

Modules



Mission statement

Do you feel vulnerable to unfulfilling dates and having difficulties with moving the ever-growing wall between you and the One and Only? Relax! It is not what you are going, wearing, saying! It is the way you are thinking. Your mission – if you choose to accept it – is to learn the essential how-to in handling insecurity and emotions, gain an understanding of common behaviours and implement the tools provided into your communications to create or strengthen bonds in five weeks or less.



Short introduction

This Premium Course caters to the vulnerable, insecure or confused who are starting or wishing to enter into a romantic relationship. Fear is in the mind. By reorganising the thoughts and feelings the road to successful dating clears and the goal comes visibly nearer.

Modules

- ❖ The beginning
- ❖ Dealing with emotions
- ❖ Mastering confidence

Lectures within the modules

MODULE 1

The beginning

Training 1

1-Written exercises

2- My story

3-Get ready to rock

4-Miracles

5-Destiny

6-Soulmates

7-Twinflames

Training 2

8-Written exercises2

9-Positive thinking

10-Common understanding

11-Self love

12-Emotions of love

13-Pictures

MODULE 2

Dealing with emotions

Training 1

1-Written exercises

2-Emotions

3-Partner

4-Chemistry

5-Discovering the self

6-Discovering the other person

Training 2

7-Written exercises

8-Harmony & Balance

9-Mindset

10-Attraction

11- Depth of feelings

12 - Future desires

Training 3

- 13-Written exercises
- 14-Two individuals
- 15-Your partner is your family
- 16-Respect each other
- 17-Learn your partner
- 18-Relationship and Life

Training 4

- 19-Written exercises
- 20-Confidence
- 21-Stocktaking

MODULE 3

Mastering confidence

Training 1

- 1-Written exercises
- 2-Confidence
- 3-The Package
- 4-Experience
- 5-Expect
- 6-Explore

7-Excite

8-Exchange

9-Expand

Training 2

1-Written exercises

2- Religions

3-Safety blanket

4-Forceful ignorance

5-Past relationships

6-Insecurity

7-Responsibilities

About the written exercises

Every training session is equipped with written exercises for the mind. Writing is a conscious deed that stirs routines, makes you think and force you to look at the world from a different perspective.

It is up to your conscience if you complete them or not. However, I strongly advise you to do so. Completed exercises should be submitted to [**submit@ex-files.org**](mailto:submit@ex-files.org).

You may submit your questions on the material or personal experiences related to it, to the membership facebook group or to the fortnightly Q&A broadcast.

Satisfaction guarantee

With the absolute certainty in mind that you possess the drive to succeed, we guarantee to give you lesson-packed, eye-opening content and guide you through your learning process. We hand you tools to help you find solutions to existing or future adventures coming your way within the relationship and life itself.

The ex-files.org team is happy to welcome you as a new member and offer you the support you need, discounted services and other specially priced masterclasses.

