

**After The Passion. . .  
Now What?**

# **Companion Workbook**

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By

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## **Publisher Information**



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## ***“After the Passion ...Now What?”***

### **Companion Workbook**

#### ***Taking Charge of Your Life***

The information contained in this companion workbook is in no way, form, or fashion, a replacement for the appropriate licensed, certified, or professional help in the appropriate field. The information presented is for educational purposes only and should be perceived as such.

You may have been dealing with issues in your own relationship that have caused you to be off course and are making you seem like you are on a rollercoaster. Now, it is time to get your life back on track by finding a path that will lead you there.

The following pages are presented to serve as an educational guide in hopes of providing information for you to think about.

You can either give consideration to applying some of the principles suggested in anticipation of getting a different result, or you can make a decision to do absolutely nothing and remain in your current situational status. Whatever you decide to do, remember the consequences are yours to live with.

I wish you well throughout your journey for a healthy and happy life with yourself and your relationship anew.



## **“After the Passion... Now What?”**

### **Companion Workbook**

#### **Dedication**

This companion workbook is dedicated to anyone who has ever been in love, is aspiring to be in love, or who may have had their heart broken for reasons known or unknown. This companion workbook was written exclusively with you in mind.

It is not a cure all, yet, if you give it quality time, energy and considerable thought, coupled with the comprehension you find within the pages, I am confident you will find enrichment in your life in terms of your educational perspective on the dynamics of human emotions, especially when it relates to relationships.



## **Acknowledgement**

I would like to extend my sincere gratitude and appreciation to my dear friend, Jeanne Charles, for her unwavering efforts in assisting with the creation and editing of this workbook. It is through our endless discussions coupled with her support and encouragement that I was able to transform a concept into the product you see today.



## The Format of This Workbook

This companion workbook is offered in a way that will help you think about the dilemmas presented in each chapter of the book. First, a brief synopsis of the story is given in the **Scenario** presented in each workbook chapter. Second, a **Question** is presented for your consideration. Third, a **Thought** is presented. Here is where I try to give the reader Food For Thought that will help them in responding to the final section which is where **You Draw the Conclusion**. A good thing about “*choice*” is that you can draw or make your own conclusion from the story of your own life. If you, or someone you know, are experiencing an unhealthy situation in your relationship, take the time to draw your own conclusion. It could make a difference for you and someone you love or care about.



## **Disclaimer**

The relationship coaching or food for thought contained herein is not to be used as a substitute or replacement for assistance in the appropriate licensed, certified, or professional fields. The information presented is for educational purposes only and should be perceived as such.



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**After The Passion. . .  
Now What?**

**Companion Workbook**

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## CHAPTER ONE

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### *“The Ex-Connection”*

#### **The Scenario:**

**This story in brief is about Bob and Sally, a couple who met over the Internet. Unfortunately, the story has a twist to it. Bob pursued Sally over the net although he had only recently experienced a break up with his ex fiancée whom he was still very much in love with.**

**Despite numerous warnings to Sally, letting her know how much he still loved his ex, she insisted she wanted to give the relationship a try. Her persistence eventually paid off... or, at least temporarily, but not without her realizing that she was a victim of.....**

*Read or reread the full version in Chapter One of the book to find out why she felt like she was the victim. Be prepared to discuss your findings in an upcoming seminar near you or as a member of our book club. See the back of the book for more information on membership in our book club.*

**I. A Question:****Is Bob to Blame for Sally's Pain?**

Some readers may find this question to be relevant while others will have a different perspective. Nevertheless, the question is real and this has happened to many people, perhaps even you, the reader. Are you to blame for someone's pain? Or did someone else cause or contribute to your pain?

There are certain questions that can really only be answered by you as it applies to some aspect of your thinking or even your very own experience or training.

I have not met anyone that enjoys the pain of a broken relationship, especially if they feel they are the victim. If you've ever encountered or experienced a broken relationship, you know what I'm talking about.

In this particular story, "The Ex-Connection," Bob was careful in telling Sally, repeatedly, that he was not ready for a relationship because he had encountered a recent breakup and his heart had not healed from that relationship as yet. As a matter of fact, he specifically told Sally that he was still in love with his ex-fiancée.

