

Reid Mihalko of
www.ReidAboutSex.com presents...

Battling The 8-Armed Octopus of Jealousy

Official Follow-Up Compendium*
(*a fancy way of saying “notes and exercises”)

*Notes, useful workbook exercises and resource list
designed to anchor the concepts and ideas
covered in the eCourse
Battling The 8-Armed Octopus of Jealousy*

Welcome and Thank You!

This teleclass is the product of numerous discussions on jealousy between me and my good friend and peer Dr. Beth.

Jealousy is often explained as a construct, as a complicated set of thoughts and emotions and sometimes behaviors that are so diverse that scientists can't even agree on one definition of the term.

There's a lot of research on jealousy but each researcher defines jealousy in his/her own way and studies it accordingly, focusing on the particular way they identify and define jealousy. From these different studies and various findings, it's possible to look at jealousy as a set of possible factors. Just like being itchy can be caused by several different contributors (poison ivy, allergic reaction, scratchy clothes, skin infection, stress reaction, overheating), jealousy has different contributors or factors.

Dr. Beth and I whittled the list down to eight major factors or "arms," hence the Octopus of Jealousy. And, in this "model" of jealousy, these factors can exist to varying degrees in each person. Just like some people are strongly effected by new laundry detergent and instantly break out in hives, and someone else isn't bothered at all, some jealousy factors effect people very strongly and don't effect others.

There are people who have all the jealousy factors present in huge degrees, some people who only have a few of them showing up, and some rare people who don't have any of them at all. Each person is different. In this approach, we're not saying "this is the way" of understanding and dealing with jealousy, but just a way.

We hope that our way of understanding and working with jealousy helps you tame the Green-Eyed Beast!

*Yours in self-expressed relationships,
Reid*

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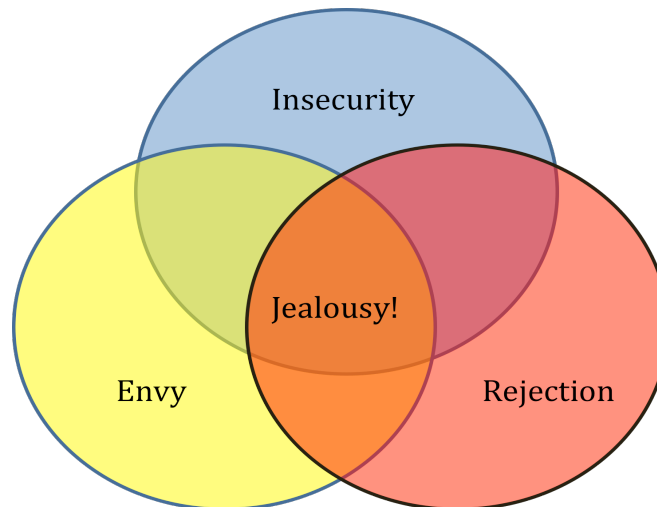
A Quick Overview of the Jealousy's 8-Arms...

If we go with the idea that jealousy is an octopus what would the 8 Arms or factors be? There are actually some answers to this question that come right out of scientific research, though no scientist has ever called jealousy an octopus as far as I know.

- | | |
|---|--|
| 1. Possessiveness/Control (Feeling Special) | 5. Loneliness |
| 2. Insecurity | 6. Fairness/Equity |
| 3. Loss | 7. Self-concept/Feelings of Inferiority (Envy) |
| 4. Rejection | 8. Longing/scarcity (Envy) |

Not everyone is effected equally by all eight arms. Some people are at one end of the spectra, some aren't tuned to some of the arms at all. You can think of each arm as a continuum, and you might be anywhere along it. You might find yourself reacting strongly to one "arm" and hardly noticing another.

Each of these arms can be influenced by the other arms. Just like eating a few strawberries might not break you out in hives, but strawberries combined with too much sun or that new soap might push you over the edge, combining a few arms may cause you to break out in jealousy at unexpected times.



