

# dill pickle love

*Workbook & Study Guide*



Paul McCormick

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Workbook & Study Guide

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for

dill pickle love

*What Love Really Is & Is Not*

by Paul McCormick

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## About This Workbook & Study Guide

This study guide and workbook is offered in conjunction with the publication, *Dill Pickle Love: What Love Really Is & Is Not*. These chapter study guides are an exact duplicate of the ones contained in the book itself, but with increased space for note taking. There is an answer key included. Answers are not provided for most discussion questions as the point is to facilitate reflection and discussion from your own thoughts.

This workbook is offered as a separate publication for couples so each individual has their own space in which to take notes and answer the study questions. It also works well for classes which may be taught using the Dill Pickle Love Power Point presentation, without the benefit of each attendee having their own copy of the book.

Furthermore, there may be those who are averse to writing in the book itself, desiring to keep it fresh and clean, perhaps for others to read.

As an added bonus, words of importance for each chapter are provided in alphabetical order with definitions. (All definitions are from dictionary.com unless otherwise noted). This allows for the topics being presented in each chapter to be revealed at a glance. This listing serves to stress the significance of the words presented.

After the Study Guide section, there are some Bonus Materials which are not included in the printed book. These are taken from the seminar presentation.

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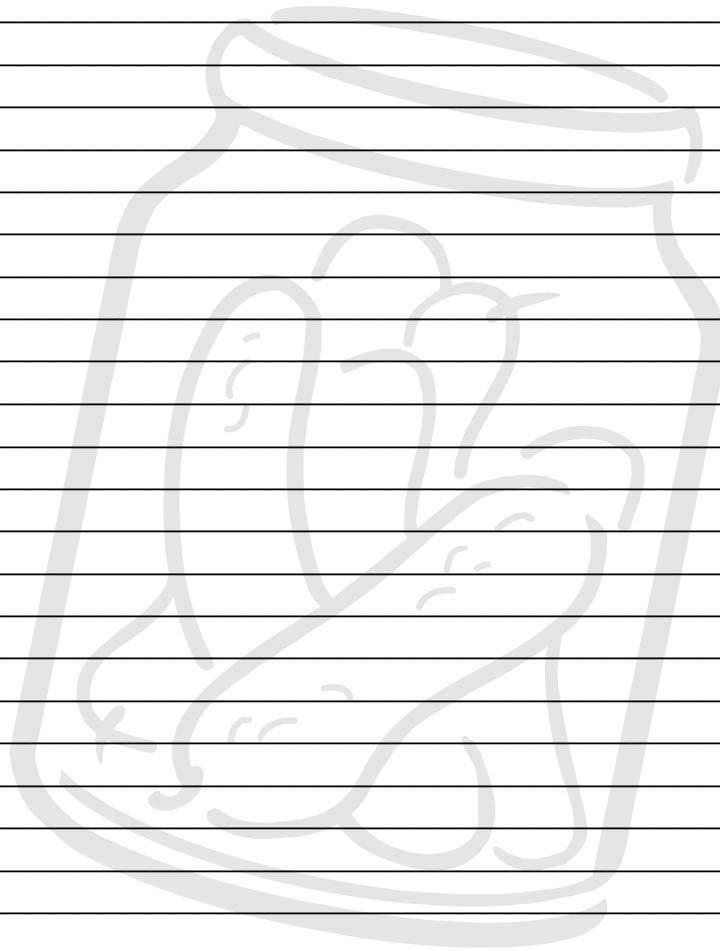