You may remember it was Sally's persistence that moved Bob to give the relationship a try. In actuality, it appeared that Bob used this coaxing to keep him busy until 'time' helped him along the way.

Unfortunately, during Bob's ride with 'time', if you please, it brought heartache to Sally, an obviously loving and caring person that opened up her heart and love to Bob.

Should Sally badger herself by continuing to pursue Bob in an attempt to find out the obvious, “*why*” he left her, or should she chalk it up to another learning experience and move forward with her life? My friend, it’s much easier said than done.

You and I can go on and on with this, asking question after question, until the sun rises or sets and still be in the same spot seeking answers or reasons that may or may not exist.

Okay, I believe that Bob did in fact contribute to Sally’s pain, but he is not totally responsible. He could have been man enough to stand his ground. Sally may have respected his decision and they could have chosen to remain friends.

### **A Thought:**

#### **Will begging or pleading really make a difference?**

When someone fresh out of a relationship, and in some cases otherwise, tells you up front, clearly, decisively, in any form, act, or behavior that they are NOT ready for a relationship regardless of the reason, it is BEST to listen to them and not simply just hear them. Your begging, pleading, attempting to persuade them could be to no avail in the end after you have invested YOUR precious time, energy and resources.

There are always exceptions to some rules. The question is: “Is it worth the risk of your time, energy, and resources?” You may not understand it now, but the best thing to do may be to move on with your life, but only you can decide this. You may just find a favorable challenge in the unknown.









## CHAPTER TWO

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### *“Stamp of Approval”*

#### **The Scenario**

**This story is about Sergio and Pearl, a couple who met at the post office while they were simply discarding some junk mail. Sergio waited for the right time to approach Pearl to make his manly move on her.**

**Within a short period of time, Sergio had what he wanted, an exchange of phone numbers.**

**In this story, it appears that Pearl seemed desperate to have a man in her life, a man in this case whom she knew too little about to actually rush into a relationship, a situation that could eventually turn out to be an experience that leaves her with the horrible pain of...**

*Read or reread the full version in Chapter Two of the book to find out what horrible pain Pearl may have experienced. Be prepared to discuss your findings in an upcoming seminar near you or as a member of our book club. See the back of the book for more information on membership in our book club.*

**I. A Question:**

**Did Pearl really know enough about Sergio to become so seriously involved with him?**

Often times, we let our eyes lead us to a place that our hearts will follow. That road, my friends, is what can seriously bring us grave pain and suffering, a result of the decision or choice we make to get involved with someone that may not be the one for us.

To simplify this, you see a person in the grocery store and sum him/her up to have the look that you like. Whether you are approached by him or her is irrelevant. You may be on the verge of making a decision to exchange phone numbers or play hard to get if they invite themselves into your space. You know the game.

Nevertheless, let's say you are approached, perhaps as a result of someone that may have noticed you trying to avoid watching or staring at him/her as he/she passed through the aisles. Now comes the challenge that you had been hoping for—the conversation. Please don't misunderstand, a general conversation is okay, and it causes you not to be viewed as rude. This of course is dependent upon how you are approached.

Assuming you are approached in a decent and kind manner and the conversation is generic, a response displays some form of our civil nature. The concern, or that which could lead to a problem later, is when the conversation leads in a direction that invades into our intimate world or space.

For example, to be asked a personal question such as your telephone number is just that—personal. People of age, including young adults, are smart and intelligent enough to

know when someone may be attempting to cross the line because they have an ulterior motive for conversing with us.

Based on this extended dialogue, we have decided to act on the prior assessment of what was seen by the eyes and now moved by the heart to give in/out. For a woman, if interested, the look and attire may be there already, and the voice (sound, type, conversation) will confirm a yea or nay, especially if his teeth and hygiene are in order. Of course, this is definitely not necessarily true of all women.

A man has his ways that meet the eye, which are usually physical first. You may want to keep in mind that some men look for body types, but guess what? I think women do very much the same.

### **A Thought:**

**Could desperation cause us to make a bad choice or decision about a relationship?**

I think the worst time to think about pursuing or agreeing to a relationship is when a person is desperate. In my opinion, when a person is desperate, he/she may not be thinking with all his/her faculties in place. In other words, his or her objective views are clouded by his or her emotions which could ultimately cause him or her to make a bad choice that they could regret later in the relationship.

