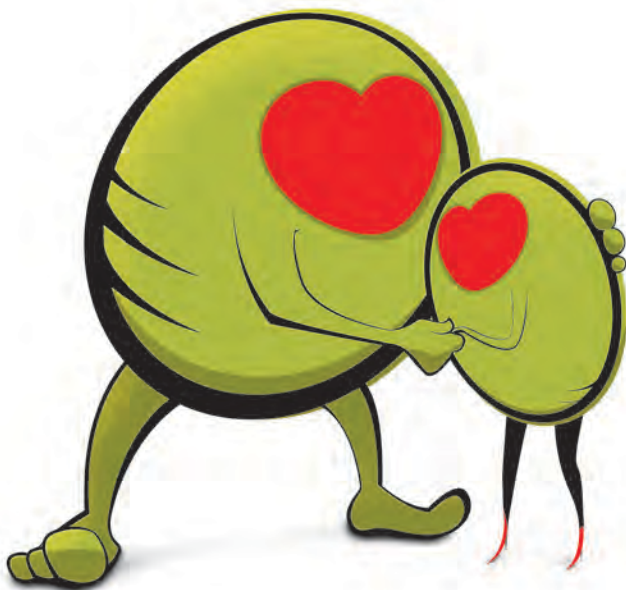


OLIVE JUICE

FOREVER



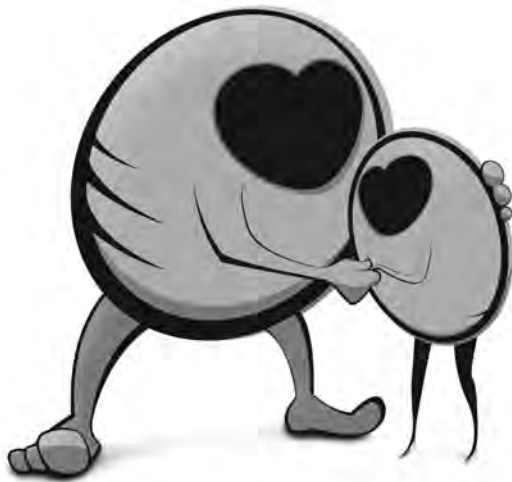
Confessions of a Love Junkie

LORRAINE & SHAWN JENSEN

OLIVE JUICE FOREVER



OLIVE JUICE FOREVER



Confessions of a Love Junkie

LORRAINE & SHAWN JENSEN

ILY PUBLISHING COMPANY
NANAIMO, BC

Copyright © 2006 Lorraine Jensen. All rights reserved. The use of any part of this publication reproduced, transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, or stored in a retrieval system, without the prior written consent of the publisher is an infringement of the copyright law.

DISCLAIMER

The advice contained in this material might not be suitable for everyone. The authors designed the information to present their opinion about the subject matter. The reader must carefully investigate all aspects of any decisions made before committing him or herself. The authors obtained the information contained herein from sources they believe to be reliable and from their own personal experiences, but they neither imply nor intend any guarantee of accuracy. The authors are not in the business of giving legal, financial or any other type of professional advice. Should the reader need such advice, s/he must seek services from a competent professional. The authors particularly disclaim any liability, loss or risk taken by individuals who directly or indirectly act on the information contained herein. The authors believe the advice presented here is sound, but readers cannot hold them responsible for either the actions they take or the result of those actions.

Library and Archives Canada Cataloguing in Publication

Jensen, Lorraine, 1961–

Olive Juice Forever: Confessions of a Love Junkie / by Lorraine & Shawn Jensen.
– 1st ed.

1. Love. I. Jensen, Shawn, 1966- II. Title.

BF575.L8J46 2006 158.2 C2006-904412-0

ISBN 978-0-9781183-0-3

Cover and character design by:

Richard Hatter, Impact Visual Communications Ltd.

Cover photo: Malcolm Johnson

Senior editor and GMU: our Debbie (Schug)

ILY Publishing Company

3464 Blackfoot Way

Nanaimo, British Columbia

V9T 6M5

Printed & Bound in Canada

This book is lovingly dedicated to
ANNIE POTTINGER



love *is* the answer



And now we get to say thank you...

