

Larry Bilotta

THE MARRIAGE TORNADO..

Why Your Marriage Fell Apart And What To Do About It...

What level is your relationship on now?



What Does This Mean To Your Relationship?

Wouldn't it be nice to have a crystal ball that would give you a glimpse into the future of your relationship? Are you in for a rocky road or will love finally come around?

For many, it is this uncertainty that keeps them awake at night, never knowing what "curve ball" their partner will throw next.

Each day I work with men and women who were shocked when they realized that the one they married had become a different person, almost overnight.

While you might be shocked by this change, over the past 15 years, I have identified this to be a predictable pattern that men and women all over the world can experience at some point in their lives.

I discovered what actually creates divorce, and it's not the simple story of "I'm not in love with you anymore". Most surprising to all these spouses is that they had no idea their partner would ever fail them.

They believed their man, their woman would always be faithful, always committed and always interested, but your relationship will not be dreamy when the Marriage Tornado has its way.

Trouble affects a couple's intimacy in a way they are not prepared for. I created this report so you can be ready for what most certainly will come. My simple message: Protect your intimacy. It's all you have to keep you together and happy.

To illustrate this, I'll refer to my "marriage tornado" analogy. Over the last six years, I completed over one thousand hour long interviews with husbands and wives in troubled marriages. I've discovered a repeating pattern in all marriages that failed.

**Like a real tornado,
the air moves slow at
the top...very fast at
the bottom.**

Just like a real tornado, the air moves slowly at the top. At the top of the tornado, there is still time to get out of the spin because it's much slower. Just as you've seen in tornado videos, the real destruction

is at the bottom of the funnel. It's that tight, high-speed spin that destroys stores, schools and homes. This tornado analogy fits marriage perfectly. When you're in the upper part of the tornado, you feel like you're not in a tornado at all. Instead, you believe your relationship is simply going through temporary hard times.

As I completed the first 200 interviews with troubled spouses, it became clear to me that these couples did not know they were in the tornado. They believed there was no tornado.

Husbands believed their wife was acting a little strange, but came up with a sensible reason for her odd or destructive behavior and simply wished it would go away.

He just wanted everything to be okay. What virtually all these spouses did, was look at the upper part of the tornado as something temporary. They didn't realize they were being spiraled down into the high-speed destructive section that rips everything apart. In other words, they didn't know their marriage was going to take a terrible turn for the worst. Here's my point: Through you do not intend your marriage to end in divorce, the tornado has other plans if you do nothing.

**The first concept of the
marriage tornado:
The learner and the
non-learner.**

That brings me to the first concept of the marriage tornado. The learner and the non-learner. Throughout those thousand plus interviews, I discovered that every married couple contains a learner and a non-learner. The learner is the spouse who is always looking to learn things about their relationship and their emotions. They want to learn about their own emotional condition. The non-learner on the other hand is very uncomfortable with the idea of learning about their emotions. We see this all the time in marriages as one spouse gets into self-help books while the other spouse won't even read the covers.

The key thing to remember about learners and non-learners, is that they don't learn the same way. The learner usually enjoys reading about the subject of relationships and emotions. That's their preferred way to learn. Non-learners are more fact-based. They like the idea to be drawn out in a

For instance, subjects you might no longer be able to talk about might include your spouse getting too close to that man or woman at work, your mothers way too judgmental, who your children are allowed to be around or the way you're spending money. Whatever the subject, you can be either spun apart over it or you can hold your intimacy together.

The second part of intimacy is laughter. What I have found in those thousand interviews that took six years to complete is that one of the first things to disappear after talking was laughter. That means she and he could no longer laugh at themselves. They could not laugh with each other and they could no longer joke to release tension with a sense of humor. Laughter is the oil of marriage. It is the lubricant. The ability to laugh at things that make you look silly, helps you realize you're only human.

When you are laughing together it's very hard to hurt each other. The spinning of the tornado is painful enough and laughter is a necessary bandage to heal those wounds.

Third Element of Intimacy: Excitement!

The third element of intimacy is excitement. And specifically I'm talking about sexual excitement. Sexual excitement with each other is very fragile. When you are being slammed around by that marriage tornado, sexual excitement can suddenly evaporate because "We can't pay all our bills, I found an incriminating text on your phone or our son is in trouble at school again."

