

# The *Hero* Principles

The win/win relationship guide for **men** and the women who love them.

by Justice Marshall

*"If I had read this book a year ago I would not be separated from my wife." - Mark B.*

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## Introduction to the new edition

### **My Marriage (The counselor told her to leave)**

I left my first marriage in 2002 in a lot of pain, but also determined to learn something from the experience.

My current marriage was a battle from the start, but has since become a source of real growth, comfort and inspiration. It still has its challenges.

I've often told the story of going to couples counseling. The counselor suggested that my wife Kim should leave the relationship. I can see why she said that. From this counselor's perspective my seeming non-participation in the counselling process signified a hopeless situation. What she didn't recognize was the undercurrent of possibility. She quickly gave up on me because I didn't fit the image of what a person who is "working on their relationship" looks like.

I believe that's partly because she didn't understand what was beneath my reluctance. She didn't see the longing under the surface. Many people in the counseling profession don't seem to know how to tap into a man's natural abilities to lead, to serve, to shine. Or perhaps they don't consider that to be within the scope of their job. Which is fine, as far it goes. But many men (and the women who love them) get left behind, without a true ally.

## **“He’s such a sensitive boy.”**

It’s true, I was a highly sensitive child... adolescent... man. (Actually, I still am. I’ve just learned how to expand my repertoire so that I can show up more effectively as the situation demands.) By sensitive, I mean that I was very in touch with my feelings (emotions). In fact they pretty much ruled my life. Some people will insist that’s a good thing. In my case, strong feelings limited my experience of life, work, sex and relationships. Putting too much stock in feelings kept me from enjoying a lot of what life has to offer, and from contributing to my fullest.

I originally wrote The Hero Principles because I made a crucial discovery: Life (and especially relationships!) can also be guided by *principles*, not just feelings.

Does that mean feelings aren’t important? Of course not. It means that for ME, I could stop taking my feelings so damn seriously and get a new compass. (Remember, I was RULED by feelings.) The Hero Principles helped me stop focussing on my hurt feelings and shame. They helped me tap into my latent abilities, change my behaviour, and have an experience *that I preferred*.

“Hero” has a lot of cultural meanings, from Joseph Campbell to Jet Li to comic books and more. My intention with the word was never to create a lofty “ideal” for men to strive for, or to pack on more layers of masks or posturing. I’ve simply believed that men have a natural “hero nature” within them. This hero nature is our

ability to rise to challenges that relationships (and life) provide, to meet discomfort with courage and humour, and to stretch ourselves into new ways of meeting situations.

## **Hero Principle 1 - *Do It Powerfully***

*"If You're Gonna Do It... Do It Powerfully!"*

At a men's event a few years ago, a man was sharing news about his recent engagement to his girlfriend. He spoke glibly. It was clear that even though he was agreeable, the marriage was largely for her benefit. I wondered out loud if that was the message he was giving her. I challenged him to change his approach and choose to "do it powerfully."

I explained that since he had CHOSEN to marry this woman, and the marriage was clearly very important to her, he had a great opportunity to step up and have some impact. Even though marriage wasn't terribly important to him, he could choose to honour the importance it held for her.

Once I had pointed out the opportunity that was staring him in the face, he got it immediately. He straightened right up, thanked me and committed to "do it powerfully."

Another time I was at a retreat weekend. A young man in his twenties was there with his girlfriend, who was obviously crazy

about him. This young man confided to the men in the group that his girlfriend wanted to move in with him.

He was pretty sure that he was going to agree, but I could tell that he was likely to wobble his way through the process. So I told him straight up "Sounds like you're gonna do this... You have a chance tonight to do it powerfully."

That night when the men and women got back together as part of the retreat curriculum, this young man asked his girlfriend to move in with him, in front of the whole room! It was as though he had proposed. Tears came to her eyes (and not just hers) and she was visibly moved. He took leadership and turned it into a powerful experience that they will likely remember forever. What a difference from "Yeah, OK, I guess you can move in. Sure, why not."

One more story. This one's about a man whose girlfriend became pregnant. Their relationship had been a bit "flat", in no small part because this man was so shut down and feeling lost in his own life. Her pregnancy inspired him to finally propose marriage after many years of living together.