## **II. You Draw the Conclusion**

Here again is the opportunity for the right choice to prevail by drawing your own conclusion.



5. What factors would you consider necessary in determining whether a person has a significant other before giving out your phone number or becoming too intimately involved?

## CHAPTER THREE

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### *“Incompatibly Yours”*

#### **The Scenario**

**This is a good tale about actually judging a book by its cover. Mr. Charles, a custodial employee, meets and desires a relationship with Ms. Jones, a beautiful young elementary school teacher.**

**Ms. Jones has eyes for Mr. Charles but is reluctant to give him the time of day because of his job title. She feels there could be a conflict in compatibility.**

**I invite you to dive into this story as you watch a beautiful romance, having to do only with matters of the heart, unfold right before your eyes.**

**As you conclude this story, you will find a message of hope instead of...**

*Read or reread the full version in Chapter Three of the book to find out what message of hope took place in this story. Be prepared to discuss your findings in an upcoming seminar near you or as a member of our book club. See the back of the book for more information on membership in our book club.*

**I. A Question:**

**Does making an assumption about a person always have to end up wrong?**

Not necessarily. Sometimes our assumptions may be preempted by our gut feelings or instinct. In most cases, we are not wrong. I think in this particular story, this may be the exception and not the rule. The bottom line is that it will still come down to our decision and the consequences that will follow that decision.

**A Thought:**

**Should we really judge others because they may wear a different uniform?**

By now, we know you can't always judge a book by its cover. I can certainly say that we should do our investigative homework or assessment before we do any committing. This alone could save us major time and help avoid a life of emotional unrest.

**II. You Draw the Conclusion:**

Following are some questions for consideration that could aid in our choices. Feel free to write down your thoughts as you consider each question:

1. Did Ms. Jones initially have a valid hang up about their educational levels? If so, why do you think this was the case?
2. Should education be a factor when considering or choosing a companion?
3. What are the odds of succeeding when two individuals are not educationally compatible?
4. Should you really care about what other people think?

5. What, or should I say, who are you missing out on because of your views on educational differences or your caring about what others may be thinking?

## CHAPTER FOUR

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### *“The Right Words”*

#### **The Scenario**

**If you don't think it could happen to you, try reading this story about this couple. The husband was accused of being a 'workaholic' by his very own wife. Despite his efforts to let her know his work ethics were for their future benefit, she did not hesitate to find only what she needed to hear in the right words.**

**Though it had rather shocking turn of events, this story will leave you with a great deal to think about whether you're working too much or otherwise.**

**In the end, what you may have thought to be the right words could leave you faced with...**

*Read or reread the full version in Chapter Four of the book to find out what the right words were that may have caused the character in this story to be intrigued. Be prepared to discuss your findings in an upcoming seminar near you or as a member of our book club. See the back of the book for more information on membership in our book club.*

**I. A Question:**

**Have you ever had to compromise your own words to make them right?**

Only you can really and truly answer this. Your answer should be one that is very important to you, and most of all, it should be an honest answer.

**A Thought:**

**Is it true that our words can get us in trouble?**

I'm sure all of us, who are of age, have spoken words that we wish we could take back or never had said. When it comes to relationships, I think it would serve to our advantage if we gave more consideration to our words, which may be preceded by our actions. Write about a time when you spoke a word(s) that you wished you could take back. What would you have done differently?





## CHAPTER FIVE

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### *“The Healer”*

#### **The Scenario**

**How often it happens to the very best of us when we put our emotions out there hoping that others will be kind enough to be honest by simply telling the truth! Yet, how can we expect the truth if the right questions are not asked? Instead, perhaps we make assumptions and choose to stay in denial of the reality that may present itself before our very eyes.**

**Don't miss this story about letting the heart lead, only to discover the unfortunate happenings, and as always...**

*Read or reread the full version in Chapter Five of the book to find out who really got treatment for their healing in this story. Be prepared to discuss your findings in an upcoming seminar near you or as a member of our book club. See the back of the book for more information on membership in our book club.*

## **I. The Question:**

**Is it a good thing to fall in love so quickly without having all the facts?**

Maybe slowing down a little can do a great deal in the long run. Even driving too fast may warrant a speeding ticket, and I don't think anyone wants that.