But sexual intimacy is at the core of what a marriage is about. When talk is disappearing, the laughter is gone and sexual excitement will rarely last. There might be sexual excitement, but it won't be with the person you married. Disloyalty, unfaithfulness, and cheating is what happens as you reach level 2 in the marriage tornado.

Level 2 is called "We've tried everything". When you get to we've tried everything, one of you has probably read a ton of relationship and marriage books, and perhaps you've even gone to marriage counseling.

If you can keep your talk, laughter and excitement alive, the tornado of marriage will not suck you down to level 3, the worst level, where that tight high-speed spin at the bottom does all the damage.

No marriage can survive down there because talk, laughter and excitement disappears. The third level is called "This is not who I married". This is not who I married is actually a phrase I heard over and over as I interviewed spouses in those marriages at the bottom of the tornado. For instance, a husband would say about his wife: "I looked in her eyes and I didn't see my wife." That's the unbelievably painful and lonely feeling I'm warning you about. I really do hope you hear this. Everything you do not want in life is located at level 3.

I run a program called the Environment Changer. A wife attends this program alone because her husband has no interest in her anymore. A husband attends this program alone because his wife has no interest in him anymore. The wives in this program are all too familiar with the marriage tornado and the third level of it. For the husbands in this program, it's the same experience. All of these spouses have said the words "This is not the one I married".

I am describing something happening to one of you. One of you no longer feels married anymore. One of you has been hit by these tornado spins so fast and hard that you don't really know why you married or if you should even be married.

THE STAYER / THE LEAVER

Let me introduce you to the next concept of the marriage tornado, the Stayer and the Leaver. Level 3 is level 3 because one of you is no longer the person you used to be. You might've heard of this term. It's called a mid life crisis.

Over and over, I heard about men and women in mid life crisis throughout my thousand-plus interviews. In a mid life crisis, you become nothing like you were before. One of you become very self-absorbed. You do things you don't even realize you're doing. In other words, you become someone who is no longer recognizable as the person you used to be.

The husbands in my Environment Changer program have seen their wives transform into some other woman. The wives in my program have husbands who become some other man. These people who enter this third level of the

marriage tornado all have something in common. The people who leave these marriages don't just leave because they are conventionally unhappy.

Let me explain what I mean by conventionally unhappy. We all want to marry a normal man, a normal woman. So for example, let's imagine we had five descriptors for a normal man. Topping the list of normal man descriptors would be 'he is a good provider'. A wife would want him to be affectionate. She would want him to make her life easier. She would want him to be in a good mood. She'd want him to be honest and trustworthy. This would be a typical list to describe what a woman wants and what she would call a "normal man."

Good Provider, affectionate, makes my life easier, in a good mood, honest and trustworthy.

A man wants to be married to a normal woman. How would he describe a normal woman? She respects me for what I do. She's affectionate, she keeps herself attractive, she's in a good mood, and she's honest and trustworthy. For a man, that would be a normal woman.

At level 3 of the tornado, people who leave the marriage are no longer normal. They are no longer normal because these formerly held values change as if it was overnight.

What she or he formerly criticized as bad, she or he now becomes deeply involved and totally endorses. If she or he would reject smoking and alcohol, then smoking and alcohol suddenly become a big part of their lives.

CHAOS KIDS

But this sudden transformation should not be a surprise if you know about Chaos Kids. What these interviews graphically demonstrated for me is that children raised in homes that dished out abandonment, abuse, neglect or some combination of the three, become Chaos Kids as adults.

Now it's important to remember that prior to marriage, couples do not want to know anything about Chaos Kids. What they want to believe is their past is past and we just go on with life and make our own choices.

They really want to believe that the past has nothing to do with the future. They don't realize that if you are a Chaos Kid or you marry a Chaos Kid, the marriage tornado is going to hurt you and your children in a very particular set of ways.

Chaos Kids are vulnerable to the spins of the marriage tornado when their childhood pain comes for them between the ages of 35 and 45 years old. When I say their childhood pain comes for them, here's what I mean by that. Picture all the most painful rejections that a child could face. The most painful abandonment and neglect you can imagine being put on a child during their first 10 years. Now imagine that's all stored up in a ball of energy and placed in their brains. This ball of energy is the abandonment, abuse and neglect they experienced as a child.