Like a Ven diagram, you may not experience a lot of jealousy until a few arms get triggered. Combinations of triggers that, when pushed one at a time, don't trigger anything, when hit together in certain combinations, much like a musical chord, can have you feeling jealousy.

- What is your chord for jealousy? What two or three or more triggers in combination will set you off?
- This approach can be used to identify triggers for other emotions, too.

Like anger, for instance.

- How many of these arms get pulled for you?

As we go through these tentacles, if you're asking yourself, "How can such-and-such be a trigger in and of itself?" or if one arm just doesn't make sense, then there's a good chance that it's probably not a trigger for you. Or in this circumstance, it isn't a trigger for jealousy unless it's combined with other trigger(s).

For example, insecurity might not be a trigger for you alone, but when it's combined with rejection, then the combination triggers feelings of jealousy for you.

If your partner doesn't "get" what's true for you in regards to jealousy, it's very possible that your triggers aren't triggers for them, and they literally do not get and cannot undersand why that trigger is a trigger for you.

8 Arms of Jealousy

Possessiveness/control

- How possessive do you feel of your partner(s)?
- If you didn't feel like you were in control of the situation, what would that feel like? Why would that be a problem? What would be difficult about that for you?

Insecurity

- How secure or insecure does the relationship feel to you?
- How likely do you think it is that your relationship is going to fall apart?

Loss

- How much do you fear loss, or perceived abandonment?
- How scary is change for you? Does it feel like loss? Does something leaving your life create a void?
- If such-and-such were to leave your life, how would that make you feel?

Rejection

- To what extent does rejection feel like an assault on your self-worth?
- If your relationship ends and your partner leaves, what do you make that mean about you?

Loneliness

- How much do you enjoy being alone?
- What is the problem with you not being with your partner?
- Would you get jealous if you had other plans?
- How much of what you request in your relationships is motivated by not wanting to be alone?

Fairness

- To what extent do you emphasize or value concepts of fairness, equity and justice and to what extent do you define those things as synonymous with parity or sameness?
- How much does fairness need to look like equality or parity?
- What do you think is fair? How do you perceive of justice?

Self-concept/Feelings of inferiority (Envy)

- How much is your self-concept influenced by social comparison?
- How do you come up short when you compare yourself to someone else - It's what you don't have or what you aren't?

Longing/scarcity (Envy)

- How much do you long for things you might not have?
- Why do you need/want that?
- If I don't have X, then I feel _____ or I make it mean _____?

Note: Scarcity and Self-Concept are different triggers of envy

Why Knowing Your Triggers is Important and How Triggers Work:

Be aware that your community, family or friends might put more value or judgment on some triggers over others. One arm is not “more better” than the other. Whatever your trigger is for you is your trigger for you and that’s all. No value judgements.

In these calls, I’ll be covering the eight arms of jealousy and giving you three key steps to empower your relationships and smooth the bumps of jealousy out.

They are:

- 1) Knowing your trigger(s).
- 2) Helping you understand what to do with that knowledge.
- 3) Teaching your partner(s) about your trigger(s) and how to help you feel secure.

Arm 1: Possessiveness/Control (Feeling Special)

- How possessive do you feel of your partner(s)?
- How important is the need to feel special to your partner?
- If you didn't feel like you were in control of the situation of feeling special, what would that feel like? Why would that be a problem? What would be difficult about that for you?

Each of these arms is a continuum This isn't a black and white situation. People feel different levels of special. It isn't that you need to feel special and distinct, or you don't.

It's more like your jealousy can exist anywhere on the arm of the tentacle. You might need to feel very special when it comes to physical intimacy, and you don't care at all if your partner has pet names for those dear to him. Or it might be fine for him to sleep with lots of other people, and really not okay with you if he calls them sweetheart.

So look at what areas are important to you and how big a dose helps you feel secure in each area. "How special to you need to feel, how special do you need to be?" and not *that you need to feel special* or that you *always need to feel special*.