You know who you are, the people who love and support us and laugh at our jokes. You've held our hands and held our hearts, and some of you have kicked our butts. You've read our book, watched our children and held our vision.

Thank you to every artist who sings or writes or paints about love, and to everyone who breathes more love into this world.

To the people we have hurt we say sorry, and to those who have hurt us we say thank you. Without experiencing the pain that we have given and taken, we wouldn't be so passionate about supporting others to find their way to love.

Olive Juice Forever

Lorraine & Shawn



Foreword

The intention of this book is great enough to create a wave of love in the universe. I am so proud of my mum. She has fought to be right about love, and now she is sharing her battles and successes with the world. Love is a choice, and over the years I have watched her fight against love like a warrior. She has had to consciously turn her battles around to embrace love.

“When you change your mind, you change your life.” Living in our home, you may hear that once in a while. It’s true, and it has worked for us. My parents have a beautiful relationship that embraces me, my daughter and my new brother and sister. I am truly grateful. They are being what they want us to be. They honestly do walk the talk.

Watching this book go from a dream into reality has been an amazing process. The pages have already been cried, laughed and prayed over. My parents have practiced support and patience together, but most of all they have had a vision and stayed focused on it. This book is an act of love they created together, and I am so very proud of both of them.

Love & Blessings

Andrea (*a.k.a. Pumpkin*)



Table of Contents

Preface	xv
Introduction	1
PART ONE: YESTERDAY	3
Baggage	5
Power	19
Evidence.....	29
Forgiveness	43
PART TWO: TODAY	51
Image	53
Needs	69
Choice.....	81
Love	91
PART THREE: TOMORROW	101
Games	103
Dreams	115
Support.....	127
Celebration.....	135

Learn from yesterday, live for today, dream of tomorrow



Preface

A word from Shawn...

I'm just a guy. I like to hang out and have a few drinks, watch the game, get a little exercise, and listen to music.

I'm married to an ultra-intuitive, relationship-guiding, self development guru. When we got together, I was afraid of all the stuff she knew, the way she talked and the way she saw through others.

As different as we are, we are also so much alike: we love love.

We have both been through the relationship wringer and didn't want to end up there again, caught in the cycle of mistrust, fear, low self esteem, insecurity, of not showing up as who we really are. We've been there and we didn't like it.

What we do like is each other. We have both brought the bad and the good with us into this relationship, laid it out on the table, taken the best of it, and we're working at leaving the crap behind. We've set some goals and put some strategies in place to support our relationship through the tough times and through our successes. Great things have started to happen. Together we are

focused on what we want and we're moving closer to our goals and dreams.

What we found is that other couples are interested in what we're doing and want to learn how to keep their own love alive. So we created our company, Olive Juice Forever, and wrote this book.

In this book we share the stories and the struggles, the tears and the fears and the games we play. We offer the tools and experiences we have both learned from in our lives, and the commitment we have made to use them.

Our life is in no way perfect. When things go sideways on us, we don't run away, we stand and face our fears. We don't shut down, we speak the truth, we course correct and we get on with it.

At times in this book I get to say my piece, to tell a bit of my story.

I'm just a guy.

Shawn

Introduction

If you are wondering where the title of this book came from I'll tell you. When you mouth the words "olive juice" it looks like "I love you." If you want to know where the rest of the title, Confessions of a Love Junkie, came from, just read the book.

I have always known *love is the answer*, it's the way I have searched for the question that has gotten me into trouble.

I used to be ashamed of my relationship history and would try and cover up the relationships I have had or the fact that I had been married twice before I married Shawn. Now I celebrate. What I know about myself is that I don't give up. Who better to stand in front of people and talk about the hardships and joys of creating an open, healthy and loving relationship than someone who has fallen flat on her face more than a few times, and keeps getting up to dust herself off and carry on. That would be me.

This book is written in three parts: yesterday, today and tomorrow. How we got to be where we are, where we are and where we are going. This book offers tools and insights into why we do some of the things we do,

solutions to change if you want, and the comfort that we are not alone.