### **A Thought:**

**Perhaps you could reflect upon a time when you personally moved into a relationship too fast, and the consequences were not favorable.**

Yes, this too happens, and it does not always bring good results. I believe that if we take our time, do our very best to get to know someone without a commitment, we stand a better chance of making a rationale decision about the right relationship for us.

## **II. You Draw the Conclusion**

Nurse Holloway's situation is not unique. There are men and women out there who cause problems such as this for themselves and later discover they are so emotionally attached that it becomes difficult to cope, and also that they may lose balance or focus on other important matters or issues.

**Let's take for example the following as it relates to Nurse Holloway:**

1. Did she take the time to find out whether he was seeing someone else?
2. Why did she even come on to a perfect stranger in the first place?
3. Not to shift the blame away from Nurse Holloway, but was it fair for Craig to do this to her?



## CHAPTER SIX

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### *“The Abuse Factor”*

#### **The Scenario**

**Just when you thought it was safe to get involved, you ignored the warning signs and jumped in ‘heart first’ only to realize the signs served a serious purpose.**

**You may find that this story leaves you heart-wrenched over something so traumatic that it could bring about a painful memory, if you’ve been down that particular road before. If not, be assured this story will give you enough to think about that could last you a lifetime.**

**Find out what happens when you deprive yourself of getting enough information to help you make a better choice, a choice that may help you avoid having to ask yourself...**

*Read or reread the full version in Chapter Six of the book to find out what really happened and how it possibly happened in this story. Your discovery might lead you to avoiding a similar situation. Be prepared to discuss your findings in an upcoming seminar near you or as a member of our book club. See the back of the book for more information on membership in our book club.*

**I. A Question:**

**Should you really open your eyes before going on a blind date?**

Blind dates can be rather scary. It may or may not help when you have a friend set up the blind date. This, too, as evidenced in the story, is no guarantee. Here again is where you need to ask your prequalifying questions in anticipation of getting to know the character of the person. What are some questions that you should ask in order to learn about a person's character?

**A Thought:**

**Could being anxious for something cause you to make the right choice?**

I think when a person is anxiously looking for something, particularly a relationship, it is probably the time when he/she gets exactly what he/she is not looking for and may ultimately pay the consequences later.

**II. You Draw the Conclusion**

1. What are some factors that need to be considered when it comes to accepting or going on a blind date, even if it is based on a referral as it was in this case?





## CHAPTER SEVEN

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### *“A Matter of Pride”*

#### The Scenario

**As a child, you may recall getting into trouble and the agony you felt while awaiting the fate of your punishment for your actions. Imagine as an adult what it could possibly feel like trying to live up to the expectations of your equal.**

**Well, as you read through this chapter you may find a brand new meaning of the word *stress*. A level that could actually drive you or someone you love completely over the edge to the point that you realize that.....**

*Read or reread the full version in Chapter Seven of the book to find out if this story triggers your thinking of whether you could be the cause of someone else’s stress, or vice-versa. Be prepared to discuss your findings in an upcoming seminar near you or as a member of our book club. See the back of the book for more information on membership in our book club.*

**I. A Question:****Can pride really destroy a good relationship?**

It has been said, “You don’t miss the water until the well runs dry.” I think this is true in a number of ways particularly when it comes to foolish pride. I personally believe a number of relationships are taken for granted because of our own selfish nature. We want what we want when we want it! This attitude without a doubt is prone to bring headache, heartache, pain, and ultimately loneliness.

**A Thought:**

**Would you really want to date someone that is filled with foolish pride?**

If you don’t know it by now, you will find out soon enough. The individual with this characteristic, when not found to have a balance, may demonstrate a behavior reflecting narcissism. If your relationship is based on a matter of pride, in the end, you, too, may find yourself dreading the pain from a broken relationship that may cause you, ~~too,~~ to think of after the passion.....now what?