- How special do you need to feel? How distinct do you need to feel to your partner?
- How important is feeling special to you?
- How important is "feeling irreplaceable" is to you?
- How much do you need to feel like you're in the driver's seat, and/or in a unique position?
- How much do you need to feel like you're "not like *the others*?"
- Are pet names and phrases and actions shared between you and your partner "sacred" to you and shouldn't be shared between anyone else?

If you need to feel very distinct and put in a very special place, it would be hard to be with someone who, by the way they approach or think about relationships, doesn't automatically fulfill your need or "hit that special button."

This can also show up in regards to children and careers. If you have a particularly strong need to feel special, than a child getting the special slot or a co-worker getting more attention could trigger your jealousy.

If you don't have a particularly strong need around this area, then this area isn't going to be so much of a problem for you.

Your trigger might be Feeling Special when _____.

Needing to Feel Special To Do's:

Getting clear on what “feeling special” means to you and what you need to feel special and/or what feeling special to your partner would look like/sound like?

- List five things that would prove to you that your partner holds you in a unique position and/or in special regard?
 - 1.
 - 2.
 - 3.
 - 4.
 - 5.
- On a scale from 1 to 10, how important is needing to feel special or having proof that you're special to you in your relationships? (circle one)

1—2—3—4—5—6—7—8—9—10

Arm 2: Insecurity In the Relationship

This is not the same as being an insecure person. It's the feeling or idea that your relationship isn't all that secure.

Insecurity doesn't always mean that the person is insecure. You can have a very secure person feeling insecure about an area or facet of their life.

- How secure or insecure does the relationship feel to you?
- How likely do you think it is that your relationship is going to fall apart?

The relationship isn't reflective of how you feel about yourself, nor should it be.

If you feel like your relationship is real solid, than this probably isn't going to be a trigger for your jealousy.

If you feel like your relationship is more vulnerable, than this trigger could be activated and easy to set off.

Your trigger might be Insecurity when _____.

Insecurity To Do's: Anything that can “secure up” or “shore up” the relationship and have you feeling rock solid. In open relationships, some couples go into a “trial monogamy” phase where they close the relationship, get it rock solid, and then open it back up.

- What would make you feel like your relationship is solid?
- What would you need to see or feel or experience for it to occur to you that your relationship has a strong foundation?
- When your relationship is feeling vulnerable or going through a tough period, what things could you and your partner say to one another that would reinforce the foundation of your commitment to one another?



Call 2 – Loss, Rejection and Loneliness

- *Loss, Rejection, Loneliness are very close/interwoven**
- *Rejection is an assault on your self-worth. It's about You.**
- *Loss vs. Loneliness = a missing vs not liking being alone**

Sometimes these three overlap and can be experienced as quite similar.

Arm 3: Loss or Fear of Loss

- How much do you fear loss, or perceived abandonment?
- How afraid of loss are you?
- How scary is change for you? Does it feel like loss? Does something leaving your life create a void?
- If such-and-such were to leave your life, how would that make you feel?

Is loss a part of the organic process, the ebb and flow of life and relationships for you? When someone close to you dies, how does that impact you? When you've broken up with past relationships, how devastating was the "loss" of them in your life? Does it occur to you as loss? Or as change or as transition and flow.

If you're someone who believes that relationships "come and go" and that there is a flow to life, then loss probably isn't going to be a huge trigger for you. If you're someone who feels like loss creates a void and you don't like going near that void and you want to stay away from it at all costs, then loss is probably a trigger.

You may feel more invested or afraid of losing some connections/relationships than others.

If loss isn't a huge trigger for you, it doesn't mean that you don't care.

Just because someone you know or are in a relationship with isn't triggered in a similar way as you doesn't mean they don't feel anything. It usually means it's not a trigger for them in the same way as it is for you. Or they may not be showing their feelings around this.

Your trigger might be Fear of Loss when _____.

