

THE JORDAN HARBINGER SHOW

Worksheet for Linda Carroll | What to Do When Good Chemistry Goes Bad (Episode 42)

If you've ever tinkered with a chemistry set in the path of an oncoming tornado, deafened by wailing sirens and drenched to the bone with icy rain and cold sweat while relentless barrages of cruel lightning ignite everything you hold dear, you probably have an idea of what it's like to attempt navigation through a relationship's tough times.

[Love Cycles: The Five Essential Stages of Lasting Love](#) author Linda Carroll joined us for [episode 42](#) to help us understand what happens when the good chemistry in a seemingly idyllic relationship goes bad and how we can either work through it or commit to moving on when it's time to call it quits.

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Free Compatibility Test

What does it mean to be compatible in a relationship? Linda advises us to look for qualities that make for a good relationship outside of sexual attraction. Once the initial period of attraction has worn off, what characteristics of this person will you still find appealing? Are there other, less appealing behaviors that you are willing to overlook or work with?

Examine your current relationship and list your partner's characteristics. Which qualities are you most attracted to? Which ones are not attractive?

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Do the good qualities outweigh the bad qualities? Does this require a change in your relationship or is it something you are willing to tolerate or work with them on?



Love at First Sight

Feelings are not truth. Just because you feel something initially doesn't mean that it was meant to be, despite pop culture telling you that it must be love at first sight. Linda counsels her clients to give these feelings ample time before allowing them to guide big life decisions.

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When you're in a new relationship, get a sticky note and write: 'Feelings of attraction wax and wane. Wait six months to make life-changing decisions.' (Write small -- that is a lot for a sticky note.) Post it on your mirror where you can see it every day for the next 12 months.

That Which Is Forbidden -- for Good Reason

Having a moral compass is key in not getting into relationships with forbidden people. Linda says that when something is forbidden, it amplifies our desire to possess it. Her counsel: STAY AWAY! You have not lost your decision-making abilities, but you are flooded with love drugs and not as in touch with yourself as you should be.

What are your own inclinations toward dangerous or risky behavior? How do you manage yourself in these situations?

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What are typical rationalizations you use to justify your feelings? Write these down in a journal (or here) so you can recognize your behaviors before they happen again.

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That Funny Feeling

A feeling lasts, on average, 90 seconds. You can use the chemicals generated at this time to take action or you can start feeding that feeling with thoughts, essentially building it into something it is not. Recognizing this can help you stop such feelings from growing into something destructive.

Jordan suggests journaling. Write down what you are feeling, then look back at those entries to see if you can recognize a pattern. Commit to writing down your feelings for 30 days.

I'm in Love with Robbie, Six Years Ago. Robbie, the Lead Singer of Final Warning

When you start to fantasize about an ex-girlfriend or ex-boyfriend, you are really in love with who this person was in the past.

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Linda explains that it could also mean you are in love with who *you* were or could have been at one time. You are in love with a craving -- in love with that feeling of something that is not real.

Linda recommends you stop the fantasy just like you stop a craving for anything else that isn't good for you. It is something you think you want, but not really what you need. Write in your journal (or below): 'I will not go down this path when I have feelings for somebody who doesn't exist.' For extra points, name the movie that this section's title is from.

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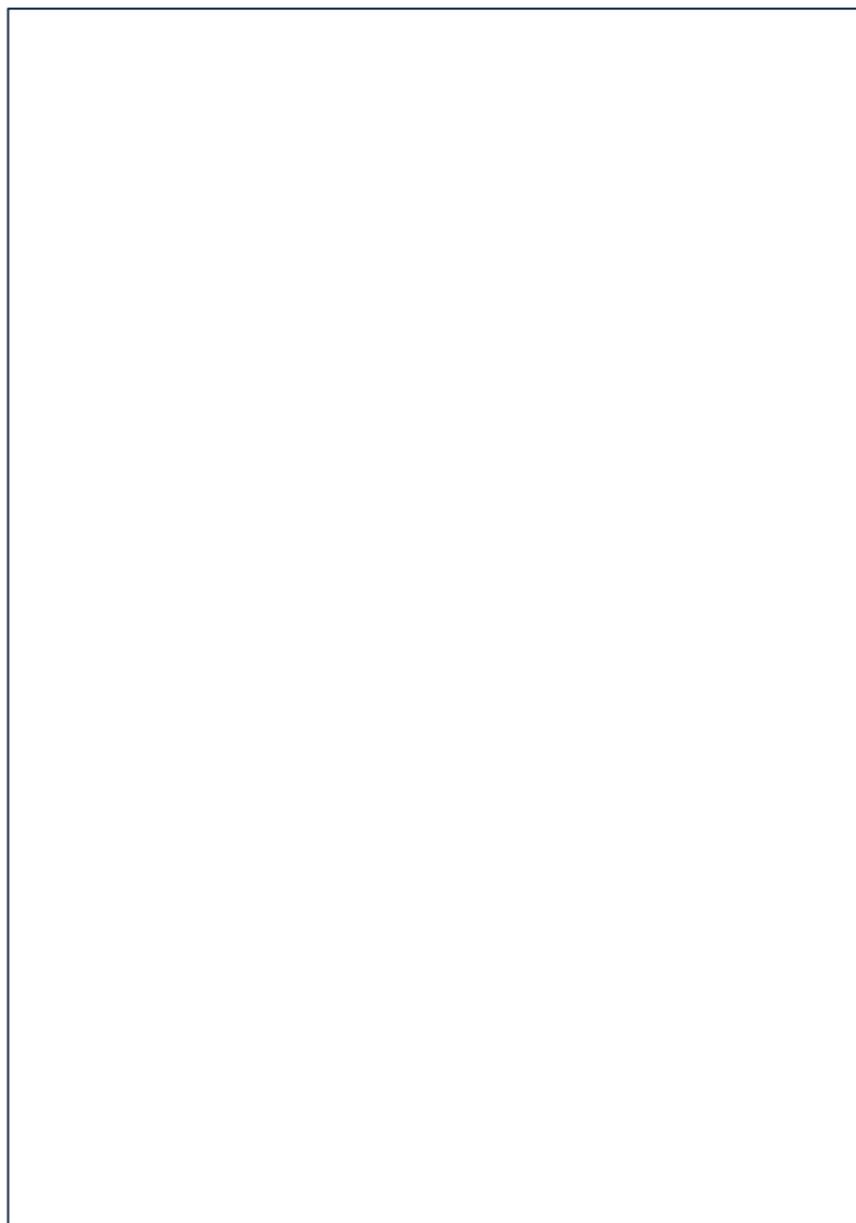
Moving on after a Relationship Ends

When a relationship has just ended but you can't get over it, understand sadness is a 90-second feeling, but grief is not. You need to be able to grieve the end of the relationship; you can't postpone the grief or hold on to the outrage. Know that it has ended and allow yourself to go through it.

Identify a relationship that you are struggling to get over. Allow yourself to grieve the end of that relationship -- have a good cry, admit the finality, be thankful for the lessons you learned -- but go through the grieving and close it down.

Write about what you felt and what it will be like to no longer have this relationship taking over your thoughts. Then allow it to rest.

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Full show notes and resources for this episode [can be found here](#).

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About



Join Jordan Harbinger (critically acclaimed host, formerly of The Art of Charm) as we get deep into the untapped wisdom of the world's top performers -- from legendary musicians to intelligence operatives, iconoclastic writers to visionary change-makers.

We deconstruct the playbooks of the most successful people on earth -- and learn new strategies, perspectives, and insights you can't find anywhere else. Then, take these insights into your own life and live what you listen.

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