We suggest that you read this book once, then go back and review each chapter one at a time, taking the time to work on each action step. You can also go straight to any chapter to address a particular issue currently challenging you in your relationship. Each chapter also ends with an action step and has a downloadable worksheet located on our website at: www.OliveJuiceForever.com

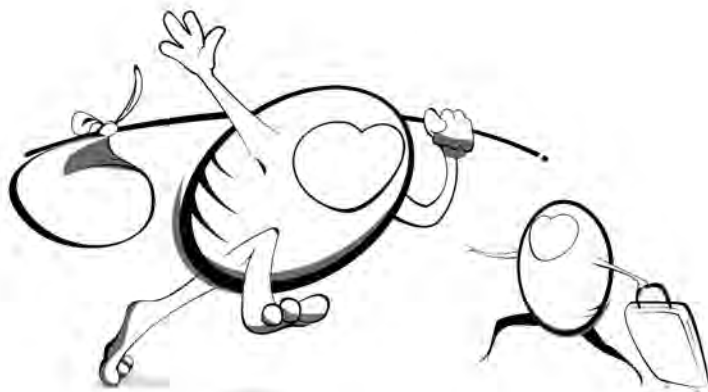
All you need on this journey is an open and willing heart. However you use this book, know that Shawn and I are with you.

I love my life.

Lorraine

PART ONE

YESTERDAY







CHAPTER ONE



Baggage



Baggage... I'm not talking about the suitcases you take on vacation, but the crap you drag around from relationship to relationship. The “stuff” you hang onto from the past because you think it will keep you safe, but it only keeps you suffocated and scared to give love a chance. I'm talking about the chains that bind you and smother your heart, your hips and your lips.



Have you ever seen someone at the airport with really nice matching luggage? And then they get pulled aside at customs, and you get to see that all their belongings are just shoved into that fancy little bag? Pushed in there really tightly? Those bags look really good on the outside, but when you get a peek at what's on the



inside, you can see that some of that laundry hasn't been aired in a while.

Have you ever noticed that in a new relationship, when the shit starts to hit the fan, it's the same issues as in the last relationship and the one before that? Have you chosen partners based on the fact that they are the total opposite of the last one, and then when trouble erupts it's the same issues again, they just look a little different?

Have you ever said, "Once bitten, twice shy?"

Just because my cat Twinkle ran away when I was four doesn't mean every cat I ever have will run away.

Just because my ex slept with someone else for six months and didn't have the guts to tell me, doesn't mean everyone else will cheat and lie.

So why do I continue to act as if they will?

My friend Judy is in a relationship with a really nice guy. Every time I ask her what it is that she loves about this guy, her answer is always the same: he's safe. Her ex husband had an affair. Say no more. Judy's afraid, and protecting herself from getting hurt again in the

YESTERDAY: BAGGAGE

same way. The baggage she brings into the new relationship is the fear of abandonment, of rejection or of looking stupid. She is so scared that the new guy will do the same as her ex husband that she isn't giving him a chance to show up as himself or to be more to her than just "safe." What if he were to come home at the end of the day with tickets to Vegas or something spontaneous? How would she react? Probably thrilled and afraid at the same time. The fear would probably show up first because his actions would be so out of the ordinary that she would panic as she feels "unsafe."

As much as I love my life and my husband, we both have baggage that we brought into this relationship and we have had to work to build trust between us. It isn't that we don't trust each other; it's that we have been hurt and we each have to earn the right to one another's trust.

I came home one night eager to see my man but I couldn't find him. I started getting excited because sometimes he'll be waiting for me in the tub or somewhere I wouldn't be expecting him. I certainly didn't expect to find him in the garage sweeping the bristles

right off the broom. When he wouldn't look at me and just said hello while continuing to brush the cement off the floor, I gathered this as evidence that something was wrong. As it happens something was wrong: I had left my old hotmail account open and he had decided to go looking for evidence of his own. Evidence that would prove that I didn't love him, that he wasn't special and that just like the rest of the men in my life, he would end up on some heap of Lorraine's discarded men.

