

## CD 1 The Passion Triangle

Deep, lifelong, sustainable Passion is absolutely possible. On this CD, Dr. Cheryl introduces the key concepts of Becoming Passion. When you accept the challenge to Become Passion, you begin the practice of becoming an Awakened Lover in your own relationship. We start with the Passion Triangle, which forms the basis of the entire CD workshop. The Passion Triangle shows how Passion is created by a balance of Intimacy, Thrill, and Sensuality. Rate your Passion – where are you strong, where must you improve?

- Track 1 Passion - Friendship Set on Fire
- Track 2 Meet Dr. Cheryl, Your Passion Coach
- Track 3 Passion Is 100% Possible
- Track 4 Making Passion Your Hobby
- Track 5 Lover Is a Verb
- Track 6 Becoming Passion
- Track 7 What Does an Awakened Lover Do?
- Track 8 How Badly Do You Want It?
- Track 9 Passion Priorities - The Lover List
- Track 10 Your Commitment to Becoming Passion
- Track 11 Creating New Passion Patterns
- Track 12 Passion Triangle - Intimacy
- Track 13 Passion Triangle - Thrill and Sensuality
- Track 14 Responsible Relating and the Fine Print

## CD 2 Intimacy I

Your partner is never wrong. Wow! On this CD, we learn the critical importance of kindness and right speech for building true closeness and Intimacy, the foundation of the Passion Triangle. How will your relationship change when you learn that you never need to have a destructive argument ever again? Learn to speak with Love. Deepen the three ways we connect and communicate: with Speech, Mind, and Body.

- Track 1 What Does Intimacy Mean to You?
- Track 2 True Depth Intimacy vs. Pseudo-Intimacy
- Track 3 Intimacy Self-Test
- Track 4 Rate Your Comfort with Intimacy
- Track 5 Would You Rather Be Happy or Right?
- Track 6 Your Partner Is not Wrong, Just Different
- Track 7 Do Your Words Damage Intimacy or Bring You Closer?
- Track 8 Intimacy & Speech – Kindness Is Key
- Track 9 Right Speech - The Time-Out Technique
- Track 10 Why the Time-Out Is Your Relationship's Best Friend
- Track 11 Words as Tools of Love, not Weapons
- Track 12 Second Passion Triangle - Speech, Mind & Body
- Track 13 For Intimacy? Remember Love

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## CD 3 Intimacy II

Communication should ignite Passion and closeness, not push us further apart. On this CD, we discover how to listen with our hearts as well as our ears. But communication is not just Speech – the importance of Intimate touch for cultivating Passion cannot be denied, so we explore ways you can communicate with your Body. Then, we introduce the Mind of Intimacy. Since your entire experience of your relationship is based on your thoughts, perhaps it is time to change your Mind, not your Spouse. Hmm...

- Track 1 Intimacy & Speech - Words, Tone & Body Language
- Track 2 The 15-15 Technique
- Track 3 Communicate to Become Closer and to Learn
- Track 4 Closeness + Understanding = Intimacy
- Track 5 Intimacy & Body – Touch More, Touch Often
- Track 6 Intimate Touch Practices
- Track 7 Why It Is So Important to Sleep Together
- Track 8 Seven-Day Pledge for Touch Intimacy
- Track 9 Intimacy & Mind – How Perception Creates “Reality”
- Track 10 Don't Change Your Life, Change Your Mind
- Track 11 Kill the Soulmate!
- Track 12 Dr. Cheryl's 7/10 List & Non-Negotiables
- Track 13 Passion Is All in Your Head
- Track 14 Cultivating Lover Mind

## CD 4 Intimacy III

Mind demons will create distance and disconnect from our Beloved if we let them. On this CD, we continue to cultivate the Mind of a Lover. We learn to choose to focus on Love and create unshakeable commitment and romantic interest. This really is possible! However, most of us need to clear up some past hurts before we can reconnect at such a profound level. The practice of atonement allows us, perhaps for the first time, to truly let go of the past. We then become At-One and can embrace our Passionate present, together.

- Track 1 Intimacy & Mind – Choose Love Now
- Track 2 Your Partner Is Always Fascinating
- Track 3 The 100% 90-Day Commitment Challenge
- Track 4 No Matter What
- Track 5 Intimacy Requires Vulnerability
- Track 6 You Don't Need to Forget to Forgive
- Track 7 Taking the Emotional Baggage Out
- Track 8 A Forgiveness Ritual
- Track 9 Atonement Step 1
- Track 10 Atonement Step 2
- Track 11 Atonement Step 3
- Track 12 Parable of Friendship

**Before you begin:** The Become Passion CD series is provided for education and is not a substitute for psychotherapy. If at any time during or after listening to the CDs you decide that you or your partner need more support for your relationship, you can contact your local psychological association for a referral to local therapy services.