Arm 4: Rejection

- To what extent does rejection feel like an assault on your self-worth?)
- If your relationship ends and your partner leaves, what do you make that mean about you?
 - If it means nothing about you, it's probably not a trigger. If you make it mean that they left because of you, then it's probably a trigger.
 - As with all of these, it usually something/somewhere in between for people.

Your trigger might be Rejection when _____.

If you can identify what you tell yourself about rejection, if you have the message conscious in your mind, that can help you look at it more clearly. Some possible messages are:

- I'm not good enough.
- I'm not lovable.
- I'm not pretty enough.
- I'm too bossy.
- I'm too needy.

Ask yourself what you think it means about you.

Arm 5: Loneliness

A vulnerability to loneliness.

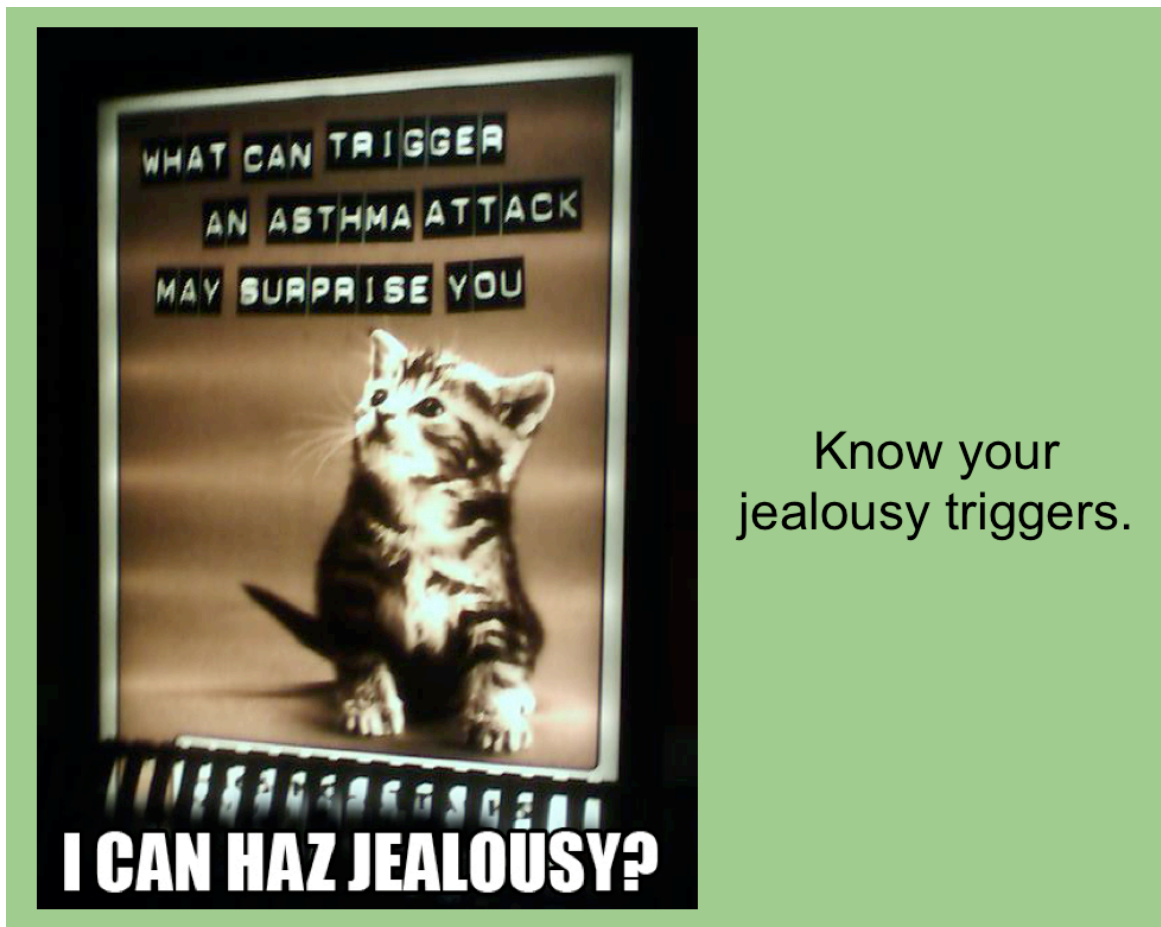
- How much do you enjoy being alone? Scale from 1-10
- What is the problem with you not being with your partner?
- Would you get jealous if you had other plans?
- How much of what you request in your relationships is motivated by not wanting to be alone?
 - Making plans when your partner is on a date with a sweetie is a short-term solution for what you should eventually be reprogramming
 - This can be more of an issue for people who identify as female, they're changing the rules because they're trying to avoid being alone. A woman's acculturation reinforces self-worth measured by how well you are relating with others.
 - This one is VERY culturally coded.

