verbal Garbage from Mouth and Mind

What can I do right now to Lead With Love?

Answer: Decide never to say anything negative about your husband and always see the positive. Remove verbal garbage.

One day I decided to never again think or say a single negative thought about my now ex-husband. It changed my entire world. And became an important part of my coaching.

I noticed how my conversation with other women and friends and family often turned into negative talk about our husbands and about mine. I didn't want to be a part of that, because I saw how quickly I got sucked into that conversation. And I knew that what I look at only grows! As soon as I say it, it will be. So I had to say it out loud and decide to:

“never think or say anything negative about my husband again.”

In a need to vent all our frustrations in the hope that our words and talk can fix them, we women end up listing all the things that annoy us about our man. Because we feel he doesn't understand us. And I understand that. But he will never understand you, at least it is very difficult for him. There is no point in listing the list. Absolutely none. It's like

peeing in your pants with a capital P. It provides a nice relief for a short while and then it creates burning and discomfort that if ignored requires years of couples counseling.

Everything you focus on grows. Everything good or bad in you is a result of what you choose to look at and nurture yourself. You can look at something you don't want if afterward, you ask yourself, what can I do about it? What can I do right now without yelling, blaming, complaining, or feeling sorry for myself? That is good management of yourself. This is how you get back to love, by leading *yourself* with love.

Why is verbal garbage removal so effective?

All emotions in us are ones we cultivate ourselves, emotions of joy, sadness, etc. This is why coaches are typically these annoying cheering idiots full of enthusiasm. I think I am both a therapist and a coach. Therapist because I go in and reshuffle some things in your brain so that you look at situations differently and see your own reactions in them. Coach because I believe that words only benefit when they lead to a new thought that leads to a new reaction, and a new action. A new pattern in your brain and in your mouth and in your heart.

“You can only replace bad habits with good ones by making new actions and reaction patterns. Everything starts with starting, and failing, before this, it starts with SEEING things differently.”

You can only look at things differently, by listening to new things, from one person whose knowledge you respect. You see things differently when you coach with me because you get a lot of a-ha experiences and new self-insights.

The day I decided I didn't want to be part of negative talk about my or other's husbands, my life changed forever. I took responsibility, I became super stubborn about always mentioning his positive sides, and everyone else's. That's a damn good habit and it's easiest to do this habit when you're a self-proclaimed cheering idiot aka "coach".

I clearly remember how I started to practice looking only at the positive aspects of him and describing him based on them. Both in thoughts and in words. The other side of slowness is patience. If you know someone who is fast, then the person is also impatient and vice versa if you know someone who is not particularly fast, he is usually very patient and accommodating.

“What does it say about me as a leader (leader of myself, my mood, my life, my family, my mouth, and of my relationship) that I am not patient?”

Thanks to my ex-husband and the journey I've been on, I've finally learned patience. If a client or business relationship doesn't, I accept it 100% and am never offended. That was not me once. Conversely, I always arrive on time myself, instead of my neurotic 40 minutes early, now only 20 to 10 minutes early. I don't get mad when other people are late.

Negative words I turned over in my thoughts and speech

- Slow = patient + thorough
- Indecisive = calm
- Inactive = present + spacious

When I looked at the list, it occurred to me that the positive side, of what annoyed me about my husband, were exactly all the qualities I lacked. Until then I had only looked at the negative. Instead of being happy to have a patient and accommodating spouse, which I'd rather have than an impatient one like me.

When I did that exercise, which I call “Remove Verbal Garbage” I clearly understood the meaning of my having met him. From that day on, I was able to reverse the feeling of

irritation more quickly. And laugh, and say dear "you are so thorough". When I meant slow.

When I practiced this "remove verbal garbage" step, instead of being annoyed that he was slow, I saw that my ex-husband was patient, present, and extremely calm. All of a sudden I had a completely different husband, the only thing that had changed was my view, or what I chose to look at.

The fact is that after he has thought very long about something, he does it quickly and without complaint.

When you practice this step with me, you'll suddenly hear yourself say a positive version of something that used to annoy you. If you think your husband is overly indulgent with the neighbor or taking advantage of you, you will say or think, "oh he is so helpful", when he won't give the kids direct orders and leaves them up long after bedtime, you will think "he's so loving and soft and sweet to the kids" When you think about this, he will accommodate your desire to put them to bed on time. He can feel what you feel and think. And you change your feelings by changing what you say to yourself.

"By replacing the negative words with positive ones
inside your head, you get what you want: you get back to love."

Practice makes perfect and how coaching comes into play

Just as honesty takes time, so does Accountability. The only way forward is practice, all journeys start with the first step and then the next, and then fail and try again.

