

Ego relationship vs holy relationship A-H

Partner is all important in the beginning.
Relationship settles down.
Job and \$ become more important.
Relationship gets left on the shelf.

I believe MARRIAGE ARCHETYPE IS dead...

ANSWER THESE QUESTIONS:

Do you or have you ever laid aside your own needs for a relationship?
Do you give yourself 100% to a relationship
Do you lose your boundaries in a relationship
Do you define everything in your life by this relationship
Do you hang in there way past the point of sanity
Do you shut off off your feelings, even from yourself
Have you ever been afraid to really communicate in this r/ship
Have you ever kept yourself insular - given up your friends
Have you ever given away your power
Does each partner have a set role in your relationship

Lots of yeses are the signs of an addictive relationship.

Patterns -

Unconscious forms of behaviour - 10 major patterns

1. If you had a younger sibling and were jealous and had to compete for the love of the parent, you develop a win/lose mentality. In relationships this can come up in issues around sex, money, power, kids.

F/C RESPONSIBILITY

Denial - river

denial leads to suppression

Suppression leads to illness and divorce

EMOTIONS:

For many of us it is not safe to express our feelings.

Feelings not expressed = disease (WOMAN'S VOICE)

Anger goes inward and creates depression

We need to know our feelings are safe.

I FEEL LIKE SAYING

HAPPY VS RIGHT

SEX AND MONEY are where stuff comes up in a relationship.

You need to decode your belief systems:

What messages did you receive about your body
What messages did you receive about your sexuality
Were you given privacy as a child to explore your sexuality
Were you taught sexuality was not okay

Who earned the money in your family
Who spent the money in your family
How did you get money as a child
What were you told about money as a child
Were there family arguments about money
What are your opinions are rich people

Deal with the issues that come up

Sexuality - GW

You have to know what you want in your relationship.
What is the purpose of being in one (Share mine)

You have the power to create your reality however you desire it.
The raw materials for constructing your reality your thoughts, feelings, beliefs, attitudes and anticipations.
The quality of the raw materials determines the quality of your reality.
You can determine the quality of your raw materials.
Consciously or unconsciously you are the creator of your destiny.

10 keys to successful relationships handout.....

Read story about 47 years.....

Seeds to plant in the garden of your relationship

LOVE - attention, honesty, acknowledgement

PASSION - sensory stimulation, attractiveness

TRUST - dependability, integrity, gentleness, time

FUN - recreation, sense of humour, well being

UNDERSTANDING - empathic listening, knowledge, patience

FREEDOM - personal responsibility, co operation, self esteem

RESPECT - clear boundaries, golden rule, honesty

COMFORT - acceptance, vulnerability, deserve-ability

EMPOWERMENT - vulnerability, willingness to be helped,
commitment to accomplishment

PEACE - acceptance, higher perspective, self awareness

INTELLECTUAL STIMULATION - similar interests, curiosity,
enthusiasm