Well, he found it. He asked me to come into the office and showed me one of the emails he had found from my ex. I sat stunned and didn't know what to do. My stomach was in knots and I just wanted to cry. I sat in a chair by the window and told him how sad I was that he had done that. I was sad that he had found the email, because I know how horrible it feels to look at someone's personal letters and have to own up to it (or not), and to carry around in my head the stuff I have seen. I was saddest about the fact that he had to go and look for evidence of negative things when there is so much evidence for the positive around our home and in our lives every day.

Shawn's story:

A good friend of mine said, "What the @#%* were you thinking, looking at that email?"

Well, you know what? I've attracted and created mistrust in my life and why on earth would this relationship be any different? I was determined not to end up on Lorraine's discarded men pile. I needed to protect myself by proving that she, like the others, couldn't be trusted.

After reading that email between Lorraine and her former partner, I made up a story that I would end up just like the rest of the men in her life: dumped. I had no real proof of this, and that email was really old. However, after reading it, my thinking got away on me and my reaction to what I had been reading was as irrational as reading the email in the first place. My fear became all consuming.

If you have ever looked through someone's personal belongings, or have read their email searching for proof that your partner isn't as trustworthy as they claim to be, you know how sickening and gut wrenching this can be.

For me, trusting isn't easy to do sometimes, but now, each time I go to that place of fear or mistrust, I just say to myself, "I'm done searching for this caustic evidence and I'm done feeling this way."

I'm not proud of my actions, and it did help me to realize that I had to stop looking for the negative evidence

that doesn't exist in this relationship and learn to just say, "I'm done." I'm done waiting for the hammer to fall, and I'm ready to get on with it.

What an absolute waste of time and energy that experience was, time and energy that could've been spent being happy and grateful for what Lorraine and I do have.

Shawn

That night we talked about Shawn's hurt hunt. Just like me and the rest of the world, Shawn had been hurt in the past and didn't ever want to have that experience again, he wants to protect himself from that pain. And as much as he wants to protect himself from being hurt again, he also wants a loving, deep and spiritual relationship. The sad thing is that he really doesn't stand a chance at an intimate relationship when he is so afraid to open up and be vulnerable. He told me at one point that he just wants to be safe. Well, how can you be safe and vulnerable at the same time? If I'm playing it safe, I will always protect myself from hurt.

Vulnerability is almost the opposite of that: allowing myself to be exposed to potential pain. It means put-

YESTERDAY: BAGGAGE

ting down my shield and letting my partner see who I am, trusting that he will still love me even though I'm not always the warrior woman that I project.

Can we trust ourselves to honour our feelings and say it anyway, to stand in the face of fear and express our emotions, whatever they are? If we don't, we are forever protecting ourselves from past hurts. Past hurts that may never happen again. If we live our lives in fear of re-experiencing the past, nothing will ever change.

It's my subconscious that keeps me looking for evidence. My subconscious is home to every experience I have ever had. My subconscious coupled with my ego is my greatest protector. As a team, they go to great lengths to protect me from any kind of hurt or embarrassment, and I am very grateful for that. But this also keeps me stuck in my past, afraid of doing anything that might cause pain, like taking a risk or living to my full potential.

My subconscious persuades me that "it's not worth it," or "he's just like the rest of them and will screw you over." Well, guess what? When I really want to be

right about everyone being out to hurt me, I will find evidence to support my fears.

I was having coffee with a friend who was telling me about a new woman who he is crazy about. But he doesn't want to rush into another relationship since his marriage only recently ended. His reason for not getting into a new relationship: he doesn't want to drag his old baggage along with him. He's worried that his wife left him because he didn't have enough energy and passion for life, and he doesn't want to be that way with this new woman. I asked him what he thought he was going to do with his past, leave it on the doorstep when he goes into the new woman's house?

I don't care why you stay out of relationship, unless you work on yourself, you'll still have the same old reactions in the next relationship. In a new relationship, everything is all exciting and fresh, but I am still bringing along me — the exact same me — that was in the last relationship and the one before that.

It's easy for me to be single. I may work on myself in between relationships, but I don't do as much work when I'm single compared to how hard I work when I

YESTERDAY: BAGGAGE

have a partner. And what is all this bunk about waiting a year? Says who? Do you think someone is out there, perched on a chair with a daytimer, figuring out who is going to meet whom, and when, and, oops, this one better wait a few more months? Life is short. If I meet someone one day or five years after my last relationship, then that is when I'm meant to meet them.