When you have a good coach, you see that success is right behind what feels like failure. Without a coach, we stop right before our success and do all the sour hard work without the payoff.

A coach keeps you going and puts you on the right track. You can do the work without a coach, it just takes longer. In the time it takes before you can be honest with yourself and take responsibility, you send something out that you later get back. And when you get it again, it's hard not to blame your husband and lose hope and faith in love.

Why do you get “back to love” with a coach?

Answer: Coaching simply means practicing, failing, and getting up again.

You can't smell the shit when you lay in it. We can't see ourselves from the outside. We need someone else's eyes on us.

You don't know that you are on the wrong path until I put you on the right one and you EXPERIENCE the miracles.

The truth behind honesty and responsibility is that love is always there. All you have to do is feel it. And that has nothing to do with your partner. All this will become clear to you in a very short time when you coach with me.

The fact that love is always there does not mean that we do not want to be somewhere else than we are and achieve something more and something new. It simply means that we manage our own lives. Every time we point out our husband's or ex-husband's faults and shortcomings and what he can do better, we tell ourselves that he has the power.

When we give him the responsibility for how we feel, we miss out on everything we should and can learn from the situation. When we blame him for how we feel, we tell our brain that we have no control or influence over our own lives.

In the exercises we do together, you quickly learn to see and react differently, because I turn your brain to think in reverse and look at how you can change the situation.

It's all a matter of training. If we don't practice and have someone interrupt us when we start coming up with stories and explanations that justify why it's his fault or not, then we don't learn to change behavior and thinking.

When I'm your coach you have a person who interrupts your stories because I care more about telling you the truth and getting you to your goals in life than whether you like me or not.

Everyone else in your life, more concerned with you liking them and avoiding conflict, fails to tell you the truth. Otherwise, they tell the truth in a way you cannot accept.

What is the biggest mistake people make?

Answer: caring about what other people think.

Is my coaching for you?

Answer: Yes, if you are more interested in the truth (improve yourself) and Lead With Love than you are about feeling good about yourself and safe, and looking good on the surface, then you are a match for my coaching. If you WANT, be OPEN and WILLING.

If you really want to have a better love relationship (open) and if you are WILLING to look at what YOU can do better and not him. If you are WILLING to look at and try a whole new way to achieve your goal.

Are you a good match for my coaching?

Yes, Why? _____

No, Why not? _____

What stories come up about coaching not being for you?

Do you get irritated (triggered) explain?

Favorite case Sarah (named changed for privacy)

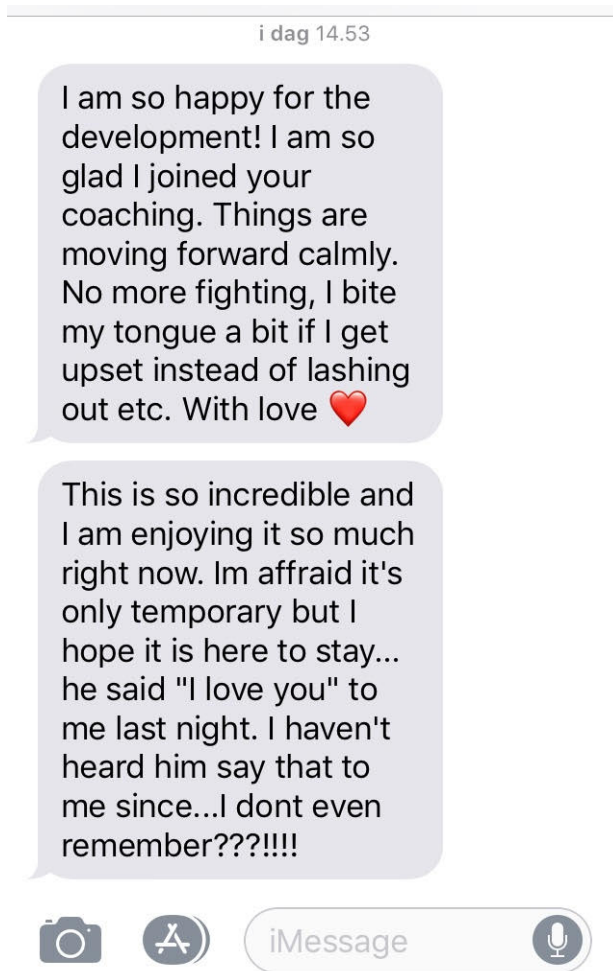
Sarah joined my 3 month Lead With Love program price 2,000 USD in November 2019 today this costs 2,500 USD. She got her beloved husband back in less than 24 hours.