This could be examined memory by memory but let's look at it like a single energy with a life of its own. The problem with being a Chaos Kid is that inside your intimate relationship, there is a breeding ground for this ball of painful childhood chaos. You've heard couples arguing and saying phrases like "You're just like your father!" Or "You're just like your mother" ...these are not compliments. They are yelled as insults. And what the spouses are actually saying is that you are the WORST of your father, you are the WORST of your mother. They are talking about the chaotic programs of that man or woman's childhood coming out of them.

Want To Know If You ARE a Chaos Kid?

If you're curious about whether you're a Chaos Kid or not, let me give you a simple scale so you can decide. The scale goes from 0% to 100% and it's divided into three sections. The first section of the scale is from 80% to 100%. This area of the scale is where purpose kids are raised. A Purpose Kid has parents who actually teach them, talk with them and prepare them for a successful adult life.

As a Purpose Kid, your parents enjoyed each other and you experienced how they made you feel important and validated. Mom and dad also made each other feel important and validated as well. Those are Purpose Parents. If you were raised in that 80% to 100% zone, call yourself a Purpose Kid.

The second section of our scale is called the twilight zone. This is between 50% and 80%. In the

logical way or with pictures. This learner and non-learner conflict becomes immediately obvious when the learner urges their non-learner spouse to attend an upcoming marriage seminar but the non-learner stubbornly resists.

So if you are the spouse reading this and you are uncomfortable learning about the emotional way you are wired, I want to reinforce that this message will stay focused on the experience of those who have learned the hard way. Marriages fail for emotional reasons and it is important to learn what those reasons are.

So let's get to the good news first. The tornado is not your fault. You are not to blame for the tornado that is carrying you. But if you are living in the marriage tornado, knowledge is power. Your first order of business is recognizing that you're in the marriage tornado. And the first phenomena of being in that tornado, is you are subject to its spin. So let's talk about spin.

Spin is what a married couple must face as they go through their life together. Spin is what happens to you when you're struck by something that is difficult, hard or that wears you down.

So let's look at the first level in the tornado where the spin begins called "somethings not quite right". Something's not quite right is really a feeling rather than a phrase you would say. More than likely, only one of you feels this phase. Let's look at an example of a low conflict marriage.

You might be in one of those marriages where the two of you are very polite and don't fight. Because you are both so peaceful, so polite and agreeable, you may have ended up with several subjects that are off-limits to conversation.

Good News: The Tornado is NOT Your Fault.

Both of you know what those forbidden topics are. At the top of the tornado, your intimate partner, who at one time was so close, is now starting to feel distant. In the something's not quite right level, you feel discomfort talking about what's bothering you. That's because you don't believe your intimate partner will hear and understand what you are

having trouble expressing. The tornado then spins you with the troubles of married life.

Some typical examples: the mother-in-law you don't like is coming for the week, your job is downsized, you have no savings when the balloon mortgage comes due, your driveway gets washed away in the storm, your house is full of mud, your dog dies, you experience several family deaths close together, you must move across five states, your child is sick with a mysterious illness and medical costs are more than you can handle.

The immediate question is: what does this spin do to your intimacy? And by the way, your intimacy is literally everything. There is no marriage without intimacy. So what is this intimacy? It has three elements. Talk, laughter, and excitement. Let me take a moment to explain these important components of every successful marriage.

TALK /LAUGHTER /EXCITEMENT

Let's start with talk. At one time you were both in that place where you were able to talk about everything and anything together. But that was the first thing to go, the feeling of safety so you don't feel safe with each other anymore. The ability to talk is also the ability to listen. For example, if you are a wife who listens to your husband, you're making him feel respect which he absolutely loves. A man who listens is like the breath of life for a woman. Men must remember that women don't talk just to give information. They talk because they need to pour themselves into their intimate partner and conversation does that for them. That's how they feel connected.

So when you are a husband who listens to his wife talking, you are allowing her to pour herself into you. When you listen to her talk, you keep intimacy alive.

On the topic of talking, this is not the kind of talking that involves who took out the dog and whether you bought mayonnaise. I'm talking about that need deep inside each of you that cries out "Listen to me and please don't react badly to what I say". This is the kind of talking says "I need you to look at me and be interested".