Then it came out that the baby wasn't his! His girlfriend felt terribly about herself. It was a one-time affair. She really loved her boyfriend, and he really loved her. As you can imagine, it was an awful predicament. The man was faced with a difficult choice. I don't honestly know what he chose in the end, but I do know this - what an opportunity to Do it Powerfully!

This kind of heart-wrencher can be just the catalyst for helping a man discover his own hero nature. Imagine how this man's life might change if he stepped up to this challenge. Regardless of whether he chooses to stay or to leave, by facing these circumstances with an open and courageous heart, he might discover something about what he stands for.

These are all rather big events, but virtually everything you do can be done powerfully.

If your wife/girlfriend/partner (friend/family member/workmate) asks you for something, think about your answer. If it's a no, that's fine. Make it clear. If it's a yes, make it a solid, powerful yes. Make an impact.

#### Bottom Line:

If you've chosen to do something, do it powerfully. Always look for the opportunity to add more depth, meaning and impact to every "YES."

#### Action Steps:

1. Name three things you typically grumble or wobble your way through.
2. For each one, decide how you will "Do it Powerfully" from now on. Write them down.

## **Hero Principle 2 - *Challenges are Opportunities in Disguise***

*"Try on a new perspective and watch your relationship change."*

Imagine if you lived as though this were really true. You'd be practically invincible! Doubt would give way to faith and purpose every time. That is increasingly what my own life is like, and it's my wish for you too.

This principle IS absolutely true... if you choose it. It's entirely a matter of perspective.

You are choosing your interpretation of circumstances and events moment to moment. Mostly you are doing it unconsciously, but you have the opportunity to bring awareness and choice to your experience. And guess what? As you begin to choose new interpretations, your circumstances and the events in your life will begin to shift.

If this is a new concept for you, or one you resist, you may simply dismiss it as wishful thinking or New Age bunk. Please understand, I am not asking you to pretend that you feel other than you do, or to limply accept your fate. On the contrary, I am showing you the most effective way to change your circumstances and have the life and relationship you want.

The part that may take some getting used to is that I am suggesting that you can change your internal state before you change your external circumstances.

We tend to put the cart before the horse. Maybe you believe "I will be happy when my wife respects me." The truth is that cultivating happiness NOW is the best way to get your wife's respect.

A key part of uncovering your hero nature is realizing this truth: Challenges are opportunities in disguise.

What does that look like in real life?

Every time you are faced with a challenge, find something to celebrate within it. This is always the opportunity, if you will rise to it.

For example, at times in my own life, meeting my financial goals has been a challenge. I could curse and complain, give up, lash out, beat myself up (I've done all those things) OR I could look for the *opportunity* and celebrate it. In this case, the opportunities have been -

1. To cultivate strength and perseverance, two great qualities that have served me well.

2. To continue refining my message and my offering to the world until it is delivering enough value to enough people to compensate me well financially.

3. To become effective at managing the money I DO have. Many people with incomes ten times mine have serious financial problems because they can't manage money! I've actually become good at managing money.

I'll bet I could come up with half a dozen other opportunities related to this challenge because I do it automatically now. It's a habit. Remember that all of The Hero Principles get easier with practice. Small changes yield big results. Stay in the game. Don't give up.

I remember my two and a half year old daughter Willa fell off a chair and split her lip wide open. I was working in my home office and heard screams (mostly her mom's). I was on an important call, but I excused myself and came out. I felt anger arise. Couldn't Kim deal with this situation? She knew I was on an important call.

Willa's face was covered in blood and Kim was shrieking in horror. I cleaned Willa up, assessed the situation and in that moment chose to be a calming, loving, grounding presence for the both of them. That's it. That was the opportunity that I saw in that challenge.

Can you see another Hero Principle at play here?

The accident was no one's fault, but I could have come in blaming either one of them. Truthfully, I was irritated. But I chose principles over feelings. I chose to **Do it Powerfully**. Of course I was going to help my bleeding daughter and distressed wife, but I had a choice of HOW to do it. I could grumble and scowl, or I could step up and be a gift. Was I being inauthentic? It depends. Does authenticity mean acting out on every impulse? I don't think so. I acted on principle in that moment and I discovered that my choice fit much better with my overall vision for myself than if I had acted on my immediate feelings.