Your trigger might be Loneliness when _____.

Again, to reiterate...

- *Loss, Rejection, Loneliness are very close/interwoven
- *Rejection is an assault on your self worth. It's about You.
- *Loss vs. Loneliness = a missing vs not liking being alone

Sometimes these three overlap and can be experienced as quite similar.



Call 3 – Fairness vs. Equity & Envy's Feelings of Inferiority and Scarcity

The last of the eight arms...

6. Fairness/Equity
7. Self-concept/Feelings of Inferiority (Envy)
8. Longing/scarcity (Envy)

Arm 6: Fairness vs. Equity

To what extent do you emphasize or value concepts of fairness, equity and justice and to what extent do you define those things as synonymous with parity or sameness?

Parity is the state or condition of being equal, especially regarding status or pay.

Equity is the quality of being fair or impartial.

Parity and Equity are pretty much the same.

Fairness: (adj) without cheating or trying to achieve an unjust advantage, (n) in accordance with rules and standards, just or appropriate in the circumstances

If you're the kind of person who needs to have three jellybeans if your partner has has three jellybeans, then fairness may rank high.

Or, if you have 6 jellybeans, two rootbeer flavored and four raspberry, and you like rootbeer and your partner likes raspberry, how do you feel about having only two jellybeans and your partner having four?

If that "makes sense" to you, then "fairness" may not be a trigger for you.

Other questions you could ask yourself, your partner:

- How much does fairness need to look like equality or parity?
- What do you think is fair? How do you perceive of justice?
- If your partner has a date and you do not, how does that feel? If it feels horrible, what would make it feel better?
- What do you think "fairness" is?
- Fairness in my relationships is _____.
- My relationship feels/ would feel unfair when/if _____.

Your trigger might be Fairness when _____.

Jealousy vs Envy

Not quite the same as jealousy, but a close, kissing cousin to it, so much so, that these two arms certainly belong on the Jealousy Octopus!

Scarcity and Self-Concept are actually aspects of envy, as opposed to jealousy in the purer sense of the word. But since so many people lump the two together with regards to identifying their emotional experiences, we did too. Having said that, jealousy and envy aren't quite the same thing and that can be the first identifying distinction we discuss today.

Jealousy usually occurs as "I want to replace that person with myself."

Envy is more like:

1. I am envious of/I envy that person who get to experience/do such and such with you. For example, "I want to be included along with that person and you."
2. I am envious that you're getting to do/having/experience such and such. For example, "I want to experience that thing (regardless of if its you or not with whom I have the experience with)."

*Scarcity and Self-Concept are different triggers of envy

Why is it important to understand the difference between Jealousy and Envy?

*"... I got in touch with the [differences in] definition between Envy and Jealousy....
What I feel as a result of that is I feel much more secure with myself and with expressing myself, and with how I am expressing myself."*

~Patti

Scarcity: the feeling that there is not enough, that you are lacking.

Self-Concept: the feeling that you are not enough, a "self-scarcity" if you will.