If your marriage has been hit by those tornado spins, then more than likely there are subjects you cannot talk about. It could be one of a hundred subjects but there's a core group of them that are unique to the two of you.

twilight zone your parents don't really raise or teach you. Their basic effort was to just survive and do the minimum to get by and maybe get a few pleasures in life.

As their child, you were not a big part of their plans and efforts. You were clearly their responsibility but they did the minimum to get you to 18 years old. The twilight zone can have some abandonment and some neglect, but your parents weren't bad people. They just didn't know much about raising children. They may have divorced. By doing that, they instructed your brain on how to handle problems in your intimate relationship by running away.

The bottom of the scale from 0% to 50% is where Chaos Kids are raised. Your parents had problems here. Maybe they were depressed, they were alcoholics, they were drug addicts, they might have been sick people on prescription drugs or had major diseases and couldn't attend to you. They might have cheated on each other or they were big partiers or irresponsible with money, they might have put you in danger by exposing you to dangerous people who did not have your best interest at heart.

This is the land of chaos. Sometimes this chaos could've been hidden by a white picket fence where the family looked good to the outside world, but behind closed doors, only you knew the real pain of what it was like to be raised in that family.

So through this simple scale, you can decide if you're a Chaos Kid, a Twilight Zone kid or a Purpose Kid. If one of you is a Chaos Kid, you know what that means to your marriage. That negative force within you will be pushing, trying to express itself, trying to possess you and re-create your childhood home. You obviously don't want to create your childhood home so you fight it, in fact if you're like most Chaos Kids, you've fought it for a very long time.

But there comes a day when that dark past programming overwhelms you and that's when your marriage ends. That's when you become someone your wife or husband does not know anymore. You enter your own mid life crisis. The people who enter a mid life crisis are either Chaos Kids or Twilight Zone Kids because Purpose Kids are not vulnerable to a mid life crisis.

Yes, when the tornado spins, bad things happen.

You get fired from a job, you have a gambling habit that has been discovered, you have an alcohol addiction and your children are affected badly. But when bad things happen to a Chaos Kid, the pain of your childhood comes up and literally possesses you to the point where you're not even free to decide what to do.

It comes suddenly and takes you over. It's as if you were possessed and forced to do the same things your programmers did when you were a child. You might've even experienced this yourself when you want to do something that you believe is right and you have this pressure pushing you inside to do the very thing you don't want to do. The thing you believe is wrong for you.

I call this the Chaos Kid Phenomenon. When the chaos of your childhood comes for you in your marriage, it comes because you are in an intimate relationship and in a legal marriage. I've discovered that cohabitating people don't typically face this marriage tornado. They have their own special kind of trouble unique to cohabitants. It's legal marriage that brings up the pain of childhood. Usually not in the first few years of marriage but in about five years, the childhood pain will start pushing from within, urging you to re-create the chaos of your childhood home.

Childhood Chaos Can Take You Over Without Warning.

A chaos childhood is a force you must face but you're really not equipped because you don't understand it. External troubles will amplify this force within you and there are times where you, the Chaos Kid, will have that tornado spin outside, while that childhood pain pounds you within and you feel stuck in the middle. That's what it's like to be a Chaos Kid in the intimate relationship of marriage.

None of us want to feel like a failure at love. If we fail at marriage, we feel like there's something wrong with us. But hear this. There is nothing wrong with you.

You might be a Chaos Kid and come from a childhood with pain but you are a carrier of this pain.

You did not create it. You can't be condemned anymore than somebody carrying a cold can be condemned for being a bad person. You're not the problem. You are the carrier of the problem, not the source of it.

The troubles of this life make the marriage tornado but if you don't know where you are in the tornado, you don't know what a Chaos Kid is and you don't know how it works, you are going to face that third level of the tornado one day and of course, so will your children. It's just a matter of which day.

On that day, you will either be the person who is rejected, the spouse I call the Stayer or you will become the spouse I call the Leaver, the one who does the rejecting.

This is not something specific to either men or women. This is a Chaos Kid thing. My first task in this message is to help you realize that the marriage tornado really does exist and if you are a Chaos Kid inside that tornado, there are things you can do to keep yourself out of the lower funnel that destroys your intimacy and tears your family apart.

So let me summarize. There is a marriage tornado and it's a normal part of most every marriage. The best place to stay is at the top of the tornado where the spin is slow and things are easily controlled. If you know there's a destructive third level at the bottom of the tornado, realize that it's not your fault if you get sucked down there. It is not your fault, but it is your responsibility. It's your responsibility to learn how to stay at the top of the tornado and I'm here to show you how.