Sarah had EVERY reason to complain. Her husband had no job, no phone, and would not apply for benefits. She felt like a single parent and sole provider they have 3 kids.. The kitchen table was collapsing and the lamp was hanging down from the ceiling, a pile of bicycles was on the floor. Sarah couldn't get anyone else to fix it because then her husband would get mad, but he didn't do it either.

Sarah called me at the lowest point in her life and in her relationship, she was broken. After talking to her for 2x1 hours, and then chose to sign up for my 3-month Lead With Love program.

She agreed to do step 8 and not to complain for 24 hours and miracles happened!! For over 5 years he had been talking about finding a job, but never tried, now he was looking for work and he bought a phone and began fixing all the things in the house!

It was awesome. Best of all they had a date night for the first time in a long time, and he said he loved her!! Total turnaround in the relationship in 24 hours. **Text messages from Nov 13.**



What do clients say about my coaching?



Denise Jones 🙏 · 0:00 I am 52 and have been looking for this my whole life!!!! It has allowed me such a relief.



Synes godt om · Svar · 6 u



Denise Jones 🙏 · 0:00 I swear he has been listening to these recordings!!!! He has been showing me in sooo many ways that he loves me. He tries to be cleaner, he talks so much nicer to me. And we have had the most awesome talks even about FEELINGS and still no fight. I don't know wtf but I'm just loving it we'll it lasts. It has given us time to have fun and see what we can have!!! Now we just have to make that choice daily. I just broke down and cried it felt so good.



Synes godt om · Svar · 6 u



I have been in therapy for 20 years stuck in my stories in one session you made me see and believe more in myself than I ever have. In one session you made me see the real me and that I can have the life and love relationship I want right now! You made me jump into it! Both in work and my personal life. Thanks! You are SO good at this...



Samantha Kirkegaard Poulsen

1 kommentar



Synes godt om



Kommenter



Samantha Kirkegaard Poulsen You am honored... its is a privilege

Synes godt om · Svar · 1 min



Rachel J. Trautwein Great video! I'm so glad I have Amanda as my coach. I've accomplished a lot so far that I wouldn't have on my own. And I have someone who understands anger! So I don't have to hide just how crazy I get.... I'm making a lot of progress and my husband and I are fighting way less.



Synes godt om · Svar · 10 u

... ..

My one conversation with Samantha made me have a solution. I truly and really recommend Lead With Love it's been an eye-opener for me. And I hope it is for all you women out there. I just want to say thank you because after so long I have found something that really helps me.

- Isabella Cantos, United Kingdom

If I had known then what I have learned now by reading and watching your shows and reading the emails, I might still be married.

- Bob Jensen, age 55, United States

It's amazing that you manage to lead me around to actually gently acknowledge that I am the one that I can change. You've led me down an interesting path to come back to myself. It's me stopping me from being loved, not him, my heart feels a little bit more relieved just saying that.

It is a responsibility.

I am glad to not hear this. Should I leave him or should I stay with him? I feel quite tinkly about it. It is so pragmatic, it's right back at me which I like rather than talking about the old story again and again. I need to up my game.

- Lesley Butler, age 48, United Kingdom

I am feeling so grounded and so ordinary in a nice way and natural. My heart feels safe and I feel open and invited. So grateful for the connection I have made with Samantha she is a lovely woman

- Susan O'Hara age 48, Ohio

My biggest takeaway was that you made me realize what a blessing it actually was that he told me that he needed time for himself and some space from me. I just saw it as something negative because I got caught up in feeling dismissed. But after our talk, I could see it more clearly. I have been wanting him to open up to me and share more of his feelings. This is his way of doing that. I now feel honored that he feels safe enough to express that need to me!

Thank you so much for helping me see things differently Samantha!

- Vida, Sweeden

Husband: "I don't know what your doing but keep doing"

Ok, so I thought I would update you with how my relationship is going. Firstly, I would like to mention again my one conversation with Samantha helped me see things from a different perspective , help me get out of the same rut & bad habits and patterns that wern't getting me anywhere. The constant blaming , and arguing. So I took Samantha's advice and tried seeing things from his point of view , tried to understand how he felt and try to change things around instead of confronting him just acting with more love and underatanding from my part. I can tell you that it works when they see that you are not fighting or getting angry just trying to forget the negativity and changing and becoming more positive then he will see how you have changed and it will make him change too and therefore improve the relationship which is basically what we all want right ?

I am not saying that its easy. I still experience lots of ups and downs but I try to go back to positivity and love as i know that its the only way forward.

Even when we were in a good place after speaking to Samantha , Matty noticed that change in me and said to me 'i dont know what you're doing , but keep doing it ' he was happier and I was happier.

Anyway, I hope we can all turn our relationships around and live a happy life with the people we love.