Do you feel left out because you're lacking something? - Feeling left out? Vs.
Lacking something in yourself?

- If it's in what you don't have = scarcity
- If it's what you aren't = feeling of inferiority (less than self-concept)

**You can only come up short when you're comparing yourself to others.
When you don't compare, you can't come up short.**

"Less than" only exists in the context of "more than."

Questions you can ask yourself or your partner:

- Do you feel left out because you are not “enough,” that you're lacking something internally?
- Feeling left out because you believe there isn't enough experience / stuff to go around for you to get a piece / taste of it?
- What's left out? YOU or an OPPORTUNITY?
 - You've been excluded (not being invited) vs. missing an opportunity (you didn't get a chance to play or experience that)
- Are you that person who wants to be invited, even to things you don't like?
 - If so, it stands to reason that when people don't invite you to things (even to things that you know you don't like) you might STILL be triggered.
 - Does being invited / included to things, even things that you don't particularly like, make you feel happy or loved or “seen?”
 - If so, why does it make you feel good?
 - What does “being included” give you?
 - What need does being included fulfill?
 - Are there ways for you to get those needs met?

Arm 7: Self-concept/Feelings of Inferiority (Envy)

Vulnerability to feeling inferior: Feeling inferior to your partner, or feeling inferior to one of your partner's other partners (if you're non-monogamous). This can come up in other parts of your life as well.

Questions you can ask yourself and your partner:

- How much is your self-concept influenced by social comparison?
- Does “How others see me” mean a lot to you?
- How do you come up short when you compare yourself to someone else?
 - Is it What you don't have or What you aren't?
 - What can you do to shore up in these areas? To lessen your feelings of inferiority?
 - In which ways / what ways do you feel less than?
 - Brainstorm ways you can...
 - Ask for reassurance in these areas
 - From your partner
 - From your friends

- Reassure yourself

Your trigger might be Feelings of Inferiority when _____.

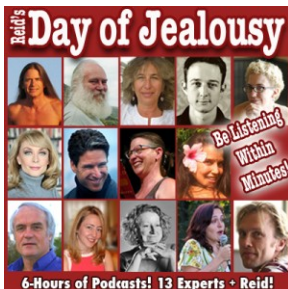
Arm 8: Longing/Scarcity (Envy)

The feeling of scarcity, of longing for that which you don't have.

Questions you can ask yourself and your partners:

- On a scale from 1 to 10, how much do you long for things you might not have?
- Why do you need/want that?
 - Journaling this can help you alleviate the chatter in your head, to get clear on whether or not you really need it or just think you need it.
 - Who taught you that you "need" that?
 - What does having that "give" you or make possible for you?
 - What do you get by having that?
 - What is the worse-case scenario of not having that?
 - The need that gets met by having X, how could you get that same need met in another way?
 - Brainstorm a list
- If I don't have X, then I feel _____ or I make it mean _____.
 - Does it really "mean" _____?
 - What would be the opposite of that meaning to you?
 - How could you create/what could you create that would generate that new meaning/fulfill and nourish that more positive meaning/need?

Your trigger might be Scarcity when _____.



Jealousy Geek? Interested in hearing what other sex and relationship experts thoughts on Jealousy? Get Reid's Day of Jealousy podcast series and download 6-hours of what Reid's favorite peers and colleagues' have to say about the Green-Eyed Monster!

More info HERE: <http://reidaboutsex.com/dayofjealousy/>

***Call 4 – De-Triggering Your Triggers & Working with Your
Partner’s Triggers***

The 8-Arms of the Continuum that is the Octopus!

- 1. Possessiveness/Control (Feeling Special)**
- 2. Insecurity**
- 3. Loss**
- 4. Rejection**
- 5. Loneliness**
- 6. Fairness/Equity**
- 7. Self-concept/Feelings of Inferiority (Envy)**
- 8. Longing/scarcity (Envy)**

Solutions for Dealing with Jealous Partners or a Jealous- Self:

Admiration over envy:

Jealousy, according to some researchers, involves an entire “emotional episode,” including a complex “narrative” (the “what you made it mean”).