The first part of your marriage analysis is to find out what your talk/laughter/excitement score is. If you score high in the talk/laughter/excitement rating, then you know you'll be able to stay at the top of the tornado and avoid getting sucked to the bottom. At the top of the marriage tornado, if you get that sense something's not quite right, you know you can get through it because talk/laughter/excitement in marriage can get you through anything.

YOUR TALK /LAUGHTER /EXCITEMENT SCORE

If you believe you are in the top "something's not quite right" section, I want you to focus on your own talk, laughter and excitement score. It's easy to score yourself. If you feel safe enough to talk about anything, safe enough to laugh about anything and safe enough to be sexually safe with

each other, then you earn 100%.

If you can't talk at all about anything, can't laugh about anything and can't even bear to touch each other, you get a 0%.

Each of you should create your own scores and share them. If you score yourself above 80%, you are doing really well and the top of the tornado is not likely you to spin you down very soon.

If your average score is between 50% and 80%, then you should be very concerned and follow the suggestions I have at the end of this report. If your score is between zero and 50%, then you really need to follow the suggestions at the end of this report because one of you will not survive this marriage.

Now let's step back for a minute. I want you to think about something. I interviewed over 1,000 spouses in failed marriages. I spent an hour with each of those people. You could say I was like a forensic marriage researcher. I was finding out the detail of how these intimate relationships failed.

These couples did not protect themselves from the spin of the tornado. Because they did not realize that the tornado exists. Since they didn't know they needed to protect their talk, laughter and excitement, they didn't protect it at all.

My question for you is, will you be the spouse that makes that's a mistake? Earlier I mentioned that you need to feel safe enough. Safe enough to talk, safe enough to laugh, safe enough to be sexually interested. The keyword is "SAFE".

So what takes away that feeling of safety? You might point to a lot of external things but the truth is that childhood pain is at the source of everything. If you were not made to feel safe as a child, you will not feel safe in your marriage.

So let's say you were not safe as a child. What can you do now as an adult? The best thing you can do now is to talk about your childhood experiences with your spouse. Explain to your spouse what it was like to be in that home. How did your parents make you feel as a kid?

This subject DOES matter because in those first 10 years your brain was forming neurons by the billions. As they formed, they were being imprinted by the mother or father who were there to reinforce

what they cared about. If they reinforced abandonment, abuse and neglect, then you are now programmed with those same messages.

It would be quite common for those messages to show up in your intimate relationship today.

Knowing this, the antidote is education. You need to educate your spouse that these painful messages are somewhere in their brain and they can come out when least expected

Men and women raised in better homes and were not subjected to abandonment, abuse and neglect, so they do not understand what it's like to be raised in a chaotic home. All the Purpose Kids know is that you should do the right thing and they automatically know what the right thing is. But Chaos Kids don't know the right thing when the wrong thing takes them over.

The more you discuss your childhoods, the more understanding will take place. The more understanding that takes place, the closer you'll feel to each other. The closer you feel, the safer you feel. The safer you feel, the more you talk the more you can laugh and the more excitement you'll have.

Don't Fear Talking About What Happened In Your Childhood.

So don't be afraid to talk about what happened back in those first 10 years. Talk about it whenever and wherever you want. If you talked about your childhood five times a week that would not be too much. One important takeaway I gathered from these failed marriages: they did not talk about their childhoods. In fact they believed their childhoods didn't matter.

Let me say it clearly with this simple insight from my interviews:

A man will treat his wife the way his father treated his mother in his first 10 years.

A woman will treat her husband the way her mother treated her father in her first 10 years.

Look back at your own marriage and see if this isn't exactly the way it's happened for you. If you want to break the cycle you're in, begin talking about the way it happened during your first 10 years. You both need to understand the source of what drives you and those first 10 years of experiences.

If you want more answers, I have several resources at my website; www.youcansavethismarriage.com Click on the solutions tab for more specifics.

One of you may be a Chaos Kid, while the other is a Purpose Kid. One of you the Stayer and one of you the Leaver. One of you the Learner and the other the Non-learner. All that can matter if you let it. But I suggest you don't let it matter. If you are free to choose, then choose to learn about the first 10 years that made you who you are.