One more example -

Like most married people, my sex life with my wife has hit snags now and then. This is definitely a challenge. At these times it can be really tempting for me to blame her, shut down, or let my sexual interests wander - especially if I am hearing criticism of my sexuality or my sexual style. Here are some of the opportunities I've found in these situations:

1. Listening. Really hearing my wife and staying present, even when she's saying something I don't want to hear.
2. Trying some new approaches to sex. Expanding my repertoire.
3. Owning my own sexual desires and communicating them honestly and clearly.

Don't dismiss the value of these three examples based on their simplicity. Instead, let them be an encouraging reminder of how powerful even a small shift can be.

Also understand that even though I'm presenting The Hero Principles separately, in real life they are practiced seamlessly, eventually becoming integrated into your character.

Every day... in every moment... we face challenges. We can shrink in the face of them and become discouraged, or we can make it an opportunity to inspire and motivate us. Start noticing your choice and change your approach if it doesn't serve you.

#### Bottom Line:

Try a perspective that empowers you.

#### Action Steps:

1. Name a relationship challenge you are facing.
2. Find three opportunities within that challenge.
3. Practice working with these opportunities.

## **Hero Principle 3 - Celebrate What You Want More Of**

*"Focus on what's going right."*

This principle is the antidote for the old assumption that you must always “work on your relationship” if you want to change it.

You have a choice of where you put your focus. When you have problems or challenges in your relationship that cause you suffering, it’s awfully tempting to focus your energy on them.

A lot of conventional counselling takes this approach...

*“What seems to be the problem?”*

*“What isn’t working?”*

On the other hand, when you focus on what you are **enjoying** in your relationship (and life) your whole mood tends to lift. You find that you have new perspectives on problems that have stumped you. You feel more healthy and resourced. You even become more attractive.

If you actively appreciate something about your partner, you may even find yourself experiencing more of it.

Think about that. Is this how you currently get more of what you want? Have you created a culture of appreciation in your life, work, marriage? If not, start today. Make it a habit.

Most men who are in relationship trouble have unwittingly slipped into a culture of blame, shame and justification. This is your

wake-up call to turn it around and lead your relationship into a new era of appreciation, gratitude and celebration.

Stop focussing on what's wrong, and start focussing on what's right.

Don't be fooled by the simplicity of this message. For one thing, it can be harder than it sounds. It's probably easy to imagine right now while you're reading these words, but when she's raging at you, or ignoring you, or punishing you or being an impossible b-i-t-c-h... THAT'S when it gets hard to appreciate something about her! Notice if you can find something to appreciate in the moment, even something very subtle. It can be anything, but it has to be real to you.

(Note: I'm not suggesting that you never address the issues in your life, work and marriage. But those issues will likely suck a disproportionate amount of time and energy if you don't consciously interrupt the pattern.)

Once you're good at appreciating... here's how to really turn it up.

CELEBRATION is Appreciation + Action. When you appreciate something, it's an internal thing. You think it or feel it.

When you CELEBRATE something you make it come alive. You send it out into the world, you give it wings.

Celebration can take many forms. It can be done alone or with others. It can be words, journalling, dinner, exercise...

Celebration can be virtually any action that is a conscious reflection of appreciation.

Bottom Line:

Stop focussing on what's wrong, and start focussing on what's right.

Action step:

1. Appreciate something about your partner.
2. Celebrate it with an action.
4. Repeat.

## **Hero Principle 4 - *Full Responsibility***

*"No victims, no villains."*

It's easy to feel like a victim in your relationship. Especially when you feel mistreated or wrong-done-by. But it's important to remember that you are here in this relationship by choice. You chose this person. You're free to leave at any time, but for now, you've chosen to stay. (Even after a marriage or relationship ends, men continue to rob themselves of their own power by blaming their ex.)

