



# *Learn to Love Letter*

Relationships define our lives:

To recognize them mindfully,  
to cultivate them lovingly,  
to enjoy them happily!

**Tutorials    Seminars    Counselling**

*[l2l.com](http://l2l.com). *Learn-to-Love-Letters.com**

Brochure

**Our insight:**

An insight we might admit to from our personal as well as our professional world might be that:

*Partnerships do not collapse because of a lack of love  
but rather from a lack of knowledge.  
If we knew more we would make them work better.*

Does that sound too simple?

Yes and no. We are convinced that the "scientific" approach to the question of relationships cannot provide all the answers. Were that not the case, the shelves full of "How to..." literature in the bookshops would already have improved relationships so noticeably and permanently that they would have written themselves out of a market. As we all know, that is not the case. Transferring knowledge together with genuine reflection as to what this knowledge has to do with my relationship and me is the first and decisive step in a new relationship quality. We believe that a lot of people lack familiarity with the basic rules, which govern happy relationships. That is the bit where knowledge is transferred. Furthermore, we believe that the next step comprises tapping into the implications that this knowledge has for our personal development. By linking a relationship-rule to our fundamental experiences, we initiate a process, which will lead to "aha" moments of insight. This is the mechanism of an evolving consciousness that simply enables us to "do better."

We all desire joy, especially in our relationship. But how can we achieve it? If we look at our friends and families we can't help but being shocked at the number of separations. What's more, many of the couples who do stay together would not claim to be happy - despite the fact that we all seek happiness.

The question is, how many of us have ever had the opportunity to consciously prepare ourselves for a relationship or marriage. Society provides us with no single institution which retains responsibility to do so and unfortunately, role models are seldom if ever suitable.

## Our Slogans:

### **Are you still living or are you already loving?**

Some of us just get through the day and are not aware that the quality of our relationships has to be nurtured and cultivated. We neither feel particularly happy nor especially unhappy. We might find ourselves saying to ourselves that perhaps life is just a series of compromises and that the notions we used to have of happiness in relationships was just immature romantic illusion.

Happily, we are continuing to learn that this is absolutely not the case. The key is to love consciously. We will provide the knowledge. We are convinced that it will set a process in motion that will lead to a completely new quality in your relationship.

### **Knowledge supports love**

Despite how fundamental different and unique every human being is - there are certain basic conditions for man to develop happily and healthily. Equally, there are basic rules we have to follow if our relationship is to develop to its full potential. With this knowledge we will attend to our own needs and thus make sure that we ourselves are not wounded. This is how we protect our love.

### **The bright side of power**

If knowledge is power, then in the form that the person who has earned an awareness of the effective forces of successful partnerships, is not helplessly facing, fear, strife, oppression or abuse. Instead, he becomes the designer of a loving relationship based on equality with the ability to illuminate and clarify dark points in the relationship. This is about brightening, clarifying, equal love, in contrast to anxiety, conflict, oppression or abuse of power.

### **Configuring love**

As we open up to our creative power, we will gain knowledge of how love can be lived happily. This will benefit our relationship, our marriage and our families. How much closeness and distance do I hope for? What does my partner desire? What's good for us, what is not so good? How do we best deal with the sometimes contradictory needs in our families? How we resolve our conflicts, so there is no winners or losers?

## Our Offer:

We are offering three different paths that will lead you to the specific knowledge that will help you love more happily:

- by means of **relationship counselling**
- by means of **talks, seminars or workshops**
- by means of **tutorials or letters**

You will find a comparison between these 3 forms of knowledge transfer below:

[www.Learn-to-Love-Letter.com](http://www.Learn-to-Love-Letter.com)

### **Relationship Counselling**

Couples decide to come to counselling, if the relationship is threatening to break up and they themselves can find no way out. They come with the hope that there is a way to be happy with each other again or at least to part in friendship.

If a couple decides to go the way of advice, the output is initially uncertain.

In order to obtain certainty as to whether they can stay together or not, couples must walk the path of learning. ... **More.**

### **Talks, Seminars or Workshops**

The main topic of our talks, seminars or workshops is:

**„Creating happy relationships“**

For everyone who feels the need to work on the relationship and to improve its quality and who would appreciate specific suggestions. ...**more**

### **Tutorials or Learn-to-Love-Letters**

You can work through the **tutorials** (Learn to Love Letters) and acquire this knowledge **at your own pace, alone or with your partner**. This knowledge coupled with our suggestions how it can be applied will allow you to change **the quality of your relationship** and make it more secure, more relaxed and happier. ... **more**

## Relationship Counselling or Marriage Counselling

Couples decide to come to counselling, if the relationship is threatening to break up and they themselves can find no way out. They come with the hope that there is a way to be happy with each again or at least to part in friendship.