I believe that we all long to be with someone, so why come out of a relationship where I've been miserable, and punish myself further by waiting on the sidelines of life for a year or more to pass just because that's what I am *supposed* to do? Not to say I haven't done it, I've gone years between relationships mostly because I haven't met someone. But I have also met someone soon after the end of a relationship and gotten involved right away. It really hasn't made much difference because I'm still me and I keep showing up in each relationship just the same, baggage and all, until, of course, I'm ready to change.

SOLUTION:

It's me who needs to change. When I find myself at that place *again*, that place where I've been hurt once more and I'm not letting others in, I have to do something to change my mind about the past. The past is over. I can choose to attract different experiences that will bring me different results.

When I find myself in that place of self sabotage, or beating myself up for the things I've done in the past, I reflect on my favourite Ernie Larson quote:

If nothing changes, nothing changes.

And I ask myself, what have I done that is different? What have I changed since the last time I was in this situation? Usually nothing but the colour of my hair! If nothing changes, nothing changes. It can't get much simpler than that. I have to be willing to *do* something, to take a step in the direction of my dreams.

I must be willing to do the work. So what is the work?

One of the agreements Shawn and I have made in our relationship is that at all times one of us is the

YESTERDAY: BAGGAGE

adult. When one of us is living in the past and is riddled with old thoughts and fears, the other simply stays logical and doesn't buy into the fears at that point in time. Shawn's ex wife left him for someone else, so he sometimes struggles when I tell him I will not leave this relationship. When he's in a place of mistrust, I have to remember that his struggles are not mine, they are his. So I must be the adult and love him through his fear, which is just false evidence appearing real, and won't last long.

We all have fears. Sometimes we don't like to acknowledge how many fears we have packed into our bags, but we all have them. The more aware I am of the baggage I bring into this relationship, the better chance I will have at success.

We used to ask each other, "what's going on?" Then one day, Shawn told me he was changing the question to:

What are you afraid of right now?

This question cuts to the chase. When Shawn asks me what I'm afraid of right now, I am reminded to

stop and think. I know I'm afraid of something and this question helps me get clear. "What's wrong?" shuts us both down. Sometimes I'm not clear about what's wrong right now and the question about fear takes me out of feeling sorry for myself and into solution.

ACTION STEP:

Find a question that works for both of you instead of "what's wrong?" We use "what are you afraid of?" If it works for you, use it. If not, find a question that is non-threatening and easy to answer.

Ask your partner to support you in a way that works for you. For example, if you need space when you are struggling, ask for it. Don't shut your partner down, just ask for the support you need. Maybe you need a hug when you're in that place of fear. Talk about the type of support that works for you both, before you need it.

For a more detailed worksheet for this exercise, go to www.OliveJuiceForever.com

YESTERDAY: BAGGAGE

- ☉ Our baggage keeps us chained to the past, and limits our potential for happiness and success.
- ☉ Nothing will change, until I'm ready to change. And that means rolling up my sleeves and getting to work on ME!
- ☉ FEAR is false evidence appearing real.
- ☉ What am I afraid of right now?

OLIVE JUICE FOREVER

- ☺ Are you tired of dragging your baggage from relationship to relationship?
- ☺ Are you afraid of getting hurt, again?
- ☺ What would you do for love?

You can go to school to learn anything: sing, design, fly, cure, build. But where do you go to learn how to love? Or to acquire the skills necessary to create amazing relationships?

Lorraine and Shawn Jensen refused to drag their old baggage into their new marriage. Today they have a relationship that most people dream about.

From their checkered pasts to the choices that they make today,
they want to share with the world that
love is the answer

In this book you will learn:

- ☺ That your current relationship doesn't have to end up like those in the past.
- ☺ How to stop worrying about what others think and start being yourself.
- ☺ How to create strategies to keep your love alive.



Through the stories and tools presented in this book and in their workshops, Lorraine and Shawn share solutions and strategies they use to successfully resolve many of the challenges we all face in our relationships.

Olive Juice Forever!