The Hero Principle “Full Responsibility” encourages you to take full responsibility for the quality of your experience right now. This doesn’t mean you’re responsible for your partner’s actions. It doesn’t mean you’re at all to blame. Full Responsibility also does not mean that you suffer silently or take on a bigger burden.

The opposite of responsibility is blame. When we blame others we cloud our own vision and cripple our ability to take effective action. (Responsibility = ability to respond.) It’s not about who’s right or better or more reasonable. It’s about *what is the reality of this situation, and how do I best respond.*

Blame, and its counterparts shame and justification, are like ugly, filthy old coats that we pile onto ourselves for protection. They make us unattractive. They add unnecessary bulk, impeding our free movement in our relationship and in the world. But when we cast them off, we feel naked and vulnerable. That feeling is uncomfortable, but it is also important. It forces us to meet the reality of the situation. Only then can we muster the courage and develop the skill to change the patterns we find ourselves in.

Our tendency to blame others, blame ourselves and justify our position can be so entrenched, so natural feeling, that we barely notice it happening.

Our feelings get hurt, our buttons get pressed, and we automatically lash out in anger, blaming our partner. We feel bad and we turn against ourselves in shame. Then we bolster our sense

of righteousness by justifying our actions. "She was being purposefully hurtful."

The key is to slow this process down, noticing it happening in real time. Then we can insert choice where automatic reactions had been. (Again, taking responsibility for the quality of your experience means you develop an *ability to respond*. No response is possible when we are reacting with blame and justification.)

This can require some training. One way to do this is with The Responsibility Game.

1. Choose a charity or cause that you want to support. Something resonant and meaningful for you. Now label a jar or envelope with the name of the charity and the words "Responsibility Game".
2. Every time you catch yourself Blaming or Shaming anyone (including yourself) or Justifying your behaviour, you put money into the jar. Decide right now how much money now. It should be enough that you feel it.
3. When you catch yourself Blaming, Shaming or Justifying, take a breath and celebrate yourself for cultivating awareness and responsibility. Don't skip this important step.
4. As you put your money into the jar, celebrate yourself for choosing to support a cause you believe in.

Choose a system for submitting this money to your charity. Will you do it monthly? Twice a year? Make a commitment now and stick to it.

Have another look at how the Responsibility Game works. Notice how it trains you to interrupt an old destructive pattern. It's a winning formula through and through. First, you catch yourself in the act of blaming, shaming or justifying. But rather than beat yourself up over it, you celebrate your new awareness! Then you support a cause you care about. Can you see how powerful this is?

Now play this game full-out. When you blame your wife for the messy house, put money in. Then you catch yourself justifying the blame... put money in the jar. Then you feel ashamed for screwing up again... money in the jar.

And remember to celebrate yourself all the while for growing up and for giving money to a cause you care about! The celebration part is SO important because it re-directs a negative cycle. Don't skip it.

"What if I blame in my head but don't say it out loud, do I still pay?" Yes. Please choose to play all out.

That's the Responsibility Game. I encourage you to start playing right now, and to commit to playing for the next thirty days. I bet you'll like the results so much that you won't want to stop.

You can introduce the Responsibility Game to your partner, or not. If she wants to play too, fine. But this is about YOU taking responsibility for your experience. Resist the temptation to use it as a bargaining chip or negotiating tool.

Definitely introduce it to your friends. The more guys who are playing this game, the more accountability and support you'll have in your life.

#### Bottom Line:

You have the opportunity to empower yourself by taking full responsibility for the quality of your relationship and your actions within it.

#### Action Step:

Start playing the Responsibility Game full out today.

## **Hero Principle 5 - *Know What You Stand For***

*"If you stand for nothing, you'll fall for anything."*

What you stand for gives you direction in life. It's like a compass. It keeps you on course according to what you value most.

But when in your life have you intentionally sifted through all your internal chatter and identified the core of what you stand for?

What you stand for is what you value. What you value can be named as your "values." What are three of your top values? Can you name them now?

Three of my top values are Humour, Truth and Family. These are things I stand for.

Once you know what you value, craft a few simple value statements.

Here are mine.