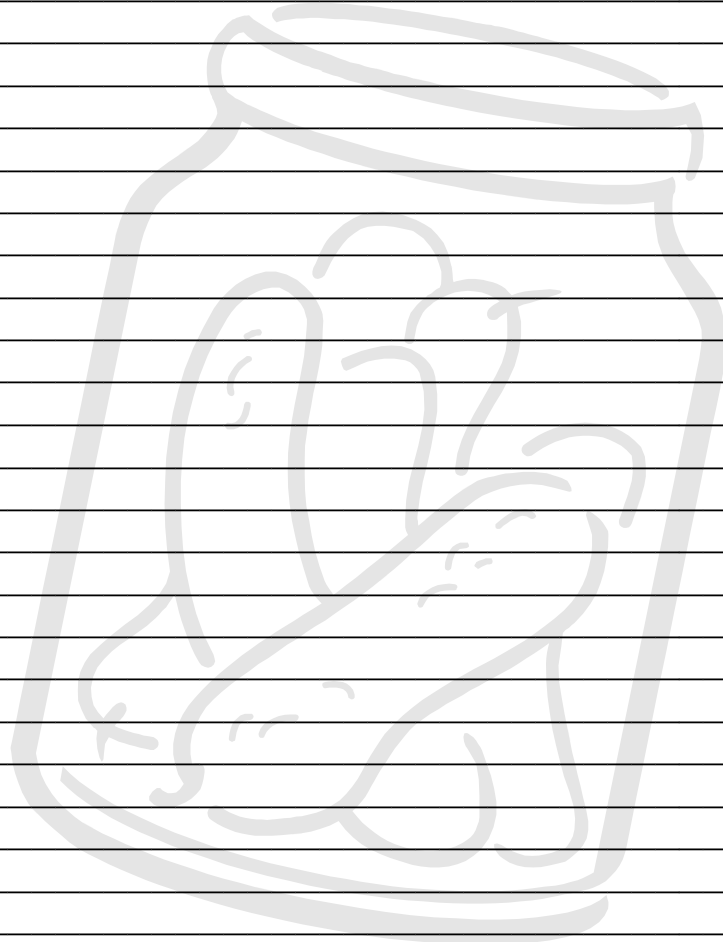


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## Chapter 2

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## Study Guide and Discussion Questions

 Words of Importance (with definitions)**a**gape:*“The selfless devotion of one person for another.”* (Farlex Dictionary)**b**oast:*“...to speak of with excessive pride or vanity.”***C**ommitment:

1. *“A pledge or promise; obligation.”*
2. *“Engagement, involvement.”*
3. *“The state of being bound emotionally or intellectually to a course of action or to another person or persons.”*

**C**ommunicate:*“To give or interchange thoughts, feelings, information, or the like...”***d**ill **p**ickle **l**ove:*“The passionate affection of one person for another.”***E**motion:*“...any strong agitation of the feelings actuated by experiencing love, hate, fear, etc., and usually accompanied by certain physiological changes, such as increased heartbeat or respiration, and/or overt manifestation such as crying or shaking...something that causes a reaction.”***E**nvoy:*“Feeling of discontent or covetousness with regard to another’s advantage, success, possessions, etc.”***İ**mpatient:*“The inability to bear provocation, annoyance, misfortune, delay, hardship, pain, etc. with calmness and/or without complaint, anger, or the like.”***İ**nsanity: (Albert Einstein)*“Doing the same thing over and over expecting to get different results.”*

**J**ealousy:

1. *“Feeling resentment against someone because of that person’s success.”*
2. *“Suspicious fears or envious resentment.”*
3. *“Troubled by suspicions or fears of rivalry.”*

**K**ind:

1. *“Of a good, benevolent nature or disposition.”*
2. *“Having, showing or proceeding from benevolence.”*
3. *“Indulgent, considerate or helpful.”*

**P**ride:

*“...a high or inordinate opinion of one's own dignity, importance, merit, or superiority, whether as cherished in the mind or as displayed in bearing, conduct, etc.”*

**P**roud:

*“...showing a high opinion of one’s own dignity, importance or superiority.”*

**P**rovoke:

*“...to anger, enrage, exasperate or vex.”*

**R**omantic:

1. *“Of, pertaining to, or of the nature of romance; characteristic or suggestive of the word of romance: a romantic adventure.”*
2. *“Fanciful; impractical; unrealistic: romantic ideas.”*
3. *“Characterized by a preoccupation with love or by the idealizing of love or one's beloved.”*
4. *“Imbued with or dominated by idealism, a desire for adventure, chivalry, etc.”*
5. *“Displaying or expressing love or strong affection.”*
6. *“Ardent; passionate; fervent.”*
7. *“Imaginary, fictitious or fabulous.”*

**S**acrifice:

*“The surrender or destruction of something prized or desirable for the sake of something considered as having a higher or more pressing claim.”*

**S**elfish:

*“...Exclusive regard to one's own interest or happiness; that supreme self-love or self-preference which leads a person to direct his purposes to the advancement of his own interest, power, or happiness, without regarding those of others.”*

Unkind:

1. "Cruel, harsh, unjust, ungrateful," or
2. "Inconsiderate, harsh or severe."

