



# Table of Contents

<b>TABLE OF CONTENTS.....</b>	<b>4</b>
<b>ACKNOWLEDGEMENTS .....</b>	<b>9</b>
<b>OVERVIEW.....</b>	<b>17</b>
INTRODUCING PAM AND MARCUS .....	18
WHAT IS A LIFELONG HONEYMOON?.....	20
WHAT CAUSES THE HONEYMOON TO END? .....	20
A SUMMARY OF THE PORSHA PRINCIPLES.....	22
UNDERSTANDING THE WHEEL.....	25
PRACTICING THE PRINCIPLE.....	27
THE PRINCIPLES ASSESSMENT .....	28
<b>PRINCIPLE 1: LET THEM KNOW YOU...NOT YOUR REPRESENTATIVE.....</b>	<b>31</b>
INTRODUCTION .....	32
WHAT IS A REPRESENTATIVE? .....	33
WHY DO WE CREATE REPRESENTATIVES? .....	33
HOW DO REPRESENTATIVES SHOW UP? .....	33
REPRESENTATIVES LATER IN THE RELATIONSHIP .....	34
DEEPER DIVE .....	35
SAMPLE DIALOGUE: THE REPRESENTATIVE .....	36
AUTHENTICITY: A KEY TO YOUR LIFELONG HONEYMOON.....	36
WHAT CAN HAPPEN WHEN YOU ARE NOT AUTHENTIC? .....	37
WHO'S "REPPIN" YOU? .....	37
PERSONAL INSIGHT .....	38
PROACTIVE STRATEGIES .....	39
INTERVENTION STRATEGIES.....	39
BACK TO PAM AND MARCUS .....	40
SUMMARY AND CLOSE.....	41
PRACTICING THE PRINCIPLE.....	41
PARTS OF ME .....	42
<b>PRINCIPLE 2: CULTIVATE INTIMACY...AT DEEPER LEVELS .....</b>	<b>43</b>
INTRODUCTION .....	44
WHAT IS INTIMACY? .....	44
WHAT HAPPENS WHEN YOU DON'T HAVE INTIMACY? .....	45
WHAT DOES IT MEAN TO HAVE INTIMACY IN ALL AREAS?.....	45
HOW DO YOU ASSESS THE DEPTH OF INTIMACY IN YOUR RELATIONSHIP? .....	46
INTIMACY: SAMPLE AREAS AND LEVEL .....	46
WHAT ARE THE KEYS TO ACHIEVING A DEEPER LEVEL OF INTIMACY? .....	48
WHY AREN'T DEEPER LEVELS OF INTIMACY ACHIEVED IN SOME RELATIONSHIPS? .....	48
DEEPER DIVE .....	49
SO, WHAT ABOUT THE SEX THING?.....	49
PROACTIVE STRATEGIES .....	51
INTERVENTION STRATEGIES.....	53
PERSONAL INSIGHT .....	54
SUMMARY AND CLOSE.....	54
PRACTICING THE PRINCIPLE.....	55
THE INTIMACY GAME .....	56
<b>PRINCIPLE 3: LIFT YOUR PARTNER...EVERY DAY .....</b>	<b>59</b>
INTRODUCTION .....	60
THE FIVE LOVE LANGUAGES.....	60
HOW DO YOU LEARN YOUR PARTNER'S LOVE LANGUAGE? .....	62

THE POWER OF THINKING .....	63
PROACTIVE STRATEGIES .....	64
INTERVENTION STRATEGIES.....	67
DEEPER DIVE .....	68
SUMMARY AND CLOSE.....	69
PRACTICING THE PRINCIPLE.....	70
<b>PRINCIPLE 4: MANAGE THE DIFFERENCES...WITH CARE AND COMMUNICATION .....</b>	<b>71</b>
INTRODUCTION .....	72
UNDERSTANDING THE STYLES.....	74
UNDERSTANDING THE DIFFERENCES .....	78
INTRODUCTION TO THE STYLE COMPARISON TABLES.....	79
FOCUSING ON YOUR KEY DIFFERENCES .....	81
COUPLES TENDENCY PROFILE.....	82
DEEPER DIVE .....	88
PROACTIVE STRATEGIES .....	88
PERSONAL INSIGHT .....	89
INTERVENTION STRATEGIES.....	90
SUMMARY AND CLOSE.....	92
PRACTICING THE PRINCIPLE.....	94
<b>PRINCIPLE 5: AVOID THE FIRE STARTERS...THEY CAN IGNITE A BLAZE .....</b>	<b>95</b>
THE VICIOUS CYCLE.....	96
THE FOUR HORSEMEN OF THE APOCALYPSE.....	97
ADDITIONAL FIRE STARTERS.....	97
DEEPER DIVE .....	99
PROACTIVE STRATEGIES: PREVENTING THE FIRE BEFORE IT STARTS.....	99
INTERVENTION STRATEGIES: EXTINGUISHING THE FIRE BEFORE IT BECOMES A BLAZE .....	100
EXTINGUISHING RESPONSES: THE FIRST STEP .....	101
WHAT IF MY PARTNER IS NOT WILLING TO CHANGE? .....	103
SUMMARY AND CLOSE.....	103
PRACTICING THE PRINCIPLE.....	105
<b>PRINCIPLE 6: ADDRESS CONFLICTS...RESOLVE DISAGREEMENTS.....</b>	<b>107</b>
INTRODUCTION .....	108
DISAGREEMENT TYPES.....	108
LEVEL-1 DISAGREEMENTS: LACK OF SHARED INFORMATION .....	109
LEVEL-2 DISAGREEMENTS: DIFFERENT VALUES .....	112
PERSONAL INSIGHT .....	116
LEVEL-3 DISAGREEMENTS: OUTSIDE FACTORS.....	116
DETERMINING THE DISAGREEMENT LEVEL .....	118
PROACTIVE STRATEGIES .....	118
DEEPER DIVE .....	119
SUMMARY AND CLOSE.....	120
PRACTICING THE PRINCIPLE.....	122
<b>PRINCIPLE 7: REPAIR RUPTURES...THEY CAN RUIN YOU .....</b>	<b>123</b>
INTRODUCTION .....	124
THREE CHARACTERISTICS OF EMOTIONAL RESPONSIVENESS .....	125
3 TYPES OF RUPTURES.....	126
BACK TO PAM AND MARCUS .....	127
IDENTIFYING CAUSES OF RUPTURES.....	129
DEEPER DIVE .....	131
PROACTIVE STRATEGIES .....	130
INTERVENTION STRATEGY.....	130
SUMMARY AND CLOSE.....	131
PRACTICING THE PRINCIPLE.....	132

<b>PRINCIPLE 8: PROFESS, PROTECT, AND PRIORITIZE YOUR RELATIONSHIP...WITH YOUR THOUGHTS, WORDS, AND ACTIONS.</b>	<b>133</b>
INTRODUCTION	134
REVISITING THE POWER OF THINKING	134
THE IMPORTANCE OF BOUNDARIES	135
DEEPER DIVE	135
TRANSITIONS	136
PROACTIVE STRATEGIES	137
INTERVENTION STRATEGIES	139
SUMMARY AND CLOSE	140
PRACTICING THE PRINCIPLE	141
<b>FINAL THOUGHTS</b>	<b>143</b>
COUPLE'S ACTION PLAN	145
PERSONAL INSIGHT	146
OUR WISH FOR YOU	146
<b>APPENDIX</b>	<b>147</b>
THE STYLE COMPARISON TABLES	148