1. Humour - *"I use humour to bring lightness to challenging circumstances and to remind myself and others of the joyful purpose of life."*
2. Truth - *"I am committed to being honest with myself and others, even when it's risky."*
3. Family - *"I honour my family and make decisions that support our happiness and well-being."*

Taking a stand FOR something is different than taking a stand AGAINST something. Notice if what you stand for is resistance in disguise.

If you claim to stand for freedom, but the way this plays out is that you resist being told what to do, you'll likely end up stuck,

stubborn and frustrated. If you truly stand for something, you don't need to defend it. You feel the truth of it so completely that it is unarguable.

If you don't know what you stand for, find out. Write it down and put it where you can see it. Come back to it often. Add to it. Refine it. Notice how it feels to own it.

### Bottom Line:

Knowing what you stand for gives you direction in life.

### Action Steps:

1. Name your top three values and create a value statement for each.
2. Post them where you will see them.
3. Review them regularly.

## **Hero Principle 6 - *Take Leadership***

*"A leader goes first."*

Taking leadership in a Hero Principles context means that you take a more active role in guiding your relationship. You stop waiting for your partner to say the right thing or act the right way. You start to live The Hero Principles even while you're feeling hurt, estranged, angry or confused.

Taking leadership can also mean initiating sex. Or initiating an intimate conversation. Or initiating whatever you've been wanting, but have been waiting for her to take the lead on. Taking leadership means going first.

Bottom Line:

Whatever you've been waiting for HER to do first, you do it now.

Action Steps:

1. Name three things that you've been waiting for her to do first.
2. Choose one thing to take leadership on.
3. Identify a "next step" that you will commit to.

## **Hero Principle 7 - *Sexual Polarity***

*"Masculine and Feminine: equal but different"*

So far The Hero Principles have been pretty straightforward - a solid toolbox of fairly easy to understand insights and directives. This next one is a bit different. I've saved it for last because it has especially deep and somewhat esoteric implications. It might require more exploration to fully understand.

Let's start with a metaphor:

Think of a beautiful lush valley and a majestic mountain peak. Are they the same? No. Which one is better? Dumb question right?

In fact, without the mountain peak, would the valley even exist? Without the valley, would there be a mountain? It's the *juxtaposition* of mountain and valley that makes each so special. Without mountain and valley, we'd just have flatland. This metaphorical flatland is largely the landscape of modern relationships between men and women.

Imagine landmarks on our mountain/valley scenario. We might see snow on the peak of a mountain, or a river in the deepest crevice of the valley.

Similarly, human qualities can be located somewhere on the continuum between *masculine* and *feminine*. Neither masculine nor feminine is intrinsically better or worse than the other, just different. It's important to understand that ALL of us, men and women, contain and express both masculine AND feminine qualities. In other words, as people, we all have both masculine and feminine qualities, in varying degrees. The key is to understand the relationship between these two energies and wisely apply this knowledge in our own relationships.

Let's look at a few human qualities based on a masculine/feminine model in the chart below. Can you guess which side mountains would be on? How about the valleys?

Masculine Qualities (Yang)	Feminine Qualities (Yin)
providing focused selective logical independent rational destination-oriented conclusions doing solid concrete reductionist hard pointed	nurturing diffused inclusive intuitive collaborative emotional journey-oriented process being flexible abstract holistic soft broad

Notice that all of the qualities above are value neutral. That is, none are inherently negative or positive, even though you probably have your own judgements about some of them. Maybe you believe it's better to be rational than emotional. Or that "being" is more important than "doing."

As I explained in the introduction at the beginning of this book, all of us have our own biases. That's to be expected and accepted (In fact, it's probably worth examining!). But if you look at this list with fresh eyes, you'll likely conclude that ALL of the qualities listed have their usefulness. They each have their time and place. None have an inherently negative association beyond your own subjective bias.

Of course, some human qualities DO have more inherently negative or “dark” connotations. These too can be seen through a masculine/feminine lens:

“Dark” Masculine Qualities	“Dark” Feminine Qualities
aggressive rigid dominating oppressive angry overbearing	manipulative wishy-washy dependent doormat depressed indecisive

The point of all this?

At this time in our culture men are “running” a lot of feminine energy and women are “running” a lot of masculine. This has been hailed as a triumph of sexual equality by some, and it has been a triumph... in a way.