**I**f a couple decides to go the way of advice, the output is initially uncertain.

In order to obtain certainty as to whether they can stay together or not, couples must walk the path of learning.- their objective being to resolve their open and hidden conflicts. Firstly, they discover what they should have clarified in advance, i.e. early in their relationship, in order to be able to decide whether or not they really match. Secondly, they become familiar with the rules of love that would have helped them avoid the many injuries they have now accumulated in their relationship. Couples who make this journey may notice, that it is sometimes easy and sometimes difficult, because the couple are on their way to learn a lot about themselves and others and also about what relationship and partnership basically means. Thus, both partners will be able to change accordingly. Some insights on this path of change are initially painful, others mediate the spontaneous feeling of suddenly having wings. In any case, you will experience "growing pains," because any change, even if you yourself strive for it, engenders fear: After all, you are in the process of leaving the beaten track and entering new territory. Which however, in turn ultimately means that needless division and its serious consequences can be prevented.

**C**hange goes through different phases, both ups and - temporarily - downs. Experience has shown that it is crucial to face the low points together, rather than give up before reaching the goal.

**I**t is like deciding to climb a high mountain. It is important that a couple have firmly agreed to go the whole way, even if it sometimes proves to be difficult and uncomfortable.

## Relationship Counselling Continuation

This agreement is made in the counselling of couples during the first session. Similarly, the target is set - i.e. the goal or change that is to be achieved - with the ascent of the mountain.

Here is a selection of possible objectives:

- We can address points of conflict in a relaxed manner.
- We can talk about our partnership absolutely relaxed.
- During an argument, we can discover what each of us considers important, or even what the dispute is actually about.
- We have learned to express our wishes to each other.
- We have developed the ability to handle disputes peacefully.

### Where?

In Solingen and Essen - Germany

For an appointment, please phone us at:  
+49 (0) 212 23566993

### Organisation:

Find further information on:

[www.Learn-to-Love-Letter.com/counselling.html](http://www.Learn-to-Love-Letter.com/counselling.html)

### What do our clients say?

„ You have not only saved our marriage in a hopeless situation, but freed my wife and me of outdated ways of thinking.  
With your pleasant, empathetic and wise way, you have  
... **more**

## Talks, Seminars or Workshops

The main topic of our talks, seminars and workshops is:

**„Creating happy relationships“**

Following a general introduction into the topic – along our knowledge - four topics are presented. Then we will select one of them together:

### **The 14 Ground rules / Foundations of a stable relationship**

What general rules do exist which have to be in any case lived up to create a successful relationship? What is there to know, preferably before getting married, to avoid falling in to the trap of ignorance and so hurt yourselves and others?

### **The peaceful conflict resolution**

Instead of criticizing the partner this form to address issues lead to significantly more mutual understanding and closeness.

### **Enjoying Wishes**

How to increase the feeling of closeness between partners and make them feel loved.

### **Talking lovingly**

Coping lovingly with conflicts:

- Hesitant Yes or No
- Yes – but
- Criticism

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On demand, further topics will be offered.

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### **Talk (about 2 – 3 hours)**

The selected topic will be presented and explained accordingly. A lively discussion follows automatically.

### **Seminar & Workshop (about 7 hours)**

After the introduction into the subject we will discover in discussion and role-playing new opportunities to enrich our relationship.

The goal is to:

- Learn, understand and
- explore new opportunities while having fun!

## Tutorials

You can work through the tutorials (*Learn to Love Letters*) and acquire this knowledge at your own pace, alone or with your partner. This knowledge coupled with our suggestions how it can be applied will allow you to change the quality of your relationship and make it more secure, more relaxed and happier.

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### Our Tutorials

are grouped in 5 categories:

- |                           |  |
|---------------------------|--|
| <b>Tutorials 1 to 14</b>  | Deal with the typical trouble spots in a loving relationship and their resolution..                        |
| <b>Tutorials 15 to 18</b> | Deal with the way in which couples can talk to each other lovingly.  |
| <b>Tutorial 19</b>        | Describes a really special relationship game.  |
| <b>Tutorials 21 to 29</b> | Deal with the deepening of the themes from 1-14 and the practical implementation of the solution elements. |
| <b>Tutorials 30 to 40</b> | Deal with fundamental obstacles on the path to happiness and how these can be overcome.                    |

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### The 14 Ground rules / Foundations of a stable relationship      Tutorials 1 until 14

On the one hand, there are a thousand reasons why couples can find themselves in a conflict. The task is to solve the conflicts while supporting the couple. However, there are not thousands of strategies and there are not 1000 completely different insights that help people resolve their problems - certainly not from our point of view.