- **the circumstances that lead up to jealousy,**
- **jealousy itself as emotion,**
- **any attempt at self regulation,**
- **subsequent actions and events**
- **and, finally, the resolution of the episode** (Parrott, 2001, p. 306).

The narrative can originate from experienced facts, thoughts, perceptions, memories, but also imagination, guess and assumptions. The more society and culture matter in the formation of these factors, the more jealousy can have a social and cultural origin. By contrast, Goldie (2000, p. 228) shows how jealousy can be a “cognitively impenetrable state”, where education and rational belief matter very little.

Regardless of what the experts say, if the Octopus model works for you, it all comes down to, “How do you figure out what/which arms you should be wary of?” and what ways can we begin to address the Green-Eyed Monster when it does “come for u?”

Cognitive vs. Behavioral

You have two, basic options:

1. Cognitive: What/how you perceive
2. Behavioral: What you do.

You can approach jealousy from the direction of Preception (Cognitive), or what you do with it (Behavioral). I actually recommend, **doing both**:

When my partner does this, I think this or I tell myself to think this – **(cognitive)**...

- Redirecting how you think with self-talk (Literally what you say to yourself verbally and mentally).
- Example: When they are late, I tell myself they don't love me, can be translated into When they are late, I tell myself I have more time to anticipate their arrival, or to take care of myself.

When they do this, I do this – **(behavioral)**

- Creating a positive experience for something that used to be a negative trigger.
 - Example: When they do X, we book special time together and I remind myself (self-talk) that we have a date scheduled – **(behavioral and cognitive)**
- *What is an example of something cognitive or behavior that you could do for yourself if you had a sudden attack of jealousy?*
 - *Try writing down a list of 5-10 cognitive things, and 5-10 behavioral things that you could say/do for yourself. Go!*

Once we identify our triggers and, looking at the unmet needs beneath them, we begin to reveal what our jealous feelings are specifically about, we can not only begin to address them, we can explain them to our partners so they – 1.) Understand us better, and 2.) Can support us *before* and *during* jealousy.

Walking your partner through your jealousy triggers and strategies:

Write down the following and consider using it as a “worksheet” to introduce to your partner what you’ve learned about jealousy and how you two can strategize to combat jealousy together...

- The “what’s so:”
 - Dear _____, here are my jealousy triggers:
 - List your top triggers and a sentence or two of examples to illustrate them (Remember, if your partner doesn’t share the same triggers, they may not understand at all why they’re triggers. Don’t freak out, just keep sharing. ☺)

- Be sure to list any “jealousy chords” if you’re aware of them.
- These are what I think my needs are behind the above triggers:
 - List the needs beneath your triggers and a sentence or two describing them.
- **Before I get jealous...** This is how / what we can do to help prevent my triggers from getting tripped (**Coping strategies and self-regulating your emotions**).
 - This is how you can help support me in these not being triggered (Do the following below for each trigger):
 - List several ways you could get your needs met solo, and then...
 - List several ways your partner could support you in getting your needs met.
- **When I’m feeling jealous...** This is how / what we should do if and when one of our triggers gets tripped (**Coping strategies and self-regulating your emotions**).
 - (Do the following below for each trigger):
 - List several ways you could get your needs met solo, and then...
 - List several ways your partner could support you in getting your needs met.

From these new, shared understandings, the both of you can begin to create possibilities, agreements and solutions that were **never possible before**.

Note about testing things out: Your first few attempts may not work perfectly or at all. Build into your agreements that it’s okay to try these new support systems and hate them or have them feel wobbly at first. It’s also helpful to frame this approach as a social experiment that may or may not work, that way, should you two experience dubious results, all is not lost! Congratulate yourselves for even attempting to battle the Octopus of Jealousy, regroup to see what adjustments you could make, and try again.