The more you can talk about it and explain the stories, the more you'll be drawn together instead of torn apart. That high-speed spin at the bottom of the marriage tornado is not your friend. If you're in that right now, then only one of you is ready to hear this message. If that's the case, then I would encourage you, the Stayer, to look at my Environment Changer program.

Before I wrap this message up, here is the last concept you should grasp. I call it "Four Countries". (See Image on page 9 of this report) Imagine that the two of you come from one of four different emotional countries. (If you want to know more about this, you can complete your own Flag Page online at www.FlagPage.com, but let me give you the simple concept here)

Imagine there are four kinds of people living in four emotional countries. We'll name them Control, Fun, Perfect, and Peace. I'm going to talk about them only in context of a marriage. What are the typical tornado like things they do which brings the marriage to the bottom third of the tornado?

Since Control Country people are so strong-willed, the destructive thing they do is to take action and not listen. They are driven to do what they want to do because they are so "doing" driven. You can see how a man or a woman from Control Country can knock their spouse out of the way to get things done.

Since Fun people are so fun and humor motivated, the destructive thing they do is to apply sarcasm to difficult parts of their relationship. They will laugh

off problems when their spouse wants to discuss their difficulties.

Since Peace people are so painfully aware of conflict, even the slightest hint of conflict sends them running the other way. Conflict can be a roll of the eyes or a change in tone of voice. It doesn't take much to cause a Peace person to shut down and stop talking.

Since Perfect Country people are so sensitive and remember negatives so easily, in a painful marriage relationship, the Perfect Country person will look at what's wrong with the relationship, not what's right with it. The people in Perfect country talk a lot to say a little because they feel so much that they struggle to put it all into words.

So quickly, just pick who you most likely are and who your spouse most likely is. Then choose what happens to you in a painful relationship.

Example 1: A Peace Country man married to a Control Country woman: the Control woman will push her will in order to get the action she wants while the Peace Country man will shut down and remain quiet, holding his negative emotions inside.

Example 2: A Fun Country woman married to a Perfect Country man: The Fun Country woman will joke about troubling situations that the Perfect Country man is demanding she take seriously.

Take a look at the four country graphic which focuses on what each country will most likely do in a troubled marriage. Marriage gets more difficult when you don't understand that these four countries exist and each of you comes from one of them.

I would encourage you to go to the Flag Page website above and complete your Flag Pages so you can understand your greatest strengths.

Love is a feeling that none of us understand. We may not understand it, but we can create an environment between us that makes attraction possible. And where attraction is possible, then love is possible again.

About the Author: Larry Bilotta is the Common Sense Marriage Expert helping you end anxiety and find calm in the middle of chaos. Married over 40 years in the age of divorce. Larry is living proof it only takes one to heal a marriage no matter how desperate the situation may appear.

Be aware of the 5 signs of a mid life crisis.

Spouses in a mid life crisis:

- 1-Say what they don't mean and what they mean, they don't say.
- 2-Their needs are more important than yours.
- 3-Sells themselves as someone they are not.
- 4-Any good thing you do or say they take as a threat.
- 5-Wants what they can't have and what they have, they don't want.

Listen to this teleclass **survive a midlifecrisis**

The Four Countries

What Country Are We From?



My Greatest Need:
Give Me **APPRECIATION**
for what I DO.

At My Best In A Troubled Marriage
Born leader *I take control and force a decision in line with what I want to happen.*
Tons of confidence
Goal setter
Independent
Moves quick to action



My Greatest Need:
Give Me **APPROVAL**
for the way I ACT.

At My Best In A Troubled Marriage
Enthusiastic *I laugh off troubles because I don't like to get serious about emotional stuff.*
Optimistic
Inspirational
Great sense of humor
Loves people
Sincere at heart



My Greatest Need:
Give Me **SENSITIVITY**
for how I FEEL.

At My Best In A Troubled Marriage
Faithful *I remember the bad things that happened and I like to keep talking about what's wrong with you.*
Persistent
Idealistic
Creative
Organized
Thoughtful

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My Greatest Need:
Give Me **RESPECT**
for WHO I AM.

At My Best In A Troubled Marriage
Competent *I hate conflict of any kind and I will shut down and stop talking if you bring me conflict.*
Consistent
Witty
Patient
Peaceful
Good Listener