Our tutorials are based on the observation that there seems to be 14 "families" of conflicts. Regardless of the undeniable uniqueness of every relationship, it just seems the study of these superordinate 14 conflict families enables couples to take their partnership to a new, happy basis in which they affirm and realize the 14 relationship rules for themselves, which are schematically hidden at the core of the conflicts.

## Tutorials 1 to 14

Topics	Partner's accusations	Tutorials
The meaning of „No!“	<ul style="list-style-type: none"> <li>You don't respect me!</li> <li>You think only of yourself!</li> <li>You only do what you want!</li> </ul>	<a href="#">Tutorial 1</a>
Coping lovingly with disorders which affect the relationship.	<ul style="list-style-type: none"> <li>What do I get from you!</li> <li>I always lose out!</li> </ul>	<a href="#">Tutorial 2</a>
Coping lovingly with the wishes of the partner.	<ul style="list-style-type: none"> <li>You don't listen to me!</li> <li>I'm not important!</li> <li>You don't know me at all!</li> </ul>	<a href="#">Tutorial 3</a>
Coping lovingly with sexuality	<ul style="list-style-type: none"> <li>You don't really love me!</li> <li>You always have migraine!</li> </ul>	<a href="#">Tutorial 4</a>
Coping lovingly with the wish to have children.	<ul style="list-style-type: none"> <li>You don't want to have children!</li> <li>You don't believe we have a future!</li> </ul>	<a href="#">Tutorial 5</a>
Focus on my partner's welfare. Honesty	<ul style="list-style-type: none"> <li>You always leave me in the dark!</li> <li>You never tell me what's happening or wrong!</li> </ul>	<a href="#">Tutorial 6</a>
Making choices in love.	<ul style="list-style-type: none"> <li>You only think of yourself!</li> <li>You are selfish!</li> <li>I'm not really important to you!</li> </ul>	<a href="#">Tutorial 7</a>
Sexual fidelity.	<ul style="list-style-type: none"> <li>You are unfaithful!</li> <li>I can't depend on you!</li> <li>I don't trust you!</li> </ul>	<a href="#">Tutorial 8</a>
Coping lovingly and sensibly with joint resources. (Time, money, tasks)	<ul style="list-style-type: none"> <li>You only think of yourself!</li> <li>You are leaving me in the lurch!</li> <li>Grow up!</li> </ul>	<a href="#">Tutorial 9</a>
Coping lovingly with conflicts.	<ul style="list-style-type: none"> <li>You always criticize!</li> <li>I can never please you!</li> </ul>	<a href="#">Tutorial 10</a>
Loving sympathy.	<ul style="list-style-type: none"> <li>You don't listen to me!</li> <li>You are not interested in me!</li> </ul>	<a href="#">Tutorial 11</a>
Loving loyalty in the relationship	<ul style="list-style-type: none"> <li>You criticize me in front of others!</li> <li>You make a fool of me at every opportunity!</li> <li>You don't give me any security</li> </ul>	<a href="#">Tutorial 12</a>
Harmonious upbringing	<ul style="list-style-type: none"> <li>You don't respect me!</li> <li>You trample on my authority!</li> <li>What I say doesn't count at all!</li> </ul>	<a href="#">Tutorial 13</a>
Coping lovingly with our responsibility towards society	<ul style="list-style-type: none"> <li>You are not interested in anything!</li> <li>What are we leaving behind really? Nothing!</li> <li>You don't assume any responsibility!</li> </ul>	<a href="#">Tutorial 14</a>

## Talking to each other lovingly, or the art of communication!

### Tutorials 15 to 18

Topics	Partner's accusations	Tutorials
The loving ear	<ul style="list-style-type: none"> <li>You don't listen to me!</li> <li>You are not interested in what I think or feel!</li> </ul>	<b>Tutorial 15</b>
Coping lovingly with the hesitant Yes and with the hesitant No. Coping lovingly with <b>Not really</b>	<ul style="list-style-type: none"> <li>You don't understand me!</li> <li>You talked me into it – actually I did not want it!</li> <li>Actually, you just want your own way!</li> </ul>	<b>Tutorial 16</b>
Coping lovingly with a different opinion. Coping lovingly with <b>yes-but</b> .	<ul style="list-style-type: none"> <li>Do you listen to me really?</li> <li>You know it all!</li> <li>You are not the only who has rights!(who is right?)</li> </ul>	<b>Tutorial 17</b>
Coping lovingly with criticism.	<ul style="list-style-type: none"> <li>I can't say anything to you!</li> <li>You can't deal with criticism!</li> <li></li> </ul>	<b>Tutorial 18</b>

## A special relationship game

### Tutorial 19

Topics	Partner's accusations	Tutorial
The joint fathoming of character traits and its implementation in daily life	<ul style="list-style-type: none"> <li>You don't strive for me!</li> <li>You are not interested in me!</li> </ul>	<b>Tutorial 19</b>

Further Tutorials in preparation.