It has been absolutely appropriate and necessary for women to discover their masculine side and for men to discover their feminine side. This has moved us forward from the more primitive mentality of strict gender roles.

But you've heard how "yesterday's solutions become today's problems"?

Today, many women feel like they must be as competitive as their male counterparts. This suits some women at some times in their lives, but it can become tiring for them and can even compromise their health and well-being.

Conversely, men today often feel like they need to be soft, emotional, flexible and collaborative. Again, this serves men well to a point, but can become a source of frustration and conflict in their lives and relationship.

Western men and women are currently both disowning their core energies, with disastrous results on relationships. Women are disowning their femininity because they don't want to be seen as weak. Men are disowning their masculinity because they don't want to be seen as dominating.

Take another look at the charts of Masculine/Feminine qualities. Are you running a lot of feminine energy? Is she running masculine?

A lot of men find themselves being wishy-washy and indecisive in their relationships, while their wife becomes increasingly dominating, overbearing and angry. Coincidence?

We're at a confusing crossroads in our culture where we (rightly) don't want to go back to caveman style relationships, but the type of gender neutral relationship we've created doesn't always work so hot either.

Does this mean that as a man you can't be nurturing? Or that she can't be focussed? No... but if you continue on this path with no map, you run the risk of getting lost. If, as a man, you disown (or never fully develop) your masculine core, you're unlikely to enjoy her sensual feminine softness and receptivity.

Sexual Polarity works like a magnet. North doesn't attract North, it attracts South. Masculine and Feminine are different poles. Want to enjoy your woman's feminine qualities? Try embodying your masculine ones. Focus on being clear and direct. Get connected with your masculine solidity. A lot of smart, sensitive men disown or hide their masculine core because they reject the meathead machismo male stereotype. Remember, honouring and connecting to your masculine core doesn't mean you have to be a controlling, arrogant dick.

I remember being incredibly depressed as a teenager watching beautiful young women choose abusive asshole guys. "Don't you see how much NICER I am? Don't you see how much I like you?" I wanted to scream. But I didn't. I pretty much stuffed my desires and brooded instead.

Some of these girls I became friends with. Maybe there was a self-sabotaging psychological aspect to their choice in men, but underneath that I'm convinced it was Sexual Polarity at work. These young women were usually incredibly feminine (and yes, hot). What they saw in the guys that they were attracted to wasn't just some bad-boy fantasy. It was that these guys knew what they wanted. They were direct. They were connected to

their masculine core. Now, they also ran a lot of “dark” masculine energy. They were jerks. That’s where we have an advantage today. Contrary to some of the beliefs you may be holding, masculine isn’t bad. (There are negative and positive aspects to both masculine AND feminine.)

At any time in your day, you can notice if you’re expressing/ embodying more masculine qualities or feminine qualities. Especially take notice in your interactions with your wife or partner.

Interestingly, the polar relationship between masculine and feminine is somewhat self-regulating. This means if you start embodying more masculine qualities, she will likely start embodying more feminine. (See how Hero Principle 6 - Take Leadership comes into play?)

Notice if you tend to de-value your wife’s feminine qualities. Do you put her down for not being independent enough? Do you wish she would be more decisive, or communicate quickly and succinctly? If so, you are unintentionally dis-honouring her feminine nature. This can create dissonance within her, within you, and within the relationship.

Imagine stumbling through life ignorant of the law of gravity and wondering why you keep getting hurt. Then someone explains gravity to you. It sounds far-fetched, but you try aligning yourself with the principles... with great results. That was basically my experience with the idea of Sexual Polarity.

Hopefully you've noticed that the principle of Sexual Polarity extends far beyond the act of sex. It actually colours all areas of your life and relationship, whether you're aware of it or not.

Because working with Sexual Polarity means that you embody more masculine and she embodies more feminine, it's easy to confuse it with gender stereotypes or roles. Here's the difference: Gender stereotypes or roles limit a person's options. Gender roles are imposed, not a choice. Playing with Sexual Polarity is a choice. You use it consciously as much as serves you and the relationship.