Jealous Partners:

If we can help identify our partners’ jealousy hot buttons, we can agree to avoid pushing them by planning expertly and /or we can reassure our partners and help them to cope and self regulate when they’re inevitably triggered (**cause sometimes making a mess is ok as long as we clean it up**).

Ask yourself, even if you’re not a jealous person:

- What assurances do I need?
- Look to your needs / triggers to create what the “best, most powerful” solution or anti-trigger would be (**the antidote**).

How can you avoid and/or clean up an issue on each arm/continuum?

- Go through each arm and brainstorm answers for each with your partner.

Avoid or Self-Regulate:

Is my effort going to be put toward avoiding the triggers?

Or

Is my effort going to be put toward developing the coping mechanisms when I'm triggered?

And

What efforts can I put toward reprogramming the strength of my triggers?

When you make wise choices in coping skills, you begin to deactivate the triggers, which becomes the reprogramming over time.

It's okay to not get it right the first few times – remember, dealing with jealousy is a learning experience.

Making agreements that will avoid the triggers are usually easier in monogamous relationships.

Monogamy, when it comes to jealousy, is a more sustainable relationship model for it to just not be triggered.

When your jealousy is triggered, it might be YOUR responsibility to address your jealousy rather than make it your partner's responsibility to AVOID your triggers.

Avoid your Jealousy triggers or...



Defuse them.



Resources

Websites:

www.ReidAboutSex.com

Reid's site for resources, products, advice, etc., on how you can become more self-expressed in your relationships, whatever your lovestyle maybe!

If you teach workshops or work with people around sex and relationships, Reid also has resources for you, too.

Books:

[Radical Honesty: How To Transform Your Life By Telling The Truth](#) by Brad Blanton; Dell, 1996

Book review: "At once shocking, entertaining, and profound—this irreverent and revolutionary book takes an honestly fresh look at how lying becomes our own self-created hell and how telling the truth, even when it hurts, really can set us free."

I recommend *Radical Honesty* to everyone I do one-on-one and couples' coaching with. It's an excellent relationship book, a fun read and worth it regardless of what your lovestyle is like.

[The Five Love Languages: The Secret to Love That Lasts](#) by Gary D. Chapman

I recommend this book to everyone. It's written by a pastor, so know ahead of time that it might have a bit of a God bent. AND, it's awesomely useful!

[The Five Languages of Apology: How to Experience Healing in all Your Relationships](#) by Gary D. Chapman and Jennifer M. Thomas

Another EXTREMELY useful book by Gary Chapman. Helped me tons in being able to forgive an amazing person in my life and recapture my trust in them.

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Website: www.ReidAboutSex.com

Biography



Reid Mihalko: Reid Mihalko helps people create more self-esteem and greater health in their relationship and sex lives, no matter what their self-expression of those happen to be.

Reid's workshops and coaching programs have been attended by more than 40,000 individuals from myriad walks of life, orientations, relationship styles, countries and religions. Known for his charisma, wit and emphasis on integrity, Reid travels the country teaching, coaching, consulting and collaborating. He has been a writer and producer on a number of films and television projects about sex and relationships, and appears regularly in the media

Reid has been a featured speaker at dozens of conferences on relationships and sexuality. He has also appeared on the Emmy award-winning talk show *Montel*, Fox News, VH1's *Scott Baio is 45 and Single*, Showtime's *Penn & Teller's Bulls**t!*, Canada's *The Sex Files* and *SexTV*, and the short-lived *Life & Style*, on NPR, Sirius' *Maxim Radio* and *Cosmo Radio*, and in *Marie Claire*, *GQ*, *People*, *Newsweek* and *The National Enquirer*, as well as media across the globe in thirteen countries and at least seven languages.

Go to **www.ReidAboutSex.com** for more informational products and resources on sex, love, intimacy and those zany things called relationships!