► KNOWLEDGE & UNDERSTANDING

1. What are the thirteen characteristics of *Dill Pickle Love*? (p 26)

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_
- 7) \_\_\_\_\_
- 8) \_\_\_\_\_
- 9) \_\_\_\_\_
- 10) \_\_\_\_\_
- 11) \_\_\_\_\_
- 12) \_\_\_\_\_
- 13) \_\_\_\_\_

2. *Dill Pickle Love* has the ability to adapt successfully to changes in situations and circumstances? True \_\_\_\_\_ False \_\_\_\_\_ (p 29)

3. To be "selfish" is to be devoted only to one's own:

- 1) \_\_\_\_\_,
- 2) \_\_\_\_\_, and
- 3) \_\_\_\_\_. (p 30)

4. "Selfishness" has complete \_\_\_\_\_ for others. (p 30)

5. "Romantic love" is one of the keys to a successful, long-term relationship. True \_\_\_\_\_ False \_\_\_\_\_ (p 34)

6. The two things missing from "romantic love" are:

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_ (p 37)
7. *“Impatience”* results in \_\_\_\_\_ responses to a situation and provokes a \_\_\_\_\_ reaction in others. (p 39)
8. Research indicates that *“kindness”* is a quality of little or no significance in a relationship. True \_\_\_\_ False \_\_\_\_ (pp 40-41)
9. *“Envy”* and *“jealousy”* are based in what? (p 43)
- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_.
10. *“Envy”* and *“jealousy”* are the direct adversaries of \_\_\_\_\_. (p 43)
11. A short temper and unwarranted anger stifles meaningful \_\_\_\_\_ and constructive \_\_\_\_\_. (p 46)
12. *“Pride fails to recognize or appreciate the qualities and accomplishments of others. Such an environment is not conducive to \_\_\_\_\_, and without partnership, there cannot be a \_\_\_\_\_.”* (p 49)
13. Sacrificial loves requires an investment in time, energy and effort, and manifests itself through actions. True \_\_\_\_ False \_\_\_\_ (p 57)
14. People who lack \_\_\_\_\_ are unlikely to listen. (p 51)
15. In speaking with numerous individuals who have experienced the disintegration of their love relationship, without fail, each of them said that lack of \_\_\_\_\_ was a primary factor in the breakdown and ultimate failure of the relationship. (p 52)
16. *Dill Pickle Love* is able to make sacrifices because it is rooted in selfishness. True \_\_\_\_ False \_\_\_\_ (p 56-57)
17. *Dill Pickle Love* will not \_\_\_\_\_, does not offer \_\_\_\_\_, and cannot \_\_\_\_\_ the needs of the heart. (p 59)
18. \_\_\_\_\_ love is the opposite of *Dill Pickle Love* (p 62)

(See page 75 for correct answers)

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## ▶▶ REFLECTION & DISCUSSION

1. Look at the thirteen characteristics of *Dill Pickle Love* on page 26. List three of the thirteen you dislike the most, and three you are the guiltiest of. How has that affected your relationship(s)?
2. Discuss the dynamics of the nine manifestations of selfishness in relationships (p 31). Have the group come up with more of their own.
3. *Dill Pickle Love* is rooted in emotions (pp 33-34). Discuss the implications of living within an emotional relationship. Provide examples from personal experiences of the futility of trying to deal with another when they are in an emotional state
4. Discuss the concept of “*sacrifice*” (pp 56-58) by having each group member relate an example of sacrificial love they have seen or experienced in their life.
5. Review and discuss the chart on page 61. Then ask:
  - 1) Is this the way you want to be loved? Why?
  - 2) Is this the way you are willing to love another? How?