#### Bottom Line:

Masculine and feminine energies are equal but different. Working with Sexual Polarity can help you and your partner bring out the best and truest in each other.

#### Actions Steps:

1. Choose one Masculine quality to consciously cultivate. Choose the one that will challenge you, that does not come easily. Look for opportunities to practice and strengthen this quality.
2. Notice one Feminine quality that comes easily and naturally to you. Identify the Masculine counterpart and practice it instead in your relationship.
3. Choose on Feminine quality in your partner to celebrate.
4. Notice what happens.

## **The Hero Principles - *Afterward***

The seven principles you just learned are like a group of muscles. You can isolate each one to exercise and strengthen it, but when it comes to using them in real life they work together seamlessly.

If you're feeling at all overwhelmed or discouraged right now, know this: small, incremental changes can quickly snowball. A small shift of just a couple degrees can take you on a whole new trajectory.

So don't worry too much about mastering this stuff immediately. Better to be consistent. Review one principle for ten minutes each day. Practice bit by bit. Be kind to yourself. You deserve it.

## About Relationship Coaching

New **information** doesn't always translate into real-life change. Sometimes you need **real-life support**.

I coach men, women and couples as they navigate the challenges that come along with marriage and relationships.

The idea of inviting a professional coach into the intimate details of your life can be unsettling. But the relief that comes from untangling your old patterns and getting new clarity is always worth the initial discomfort. I've seen the truth of this with virtually every client I've worked with.

Coaching is mostly done over the phone (your location is no obstacle) and sometimes in person at my Vancouver BC location.



Call me directly or email me for details and current fees. (My fees are reasonable and within industry standards.)

Call direct: 778 996-3821

Email: [justice@theheroprinciples.com](mailto:justice@theheroprinciples.com)

## **What clients are saying:**

*"THANK YOU for the coaching and mentorship you have offered over the past months. I feel like I have grown years in maturity and relationship to my family since we began. I hope you realize the impact you have had on my life and my relationships. I am deeply appreciative of that great gift you have given to me and to my family. Thank you. I have learned that as challenging as growth may be, it can be seen as a great gift. I could not have done this without your coaching and guidance. I am deeply grateful." - R.C.*

*"I spoke with Justice on a weekly basis for two months during a very rough time in my relationship with my wife. I was literally at the end of my rope. Justice was of great help during this time. His coaching techniques were extremely helpful. Justice provided me with the positive reinforcement and necessary support that I required. Due to his caring efforts I will continue to utilize him for many aspects of my life. In my opinion I believe that anyone that speaks with Justice can only benefit from the experience." - Dennis*

*"Justice's approach is refreshing, not like a cool breeze, more like a slap in the face. He doesn't beat around the bush too much, wasting time and energy being too polite or formal. He wants to help you make the adjustments you need, whether you like it or*

*not. He wants to know what you're going to do to make things better, when you're going to do it, and how will he know you did it. This blunt method systematizes the struggle and puts you closer into the action mode where useful change can occur. That is very helpful.” - Andrew B.*

*“I've developed such a clarity in my life, my career, my purpose, and my 12-year marriage that I just didn't have. My life is now so much more aligned, and I'm moving forward in my life and in my goals with a beautiful, humble power and an unwavering commitment to service.” - J. J.*

*“After finding myself facing many challenges in my work and personal life and knowing of Justice’s work I decided to book a phone appointment. I shared my current ‘themes’ and concerns with Justice, who listened and reflected without pretense or contrivance. I felt listened to and found his insights, suggestions and aphorism simply amazing. The one-hour phone call session thoroughly and profoundly helped me, my work and my relationship with my partner. Justice has a great manner of seeing things clearly, presenting them with compassion and clarity, and giving empowering direction.” - Tomas Hicks*

*“I have confidence that I can create a happy marriage.” - David K.*

## Dedication and Acknowledgements

The Hero Principles is dedicated to my wife Kim Marshall who stayed even when she had many reasons to leave. (Now she has many more to stay.)

I also want to acknowledge two of my teachers who have had an impact on me and on this book:

Beth Falch-Nielsen was my Hakomi trainer and became my friend. Her loving presence and acceptance has been nourishing beyond words.

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