


Genius Variety Show: Couples Genius


GENIUS VARIETY SHOW
w/ MEGAN SILLITO
COUPLES  GENIUS

guest
ANNABETH CHRISTIE
RELATIONSHIP + SEXUALITY COACH
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coaches

Relationship Energy
Relationship Drains
DRAMA
Conflict
Recycling old Patterns 

DRAMA transformed COCREATIVITY
belief that the partner/relationship is the cause of problems
clearing out energy drain
belief changes to supporting both partners and is a Springboard for SUCCESS
opportunity to HEAL  

Relationship attracts qualities each partner admires in the other
can also come out as annoyances w/ one another
the GIFT comes in discovering opportunities to appreciate partner's genius qualities 


Cocreativity
individual genius qualities + individual genius qualities
Cocreative Genius TABLE

RELATIONSHIP WONDER QUESTIONS
What are the FLOW MOMENTS?
IN THE BEHAVIOR THAT IS ANNOYING, WHAT IS THE GENIUS QUALITY?
WHAT IS OUR COUPLES GENIUS?
WHAT ARE WE DOING TOGETHER WHEN WE ARE HAVING THE MOST FUN?
WHEN ARE WE MOST CONNECTED?

WRITING MY OWN RELATIONSHIP SCRIPT (BLUE PRINT)
get support/coaching from individuals in healthy relationship models that are admirable
VS. getting support from individuals in unhealthy relationship models
create own relationship rules and keep the rules fluid (open to change) - updating -