



# ARE YOU READY TO TURN YOUR TROUBLED RELATIONSHIP INTO A LOVE STORY?

*LEARN THE JAW-DROPPING SOLUTIONS!*



WRITTEN BY  
DAVE & YVETTE ULLOA



**WARRIORS**  
AND  
*Queens*

# LESSON ONE

Welcome to Warriors and Queens. We acknowledge and honor you for taking the first step towards creating your dream relationship. We are Dave and Yvette Ulloa. We have been happily married for 24 years and like most couples, we have been through many ups and downs. There were a few times over those two dozen years that we almost threw in the towel. Divorce attorneys were contacted and it seemed like we had no hope. We couldn't understand how we had gotten to that place. We loved each other but no matter what we did, we were unable to make each other happy.

Together, we made a decision to stop blaming each other and figure it out. We knew that if we didn't fix our own personal issues, even if we separated and divorced, we would be taking ourselves into the next relationship. Chances were, the same patterns were going to repeat. From that massive pain came the greatest gift. We embarked on a journey of personal growth, seeking out the masters in relationships, leadership, communication, healing and personal development. Much of what we learned was just theory. It sounded good, but when we applied it, it didn't work.

We also learned from some public heroes and private zeros. Their stage perception was they had it all, but behind the scenes, we observed many chaotic relationships. We spent well over 1 million

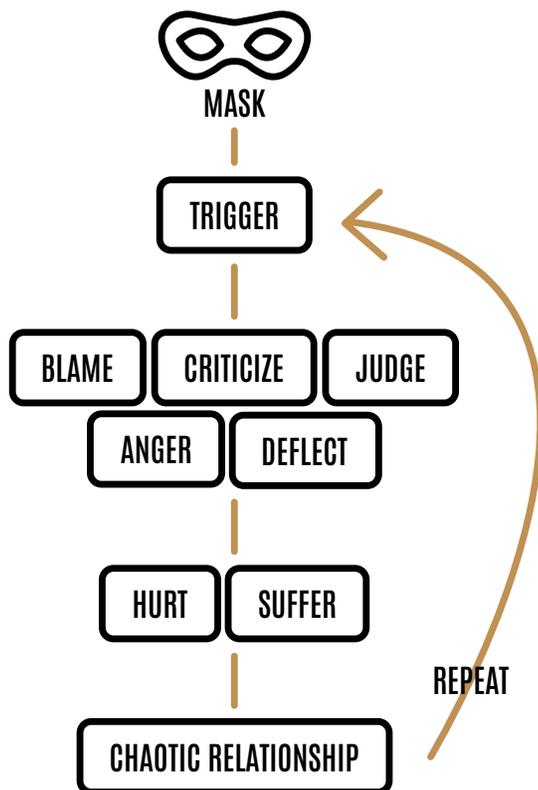
“ NO MATTER  
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dollars and countless hours learning, applying and practicing with thousands of people over the years. We transformed our relationship and as a result we had many that wanted to know how we did it.

This is where our Warriors and Queens movement was birthed. We observed many relationships where partners kept chopping each other down. When their relationship would get to the brink of no return, they would be open to some relationship coaching. We provided some simple truths, and those that implemented it got massive immediate results. Not because we are great, but because when we stop blaming our partner and we heal ourselves, we heal our relationship.

Many couples come to us thinking their partner needs to be fixed. The reality is that we all have junk in our trunk. We all have past wounds that cause us to get triggered. When we are triggered it, the trigger pokes at an invisible “mask” that most of us have unconsciously created to protect ourselves from getting hurt. If we react from our reactive nature (we will call that Human Instinct) to a conflict that arises in a relationship, we usually blame, judge, manipulate or suppress. This only creates more chaos. However; if we have the awareness and the insight that the cause of the trigger is not the person or the event but a past wound that is being exposed, we can begin to heal and transform our relationship with ourselves, which in turn completely changes the relationships with those around us.

“Life brings you people, circumstances and conflict to show you areas of life where you are not free.”



“LIFE BRINGS YOU PEOPLE,  
CIRCUMSTANCES AND  
CONFLICT TO SHOW YOU  
AREAS OF LIFE WHERE  
YOU ARE NOT FREE.”

We hope this relationship  
course can bring you  
some new  
found wisdom  
and resources  
that will help  
you either find,  
create or

rebuild that dream relationship you know you deserve.

*Dave & Yvette*



## LESSON TWO

Have you ever experienced any of these problems in your relationship?

- ◆ Constant arguing
- ◆ Being bullied
- ◆ Being controlled
- ◆ Low sex drive
- ◆ Low attraction
- ◆ Feeling overwhelmed
- ◆ Not being respected
- ◆ Not feeling cherished
- ◆ Constantly irritated
- ◆ Feeling constantly anxious
- ◆ Being manipulated
- ◆ Being lied to
- ◆ Trust issues
- ◆ Cheating
- ◆ Unmet needs
- ◆ Not attracting the right partner
- ◆ Feeling unsafe
- ◆ Feel unheard

What's the cause of most relationship problems?