Thank you Samantha ❤️

Feedback about my 12-month program at \$1,000/month

"What I like about the program is the level of commitment and that I get to work with someone who is sincere and has integrity. I like the intensive work with accountability calls and the fact that it is not rigid if I feel the need for help I can always reach out and just book a call. That is really lovely to be so flexible."

- Sarah, United States

Shelly's feedback

Shelly was one of my first clients, we talked for 15 min. per week for 3 months she paid a total of \$1,000. What Shelly describes is what all my clients generally get out of working with me, in addition to their very specific goals.

Shelly [REDACTED]

til mig ▾

Amanda,

Thanks for your checking in with me yesterday. Also just for your support and encouragement.

~~I had someone on the phone with me, I was just met yesterday, and she would like to go for tea or coffee~~
we could do that in the future. It was a little scary to get out of my comfort zone and put myself out there.

1. What specific results did I get from working with you?

1. Better communication in how I deal with my family and other people in my life.
2. Clearing out some bad stuff that happened to me as a child and letting that go.
3. Setting goals for myself, small and larger ones.

2. What other transformation happened in your life because of these results?

1. Less anger about how people will react or how they behave.
2. I am learning how to handle disappointments in my life and not dwell on them.
3. I am learning to be more assertive in asking for what I want and need.
4. I am having more confidence in my abilities and less afraid to make mistakes.

Hope this helps!

Shelly

What people got out of my master class

“Peace and calm communication without triggers”

- Christian

“Self-confidence after healing childhood trauma”

- P.J.

“To not use revenge, just communication”

- Chris Green

“Happy to not use Revenge does not work. It decreases me.”

- Tom

“Understand still stop blaming if he is going to keep blaming”

- Julia

“take away blaming it makes me a victim but taking responsibility is empowering...”

- Mary

“Accept what you can and can not control.”

- Bob

“I created some new boundaries otherwise I would have been resentful”

- Marianne

Feedback from my shows



Michael Voigt <mvinc01@gmail.com>

til Amanda ▾

Amanda

the only message today to anyone that I have for anyone
Is to you, I truly got the most out of my ride to work today you pipin' out the cell.
I have to say your words are the most honest I hear from anyone.

trust me I live here in Cali and I work around psych MD, NP, neurosurgeons. and all the letters after there
name means anything, not one of them could speak to an audience like you did today
anyhow for the record, Yes! I really liked your honesty today.

fre. 31. aug



Rosalind Sedacca

til mig ▾

You did a great job, Amanda!

I really appreciated your candor in whatever you talk about. You're authentic, real, unpretentious and I think your li
You come across as a mentor they can trust.

So keep up the great work. I hope it's being successful for you.

man. 3. se

More Feedback...

"I am feeling so grounded and so ordinary in a nice way and natural."

"My heart creaked open, my heart feels safe and open and invited. My heart feels like there is no pain in it, which is such a good thing, so thank you so much for the way you contributed to that. I am so grateful for the connection."

- Lesley, United Kingdom



Denise Jones 🌿 · 0:00 I can thank you enough for sharing your life so freely with me(I know it's live on fb but I feel such a deep connection with you, it's like you are reading my heart!!!) you remind me I need to get out of my head and be the person I am. And quit being a hater and angry person. Thank you from the bottom of my heart. And I can't wait to see what we get to learn next. 🌸🌸

Synes godt om · Svar · 20 t.



Special offer for you today

Thank you so much for reading all of this!

As a reward and because I am so grateful you took the time to read my words, I'd like to offer you a spot in my 3-month Lead With Love program. And I'd like to do this at a special price, normally the program is 2,500 USD, I'd like to offer you a 700 USD discount.

Today you pay only 1,800 USD for my 3-month program where you learn the 12 steps.

Do this today. And forever transform your relationship with love, and stay grounded no matter what goes on around you, or hold the keys to do so when you slip.

Take this offer. And Be Transformed.

Lead With Love Gift Certificate

897 USD

Claim this offer today, and get a one-on-one session with me.

1-hour coaching call with me:	197 USD
3-month coaching program:	2,500 USD
Total value	2,697 USD
Today you pay only	<u>1,800 USD</u>
Total savings	<u>897 USD</u>

Claim your gift and book your call here:

<https://calendly.com/samanthakirkegaard/gift-certificate>

What makes me different from another coach?

Answer: **I am prepared to do ANYTHING to get you your results!**

February 2018, I was in California after my first show and promised my audience that if they dared to open up and share their problems, I would live-stream my "angry wife shock treatment", which is to run butt naked into the freezing ocean. When I came home in March there was a snowstorm! But a word is a word so I had to. That was COLD and a limit to cross. Today, in 2022, I am an experienced winter bather, then I was a beginner. It's still a limit to cross but now it's a habit.

