

## Article 184: Intimate Relationships and You – part 1

You cannot have an open, honest, intimate relationship while enmeshed in conflicts and contradictions about intimacy and relationships within yourself ...or with your partner, ...are you willing to end these persistent struggles? And if you believe that your personal relationships and your beliefs and attitudes about relationships are relatively free of conflicts and contradictions, pause and think carefully and answer each of the questions in this Article before reading on. If you assume that all intimate relationships are rightfully filled with problems, disagreements, and conflicts, this idea alone will blind you to the truth of yourself and intimate relationships. Are you ready to proceed? Will you answer our questions truthfully and completely?

Do you truly enjoy your intimate relationship? ...and genuinely *like* your partner? Do they offer physical and emotional satisfaction? ...mental enlivenment? ...spiritual enrichment? ...and enjoyable companionship? Is it merely a relationship or a truly desirable companionship? Is your intimate relationship filled with life ...or are you barely keeping it alive? Has your relationship deteriorated to two individuals living separate lives together? And if you do not have a desirable partner and relationship, ...do you really know what you desire from an intimate relationship? ...and what you will bring to the relationship? ...including the excess baggage of beliefs and habits you are carrying with you?

**Are you waiting for  
the right person to come along  
...and hoping for the very best?**

Frequently, to be sure, a relationship and “warm body” are not enough, ...and your lack of feeling enriched and fulfilled results from the judgments and conflicts you’ve brought to the relationship ...and the problems and contradictions you’ve been living and struggling against from the beginning. Do you feel confined and pained by your romantic relationship? ...by your partner? ...by your commitments? ...by your lack of an intimate companion? Are you longing for, considering, or seeking a finer, more-expansive, and satisfying companion? Does your present relationship seem meaningless? Is it, to you, a drudgery? ...annoying? ...unstimulating? ...trying? Is your relationship making you tired or ill?

If you feel trapped ...but are unwilling to change yourself and your relationship ...and move on, you should look closely at why you remain attached to an undesirable companion and relationship. Of course, explanations are not enough, ...if you want an interesting and satisfying relationship, be prepared to move through a dense jungle of conflicts and contradictions about intimate relationships ...and the reasons and justifications you have created around you to keep you firmly “stuck” in life

...or stuck in this undesirable relationship “for now”. If this is not what you desire, reconsider your life itself and change (expand) either your relationship or your desires. Sometimes, you will not get what you “say” you desire ...or all you long for, ...what is important is to desire what you give yourself, ... otherwise, your life and relationships are likely to be frustrating and very disappointing ...and outpicture severe conflicts and afflictions.

In the past, have you tried many different relationships ...and always come away with severe doubts and disappointments? ...and feelings of failure or resentment? The essence of a satisfying relationship is enclosing all of your beliefs and attitudes within agreeable and fulfilling attitudes and feelings ...and disassociating from previous disagreeable beliefs, thoughts, attitudes, and emotions about intimate partners and relationships ...and the experiences you have created. By merely substituting desirable beliefs, attitudes, and habits for undesirable and certainly unhealthful ones, you can completely transform any personal relationship.

Your relationship and your feelings about a companion are not a separate part of your life, for what you do in one area of your life you do in every area, ...therefore, a “right” relationship and companion depends, not so much on being satisfied and fulfilled, but on meaningfully enjoying yourself no matter what you are doing. By complaining about your partner and relationship ...and struggling against them, or by bemoaning your lack of an intimate companion, you are defeating yourself ...and the intensely fulfilling self and life you desire, ...why are you hanging back or struggling so? Do you enjoy being a martyr? ...or are you trying to prove yourself “right”? Would you rather feel “right: ...or have the intimate companion and relationship you desire? Could you be intimate with someone who has to be “right”?

### Having to feel “right” will destroy even the finest relationship.

Speaking frequently and intensely, whether aloud or in your mind, of the pain and strain of your partner and relationship, will bring this unpleasantness to every area of your life and body, ...do you expect to gain attention and sympathy ...or rewards for such actions? Do you take as much pleasure in your ailments and dysfunctions as you seem to gain in continuing an unpleasant relationship? The idea of an intimate relationship well-lived and well-loved seem to have changed to a relationship that must be endured, ...is it wise to continue in these ways? Why are you so reluctantly to change (expand) yourself? ...and your personal relationships?

Has satisfaction and enjoyment in your relationship become a sign of dependency or weakness for you ...while criticizing your partner is a

showing of strength and control? ...or is this merely an unpleasant habit you brought to the relationship? Aren't these misplaced energies and self-defeating attitudes extremely lacking in foresight? Other than pain and conflict and criticism, what self and life do you expect this will create? Is it possible that you are fearful of pleasure and satisfaction? Don't be! ...enjoyment and fulfillment are good for you ...and will enliven inspiring opportunities which are overlooked when you are busy criticizing and complaining about your companion and personal relationship.

Do you find it difficult to commit to your partner and relationship? ...especially to what you truly desire? ...and what you are for? ...but find it exhilarating and energizing to commit to what you are against? Are you so fearful of fulfilling your desires that you continue your conflicts and contradictions? Are your struggles more-compelling, exciting, and satisfying than your desires seem to be?

### Do you know what you truly desire?

Beyond momentary relief and satisfaction, most people do not know of a fine meaning and purpose in their life, they will not speak of what they really want or desire, and they cannot visualize their living as they truly desire ....and describe that, ...yet, when we ask questions about their intimate relationship, they can speak endlessly about what they desire in the relationship ...and what they definitely do not want, they can reveal the purpose and role the relationship and companion are to fulfill in their life, and they can clearly describe living an intimate relationship as they truly desire, ...isn't that interesting?

If you question your meaning and purpose in life, your longings, and being as you truly desire ...and hope for reliable answers, since your personal relationship is a miniature drama of your lifeseif ...and speaks loudly and clearly of these matters, though frequently through conflicts, seekthere for understanding the essence of your self and life ...and living as you truly desire.

Your greatest struggle and conflicts  
reveal your finest assets.