WOMEN FROG FARMERS



MEN COAL MINERS

### **FROG FARMING\*:**

The core of the message is to ask yourself a few questions.

#1 What if your partner is not misbehaving?

#2 What if your partner is responding to you?

#3

What if you're operating and protecting yourself from that little boy or little girl that was wounded?

#4

What if there was a really good reason for your partner behaving that way?

With these questions in mind and with an open heart, one thing you want to avoid is shaming yourself for the past. The last thing you want to do is feel guilty and beat yourself up for your past actions, words and ways of being in the past.

If you or anyone you know has ever heard or read the fairytale of the princess kissing a frog to break the curse and turning him into her prince, then what we are going to introduce to you is the exact opposite. It's called frog farming.

In our studies and research we have found that many women participate in turning their prince (men who want to cherish and devote to their women) into a frog who has zero to little desire to provide, protect, and cherish their lady.

The main way women frog farm is by emasculating their partner. There are so many ways women emasculate men. In essence, what it boils down to is:

Emasculation = Diminishing a man's ability to produce a result  
= Lack of Respect

### **Ways Women Frog Farm:**

- ◆ Silent treatment
- ◆ Correct or interrupt
- ◆ Withhold (takeaway) physical and emotional attention
- ◆ Jealousy because they are hanging out with their guy friends
- ◆ Nagging
- ◆ Questioning them
- ◆ Calling attention to their ineptness
- ◆ Speaking for them or not allowing them to finish a sentence
- ◆ Complain
- ◆ Criticize
- ◆ Never satisfied (will take over)
- ◆ Compare unfavorably to other men
- ◆ Withhold appreciation & information



## KEY POINT

**EMASCULATION =**  
*Diminishing a man's ability to produce a result, which equals a lack of respect.*

- ◆ Ignore (acknowledging is very important)
- ◆ Boss around
- ◆ Disgusted attitude or noises (rolling eyes)
- ◆ Bullying
- ◆ Control or manipulate

*\*Frog Farming: As taught in our Warriors and Queens Academy*

## **COAL MINING\*:**

Women were born to shine, radiate and express their beauty. They are like precious diamonds. How is a diamond formed? When the element of coal has enough pressure, heat and time it turns into the precious stone we know as a diamond. However if there is too much pressure on the element of coal, it turns into a pulp. Some men are operating from their wounded past and are controlling, jealous and too aggressive. This causes women to feel unsafe and turn cold in a relationship. She closes up her heart and because she feels unsafe and unseen, she doesn't open up to give and receive affection.

On the flip side, if there is not enough pressure on the element of coal, it won't turn into a diamond. When men become the pleasing and the nice guy, they don't apply enough resistance to the diamond and don't create the space for their lady to feel safe and trusting. At some level she

doesn't really know who he is and feels unsafe. She closes up and resists her man. How men participate in creating chaos in relationships is by becoming coal miners. When we coalmine, we fail to love and cherish women the way they need to be loved and we do certain things that create an environment where they feel unsafe.

### **Ways Men Coal Mine:**

- ◆ Fail to give presence and quality time to their woman (Power Presence)
- ◆ Try to coach or fix her (women don't want to be fixed, they want to be heard)



## **KEY POINT**

### **COAL MINING =**

*When we fail to love and cherish women the way they need to be loved and we do certain things that create an environment where they feel unsafe.*

- ◆ Not appreciating her in her love language
- ◆ Looking at other women when they walk by
- ◆ Looking at parts of her body instead of her eyes when talking to her
- ◆ Unsolicited touch
- ◆ Not allowing her to express herself without trying to fix her
- ◆ Criticize her (will shut her down completely and put her in her masculine)
- ◆ Objectifying women or the gender in general
- ◆ Not making her feel safe (safety is #1 concern in a woman)
- ◆ Leaving or walking out (not being the oak tree in a storm)
- ◆ Objectifying them in any way (disrespectful looks, whistles, etc)
- ◆ Not complimenting them
- ◆ Diminish her, not give her compliments
- ◆ Withhold love or intimacy

Now you know how men and women treat each other in a way that creates so many relational problems and challenges. The question is, why do we treat each other this way? What's the true cause? The true cause is the triggers. Triggers are a stimulus that elicits a response. In relationships, triggers can be anything from the tone your partner is speaking in, to the act of showing up late, or even saying a certain word. When we react from our trigger, we tend to create more chaos and what most are unaware of is the trigger is not the actual the event itself. It's usually a reaction to a mask from a past wound that we unconsciously created to protect ourselves from getting hurt. In lesson three we will discuss what masks are and how they are the true cause of most relationship problems. Heal yourself, heal your relationship.

