

RADICAL RELATIONSHIPS

Beyond Happily Ever After 5 Strategies for a Radical Relationship



With David Steele, MA, MFT, CLC
Founder, Relationship Coaching Institute



RADICAL RELATIONSHIPS

**What you see depends upon
where you're standing and
where you're looking.**



RADICAL RELATIONSHIPS

The Love Story:

***Jack and Jill Live
Happily Ever After***



RADICAL RELATIONSHIPS

Jack and Jill Live Happily Ever After

Scene 1: Jack meets Jill (exciting)



RADICAL RELATIONSHIPS

Jack and Jill Live Happily Ever After

Scene 2: Jack and Jill fall in love
(even more exciting!)



RADICAL RELATIONSHIPS

Jack and Jill Live Happily Ever After

Scene 3: Jack and Jill get married
(yep, also exciting!)



RADICAL RELATIONSHIPS

Jack and Jill Live Happily Ever After

Scene 4: Jack and Jill's relationship
becomes routine



RADICAL RELATIONSHIPS

The Question

Who wants “happily ever after”?

[Answer: *Everyone*]

RADICAL RELATIONSHIPS

The Problem

What you don't conceive or believe, you can't achieve.

RADICAL RELATIONSHIPS

The Default

Whatever happens, happens...

- No problems = “Good”
- Comfortable - basic needs are met
- Focus on relationship “as needed”
- Compromise is primary strategy

See a problem?

RADICAL RELATIONSHIPS

The Default



RADICAL RELATIONSHIPS

The Radical

rad.i.cal (adjective): very different from the usual or traditional

What would make you ecstatically radically happy beyond your wildest dreams?

- Desires/dreams you're aware of
- Desires/dreams you're unaware of
- Desires/dreams that evolve

RADICAL RELATIONSHIPS

The Radical



RADICAL RELATIONSHIPS

The key to happily ever after:

Life is a journey, not a destination



RADICAL RELATIONSHIPS

How?

Strategy #1: Radical Dating

Strategy #2: Radical Commitment

Strategy #3: Radical Intimacy

Strategy #4: Radical Sex

Strategy #5: Radical Living

RADICAL RELATIONSHIPS

Strategy #1: Radical Dating

- Learn and practice Conscious Dating
- Crystal clear Vision
- Requirements, Needs, Wants
- Believe in yourself and your dreams
- Don't settle

(more at consciousdating.com)



RELATIONSHIP
COACHING INSTITUTE

RADICAL RELATIONSHIPS

Strategy #2:

Radical Commitment

- 100%, no exits
- Physically and emotionally
- Attitude as well as behavior
- Unconditional
- Prioritize your partner's happiness

RADICAL RELATIONSHIPS

Strategy #3

Radical Intimacy

Intimacy:

“A close, familiar, and usually affectionate or loving personal relationship with another person”

RADICAL RELATIONSHIPS

Radical Intimacy:

Sharing your private thoughts, feelings, wants, needs, fears, secrets, fantasies, and desires; everything inside you without holding anything back.

RADICAL RELATIONSHIPS

Radical Intimacy

Strategy #1: Create safety for yourself

RADICAL RELATIONSHIPS

Radical Intimacy

Strategy #1: Create safety for yourself

Strategy #2: Create safety for your partner

RADICAL RELATIONSHIPS

Radical Intimacy

Strategy #1: Create safety for yourself

Strategy #2: Create safety for your partner

Strategy #3: Continually take risks

RADICAL RELATIONSHIPS

Radical Intimacy

Strategy #6: Tell the whole truth

RADICAL RELATIONSHIPS

Radical Intimacy

Strategy #6: Tell the whole truth

Strategy #8: Positive response

(more at radicalmarriage.com)

RADICAL RELATIONSHIPS

Some Facts About Sex

- 25% of men and women lack interest in sex (Hypoactive Sexual Desire)
- 20% of relationships are sexless
- 15% of married couples haven't had sex in 6 months or more
- Sex is great for your relationship and your health

RADICAL RELATIONSHIPS

More Facts About Sex

- Sex gets better with age
- Having sex increases interest in sex
- Desire and arousal are not correlated
- When you're having sex as often as you'd like, you're happy with your sex life

RADICAL RELATIONSHIPS

Radical Sex

Strategy #3: Prioritize your partner's fulfillment

RADICAL RELATIONSHIPS

Radical Sex

Strategy #3: Prioritize your partner's fulfillment

Strategy #4: Take responsibility for your fulfillment

RADICAL RELATIONSHIPS

Radical Sex

Strategy #5: Structure into your routine

RADICAL RELATIONSHIPS

Radical Sex

Strategy #5: Structure into your routine

Strategy #6: Embrace “what is”

RADICAL RELATIONSHIPS

Radical Sex

Strategy #9: Daily sex

RADICAL RELATIONSHIPS

Radical Sex

Strategy #9: Daily sex

Strategy #10: Expand beyond traditional
intercourse

RADICAL RELATIONSHIPS

Radical Sex

Strategy #9: Daily sex

Strategy #10: Expand beyond traditional
intercourse

Strategy #14: Compile your Radical Sex Playlist

(more at radicalmarriage.com)



RELATIONSHIP
COACHING INSTITUTE

RADICAL RELATIONSHIPS

Strategy #5: Radical Living

- What is your biggest dream/vision?
- What is your life purpose?
- Believe
- Just do it
- Get support & lean on your team

RADICAL RELATIONSHIPS

You CAN live “Beyond Happily Ever After.”



*It doesn't matter where you've been.
What matters is where you're going,
and how you'll get there.*

RADICAL RELATIONSHIPS

Recap of Five Strategies for a Radical Relationship

Strategy #1: Radical Dating

Strategy #2: Radical Commitment

Strategy #3: Radical Intimacy

Strategy #4: Radical Sex

Strategy #5: Radical Living



RADICAL RELATIONSHIPS

For more information get your FREE
Radical Marriage membership at
www.RadicalMarriage.com

Relationship Coaches Wanted!

Free Relationship Coach Starter Kit
www.RelationshipCoachingInstitute.com