4. Why would anyone wait so long to make a change when their significant other has been pleading with them to do so?

## CHAPTER EIGHT

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### *“The Love Coat”*

#### **The Scenario**

**Have you ever wished you could turn back the hands of time? I think most of us would if only we could. This story may have just what it takes for you to operate within your time zone to avoid having to make a wish about turning back time.**

**See how a simple request made by someone desiring love could turn out to be a devastating nightmare for someone who may have taken love for granted.**

**This story may have you wondering if you are taking love for granted for not desiring to be with your love. In the end, if you are not careful, you may discover an aftermath of something so painful in your thinking that your love would simply always be there, only this time it was...**

*Read or reread the full version in Chapter Eight of the book to find out how you could avoid taking your loved one for granted by simply changing some decisions that you may*

*have once been comfortable with. Be prepared to discuss your findings in an upcoming seminar near you or as a member of our book club. See the back of the book for more information on membership in our book club.*

## **I. A Question:**

**Is not wearing a coat a guarantee that someone will pick you up?**

Unfortunately, if you wait for that you may be cold for a long time. Of course, there is never a guarantee that someone will pick you up because you want them too. When it comes to relationships, I think we should all take our time because after a person has become emotionally involved it is not easy to say goodbye or break it off when the challenges come.

## **A Thought:**

**Is your love coat genuine?**

True or real love should feel like a coat that fits. It should be so comfortable that you know it belongs to you. Anything else may be an imitation, which means it could break you out with something that you wish you didn't have. In the case of this story, I'd say, 'if you're in a good relationship, be mindful of your significant other's coat, if you know what I mean....' Let me spell it out for you; take care of your significant other's heart and everything else could very well fall in place.





## CHAPTER NINE

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### *“Delayed Reaction”*

#### **The Scenario**

**It’s not uncommon to experience a slight delay in your air travel plans if you are one of the unfortunate numbers that did not get a call from the airline about a delay before leaving for the airport.**

**For some travelers, delays could be a good thing, while others may have some serious issues about hanging out at an airport when they could be enjoying something they prefer.**

**What appeared to be a good thing from the story of this flight delay could have a horrifying life altering experience for a couple who thought otherwise. Such an experience would leave you to discover...**

*Read or reread the full version in Chapter Nine of the book to see if there is something you could do to avoid a distraction should you ever experience a delay. Be prepared to discuss your findings in an upcoming seminar near you or as a*

*member of our book club. See the back of the book for more information on membership in our book club.*

**I. A Question:**

**Was this meeting really about a flight delay, or really about giving someone the time of day?**

No, the flight delay was not the problem; it was, in fact, giving the time of day away, especially knowing you're already involved. If you think about it, you may run into problems only when you stand by and listen to the wrong or 'out of line' communication or language. For example, when someone is trying to make a pass at anyone of us, I think we know because we all know the difference between being genuinely nice and having an ulterior motive.

**A Thought:**

**Do you really think you are the first to get his/her cell phone number at the airport?**

Before you consider jumping into something that you're not really sure about, perhaps you should give strong consideration to your relationship and assess your situation to determine whether you should stay or leave.





## CHAPTER TEN

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### *“The Net Encounter”*

#### **The Scenario**

**As you search the World Wide Web, you will discover there are a number of social networks out there. Within some of those networks, you could be invited to search for the love of your life.**

**The question may become, are you ready for love, or are you too stuck on yourself to really give love a chance?**

**This story may shock and amaze you as it may cause you to reflect upon your own personality in order to conclude that it may not always be about you.**

*Read or reread the full version in Chapter Ten of the book to find out if you are really cut out to experience a lover that could be a clone of yourself. Be prepared to discuss your findings in an upcoming seminar near you or as a member of our book club. See the back of the book for more information on membership in our book club.*

## **I. A Question**

### **Is the Internet a guarantee you will find Mr. or Ms. Right?**

In my opinion, even with the right profile, there is no guarantee. Like some other things, when it comes to relationships, some may view it as trial or as an error. Even with Internet dating, I think one should be extremely careful because some people may not appear to be who they really are.

### **A Thought:**

### **Have you cleared your spam filter lately?**

Perhaps you should take the time to know who you are and what it is you want in terms of a relationship before venturing out too far. After you've taken these factors into consideration, perhaps you may be in a better situation to evaluate a readiness for the right relationship.