*\*Coal Mining: As taught in our Warriors and Queens Academy*



## LESSON THREE

We are all made in the image of God. We were perfectly birthed into the world with our God given gifts and ways of being. As we go through life, some events can be traumatic. These traumas create wounds. To protect our wounds, often times we create a protective mask to prevent ourselves from experiencing that kind of pain again. Our true home has all the grace, love, joy, courage and all the great aspects of life. The further we move from our home the more triggers we experience. The more traumatic the experience the thicker the mask. The thicker the mask the more intense the trigger tends to be.

Many people go through life playing the victim and blame others for their life experience. Once we realize that people and circumstances come into our life to expose areas of life we are not yet free, we take our power back. We can start to acknowledge and melt away the masks that are keeping us from our true home.



When we react from our masks we are reacting from our reactive nature, **Human Instinct**. As humans we have two operating modes. A great analogy is the difference between Microsoft and Apple. They are two operating modes that essentially have a purpose and a different way users can use those applications. We have access to both modes.

Human Instinct is our survival mode. We needed this mode to survive as humans. When in the wild, and the lion is chasing us, we need the ability to tap into that side to access the fight or flight response to survive. Usually this shows up in the form of fear, but it could also show up as an opportunity. However, in today's modern world there isn't a lion that is chasing us, but many are reacting from Human Instinct when their partner won't behave the way they believe they should. Many times our reaction to a person or experience causes more chaos than the experience itself.

Example: Your partner is acting suspicious. You seem to notice private calls, texts, and he or she seems to be hiding something. Your Human Instinct kicks in and because of a past wound of getting cheated on, you immediately create a story or come up with a conclusion. You start to feel anger, fear, and hurt. You don't confront your partner immediately, but let it fester until you hit a breaking point. At that point the trigger is flipped and you accuse, react, and blame.

Your partner thinks you are crazy and denies your claims. You get so intense, upset and angry that your partner feels necessary to reveal that he and a few friends have been going behind your back. Your partner shares that it was not cheating on you, but actually planning a surprise birthday party with your friends. Now, because you reacted from the old trigger of suspicion and with your Human Instinct reaction, it is no longer a surprise.

Let's talk about the opposite side; being able to access what we call **Human Spirit** mode. When we access Human Spirit, we come from choice, grace, options, compassion. We respond from a place of power, rather than allow reaction and heightened emotions to run the conversation. We tend to ask questions instead of conclusions. When we step into

## HUMAN INSTINCT

SURVIVAL  
THREAT  
OPPORTUNITY  
REACTION  
CHAOS

## HUMAN INSTINCT

CHOICE  
ENHANCED LIFE  
LITTLE EFFORT  
HAPPINESS  
PARTNERSHIP

Human Spirit we are love and give love. We respond from joy and enhance our life experience.

What if in the above situation you chose to trust yourself, trust God, trust your partner, trust that everything happens in divine order and we remove the illusion of control.



## KEY POINT

LIFE WILL BRING  
YOU PEOPLE AND  
CIRCUMSTANCES TO  
SHOW YOU WHERE  
YOU ARE NOT FREE.

Example of Human Spirit: we realize that old wounds may be creating the chaos in our relationships because we get triggered. A Human Spirit belief:

Life will bring you people and circumstances to show you where you are not free.

What if instead of reacting, you had a Covenant Conversation\* (a crucial conversation between couples where they can share intimate, challenging, triggering topics with each other in a safe and open environment so that they can continue to build depth in partnership) with your partner and revealed you are feeling distant and that they could be keeping something from you that is making you uncomfortable. In this conversation you would share that you trust and love them and just want to check in to make sure everything is good. That conversation may lead to a deeper understanding and connection and not ruin the surprise they have in store for you. You turn what could have been chaos, into something that brings you closer.

*\*Human Instinct, Human Spirit: As taught in our Warriors and Queens Academy*

*\*Covenant Conversation: As taught and practiced in our Unshakeable Love Mastermind. Our advanced program.*



# Thank You!

DAVE & YVETTE ULLOA

Thank you for requesting our free Warriors and Queens master course. We hope you received some value from our video lessons and downloadable PDF. We hope this is just the beginning of our relationship. We are excited to be sending you free relationship content with the most advanced relationship technology and strategies. As an additional bonus we have added some links below where you can access some great resources.

**We encourage you to join our Warriors and Queens FB community** below so we can continue to provide value and get to know you on a personal level. We appreciate you and are championing you and your relationships.



### **OUR FREE FACEBOOK COMMUNITY:**

Warriors & Queens: Empowering Dream Relationships

<https://www.facebook.com/groups/warriorsandqueens/>



### **OUR YEARLY LIVE WARRIORS & QUEENS EVENT IN THE USA:**

Warriors & Queens LIVE 2024 coming Sept/Oct

<https://warriorsandqueens.com/liveevent>

## LET'S CONNECT!



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 **WARRIORS** AND *Queens*