## CD 5 Thrill

The most ridiculous Love Myth is that the Thrill can't last forever. Nonsense! On this CD, we explore Thrill, the powerful second side of our Passion Triangle. Thrill can be cultivated moment by moment through your Mind, Body, and Speech. We learn how to approach each other with curiosity and excitement. We discover that a little appreciation can go a long way. Make your Passion and Play Last a Lifetime!

- Track 1 The Thrill CAN Last Forever!
- Track 2 A Story of Lifelong Thrill
- Track 3 Thrill & Mind – 30-Day Challenge
- Track 4 Appreciation Technique
- Track 5 An Awakening Lover Is Thrilled in This Moment
- Track 6 Thrill & Body – The Eyes Have It
- Track 7 Dog Thrill Challenge
- Track 8 Thrill & Speech – Buffer Your Love
- Track 9 Get Curious, Ask Thrilling Questions
- Track 10 Passion and Play CAN Last a Lifetime

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## CD 6 Sensuality I

Make sex your hobby, make sex For-Play. What turns you on? What makes a fantastic Lover? How can you greatly expand your sensual repertoire? Of course, to be a great Lover, you need to know some basic facts. On this CD, you'll hear about the physiology of orgasms and the sexual response cycle. You'll also begin to solve the most common sexual problem that partners report – you want it, they don't!

- Track 1 Sensuality, Awakening Lovers & For-Play!
- Track 2 The Ingredients of Passionate Sexual Sustainability
- Track 3 The Rainbow of Sensuality
- Track 4 What Turns You On? Self-Test
- Track 5 What Makes a Fantastic Lover?
- Track 6 Passion Triangle & Marital Affairs
- Track 7 Orgasm Facts & Faking
- Track 8 Why the Clitoris Is Queen
- Track 9 Sensuality & Speech – Giving Good Tongue
- Track 10 Sensual Visualization Practice
- Track 11 Erotic Story Technique
- Track 12 Love Notes, Lust Notes
- Track 13 Talk Dirty to Me, Baby
- Track 14 Using Words to Seduce & Delight
- Track 15 Sensuality & Mind – Great Sex Is All in Your Head
- Track 16 Sexual Response Cycle – Desire & Arousal
- Track 17 Sexual Response Cycle – Resolution & Multiple Orgasms

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## CD 7 Sensuality II

Great sex is all in your head. On this CD, we look at what gets in the way of a better sex drive, and continue to explore the Mind of Sensuality and how to address sexual desire disconnect. Rate yourself in the three areas that affect your libido, and start to rediscover your deep, Passionate sexuality. How does sexual fantasy both help and hinder great sex? In the Body and Sensuality, we learn the art of Sensual massage—now that can make “homework” fun!

- Track 1 Sensuality & Mind – I Want Sex, You Don't
- Track 2 A Solution to Sexual Desire Differences
- Track 3 Never Say “I'm not in the Mood” Ever Again
- Track 4 Cultivating the Mind of Desire
- Track 5 Passion – It's About Time!
- Track 6 Your Sex Drive – Physical Factors
- Track 7 Your Sex Drive – Psychological Factors
- Track 8 Your Sex Drive – Relationship Factors
- Track 9 How to Improve Your Sex Life
- Track 10 Sexual Fantasy, Help or Hinder?
- Track 11 Awakened Lovers & Tantric Sexuality
- Track 12 Sensuality & Body – No Nipple Nipple Crotch Goodnight!
- Track 13 Body Sensuality Challenge
- Track 14 Sensual Massage 1
- Track 15 Sensual Massage 2
- Track 16 And Don't Forget...Sleep Naked!

## CD 8 Sensuality III

Now it's time to create powerful, Passionate, loving sexuality that Lasts a Lifetime. How can you expand your sexual spectrum from gentle, romantic lovemaking to spicy, hot sex, and back again? The key is to connect loving heart with sexual power, as the most common female sexual fantasy reveals. On this CD, learn about toys and techniques to spice up your Lover life. Create a Passion Plan to assist you in your journey toward being an Awakened Lover. In the end, you will discover that in order to Become Passion, we each need to Be ComPassion, and thus Awaken the Planet, One Lover at a Time.

- Track 1 Sensuality & Body – Limitless Possibilities
- Track 2 Dark Sensual Energy
- Track 3 Spicy Taboos & Our Beloved
- Track 4 Ravish Me! The #1 Female Sexual Fantasy
- Track 5 Love + Sensual Power = Great Sex!
- Track 6 Awaken Love, Awaken the Planet
- Track 7 Sensual Toys 1
- Track 8 Sensual Toys 2
- Track 9 Sensual Toys 3
- Track 10 Scheduling Sex IS Romantic
- Track 11 Your Passion Plan
- Track 12 Sensual IOUs & the Passion Pledge
- Track 13 Becom(e) Passion = Be ComPassion
- Track 14 Your Awakened Lover Journey
- Track 15 Awaken the Planet, One Lover at a Time