## **II. You Draw the Conclusion**

1. What guarantee, if any, do you have that Internet dating will work for you?





**The following pages are designed to serve as an educational guide or tool to give you something to think about in anticipation of helping you take charge of your own life. It is strongly recommended that you utilize the full page, and more, as you may deem necessary, to bring relief, enrichment, or purpose to your life in the positive direction that you anticipate traveling.**

## **Analogies to Think About**

Following are analogies to think about when you are desperately trying to make a relationship work that clearly is a waste of your time, energy, and your desire to be loved:

Each phrase starts out with:

*Trying to force a dead or incompatible relationship is like:*

- a) Trying to force something that clearly and obviously does not fit – if it just doesn't fit, why force it?
- b) Trying to put a size eight foot into a size six shoe
- c) Trying to fit into a size eight dress when you are clearly a size twelve
- d) Trying to put a square peg into a round hole
- e) Trying to grow roses in asphalt
- f) Trying to put a dead fish back in water, expecting the fish to be alive
- g) Trying to beat a dead horse back to life
- h) Trying to make a horse drink after leading it to water
- i) Throwing a dead bird in the air, expecting the bird to fly
- j) A plane taking off on one wing
- k) Expecting a large snake to crawl through a worm hole
- l) Expecting honey from a butterfly

- m) Expecting sugar from a cactus
- n) Trying to bloom a dead flower
- o) Trying to ride a boat in the street
- p) Trying to drive a car in water
- q) Trying to mix water and oil

After you have made your decision whether to stay and work on your relationship, provided it's worth saving, or should you decide to move on with your life, the information below may serve as a guide or simply something to think about.

You are strongly encouraged to make time to *rewrite your script* in the way you desire it to be.

**Contents Include:**

1. Assess Your Current Situation
2. Where Would You Like This Situation To Be?
3. What Steps Should You Take To Get You To Where You Would Like To Be?
4. If All Else Fails, How Do You Bring Closure Amicably (in a friendly manner)?
5. How Do You Absolve The Relationship (release and let go)?
6. How Do You Begin The Healing Process? (Introspectively) may include a Spiritual Journey
7. What Must I Do To Avoid A Repeat of a Similar Situation? What Are The Things To Look For? (Red Flags)
8. How Do I Begin A Change Within To Develop A Renewed Mindset? (Change My Way Of Thinking)
9. What Healthy Components Do I Need To Form Within My Associations (diet, family, friends) to Eliminate the Negative and Increase the Positive?
10. A Re-Evaluation/Re-Assessment of Where You Are Now
11. What Additional Resources Do I Need Within My Association For Growth?
12. Preparation For A New Relationship – You Must Be

## Emotionally Fit If You Want It To Be A Healthy Relationship

13. A New Beginning
14. The Road Ahead
15. A Brand New/Improved You
16. Am I Ready to Start Dating?
17. This Time I Will Be More Mindful Of My Selection Because I Am Much Wiser Now – So, What Am I Expecting In My New Relationship?
18. Back To the Dating Scene – Remember, Don't Waste My Time If The Person Is Not Compatible With Me
19. Remember the Analogies
20. Use Common Sense, Yet Logic In Terms Of My Thinking About My New Or Fresh Start

**APPENDIX**

**FOOD FOR THOUGHT/  
RELATIONSHIP COACHING  
REWRITE YOUR SCRIPT NOW**

**1. Assess Your Current Situation**

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**2. Where Would You Like This Situation to Be?**

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**15. A Brand New/Improved You**

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**16. Am I Ready to Start Dating?**

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**17. This Time I Will Be More Mindful of My Selection Because I Am Much Wiser Now – So, What Am I Expecting In My New Relationship?**

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**18. Back To the Dating Scene – Remember, Don't Waste My Time If the Person Is Not Compatible With Me**

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**19. Remember the Analogies**

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**20. Use Common Sense, Yet Logic In Terms  
Of My Thinking About My New Or Fresh  
Start**

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Reading the book "*After the Passion...Now What?*" is an excellent way for individuals, Book Clubs or other organizations to take an in-depth journey into the dynamics of relationships and the effects they have on us as individuals. It includes scenarios that can touch the deepest aspects of our emotions, leaving the reader wanting more.

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