### Some readers judge our tutorials

I'm sooo happy to obtain tutorial 4 concerning sexuality. Why I wanted to have this letter at all, it was your comment .... "the other suffers also in this case...."

C. and I have sat on the weekend about your deliberations, it was a very open, liberating, emotional and honest conversation,..... **more**

### For whom do we hold the tutorials particularly suitable?

Adolescents, young adults, couples, for separated or divorced couples, midlife couples, parents .... **more**

## For whom do we hold the tutorials particularly suitable?

for **A**dolescents and young **A**dults ...Who want to prepare themselves consciously for a relationship and are looking for information about what makes relationships succeed. The starting point is the recognition that not everything that they have seen with their own parents, can be correct for them.

für **C**ouples ...Who want to know how problems can be solved, in such a way that the solving brings more closeness, understanding and trust.  
... who want to know how they can talk to each other openly and appreciatively and who want to make a self-determined and systematic journey of personal development.

for separated or divorced **C**ouples ...Who have a failed relationship behind them and want to know why exactly how they went wrong.  
... who want to know what they could have done differently either alone or with their partner that would not have jeopardized their relationship.  
... who, knowing this, know how to protect against a new relationship being poisoned by the re-staging of old conflicts.

For **m**idlife **C**ouples ... Who have already had a long life together and have accepted that things could have gone better. Frequently, the breaking of the umbilical cord with the children or simply a move to a new home or job provides the space to see life with each other from a new perspective. Often, their objective is to discover what they can do better to create a relationship that is more relaxed and lively.

for **P**arents ... Who realize that, for their children's sake, they want a better quality relationship within the family.  
... who decide to work on their partnership, when they realize that their relationship has a direct impact on the ability of their children to form relationships. They are willing to make some effort to be better role models. These parents are on their way to being happier.

## Some readers judge our tutorials

...I'm sooo happy to obtain tutorial 4 concerning sexuality. Why I wanted to have this letter at all, it was your comment .... "the other suffers also in this case...."

C. and I have sat on the weekend about your deliberations, it was a very open, liberating, emotional and honest conversation, which has done us really well and we were not only in terms of sexuality at all but brought very close. Particularly I was impressed by the statement, how would like a response or action be from the perspective of a loving relationship that is lived out with a lot of enthusiasm.

Also the way you wrote it is genius. It is really suitable for studying by it self. And the reference to a possible need to deepen it wit an specialist was also very good. Extremely helpful are the life examples and the mentioned "solution examples" that give the applicant an idea of how - even in muddled situations - a solution can be addressed.

Thanks you so and a big compliment to this document!!

Love G.

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Generally to the tutorials:

...First of all, I find the text very great, both from the drafting point and content. I'm really serious, I even work very hard to obtain good formulations, though I know that many people will read what I write, I really do not know when I read the last time such a perfect formulated text. Great!

M.C.



**What do our clients say?**

H.B.

"You have not only saved our marriage in a hopeless situation, but freed my wife and me of outdated ways of thinking.

With your pleasant, empathetic and wise way, you have accompanied us on this long journey and were always ready to help us as consultant and coach.

Your selfless passion to help others made the impossible possible.

You have opened up to us and our children the way to their happiness.

We will always be grateful for this! "

U.H.

"We came to you with the decision to separate us. Through your support you have opened for us opportunities to which we had not previously thought and hoped. Today we are still together and are very happy about it.

Thank you for your loving support "

## About us



**D**aniela Fritzsche  
Dipl. Psychologist (Univ. Wien)  
Clinical Psychologist  
Born: 21.05.1968 in Vienna, Austria  
Married 2 children (7,4)



**W**alter Fritzsche  
Engineer  
Systematic modification work  
acc to Transparent-Therapy & Vision-oriented  
modification (VoVa)  
Born: 10.12.1954 in Bogotá, Columbia  
married, 5 children (32,30,27,7,4)



**L**orcan Flynn  
I am a traditional Irish storyteller in English and  
German and a teacher of Business and General  
English.  
Born in Ireland,  
married, 3 children

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## Responsible for content::

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