

Katherine Woodward Thomas is the author of the New York Times Bestseller, *Conscious Uncoupling: 5 Steps to Living Happily Even After* and *Calling in “The One: 7 Weeks to Attract the Love Of Your Life.”*

She is a licensed marriage and family therapist whose work is devoted to discovering inspired and innovative ways to create more wholehearted, conscious and harmonious relations between us all.

Katherine has taught hundreds of thousands of people worldwide in her virtual and in-person learning communities, and to date, she has trained hundreds of people as certified Calling in “The One” and Conscious Uncoupling coaches.

For more information, please visit:

www.ConsciousUncoupling.com

Conscious Uncoupling Interview Questions (note: please feel free to go off script and just speak from your heart... refer to these questions only when you need to):

1. Katherine, in your work with *Calling in The One*, you are known for helping people to get into loving relationships, not out of them. What inspired you to create the *Conscious Uncoupling* program?
2. What exactly is Conscious Uncoupling?
3. A lot of people attribute Conscious Uncoupling to Gwyneth Paltrow, but she got the phrase from you, didn't she?
4. Why do people typically behave so badly at the end of love?
5. Can talk us through the five steps of the process? (note: the questions below each correspond to a step, and offer a way to lead to the next step as I go through them)
 - a) What can people do to help them deal with the really big emotions that come up during a breakup? (leads to Step One)
 - b) What if someone really did do something horrible? (leads to Step Two)
 - c) What if someone is just duplicating the same disappointment over and over again? How do we finally graduate beyond patterns of abuse, or neglect or abandonment or

any of the co-dependent, toxic relational dynamics that a lot of us struggle with? (leads to Step Three)

d) What is the best way to release old resentment and truly forgive so we are free to move forward? (leads to Step Four)

e) What do you mean by creating your "happily EVEN after" life? (leads to Step Five)

6. How can people learn more?

ALTERNATE CU QUESTIONS:

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