

Article 198: Some Odd Things About Relationships -part 1

1. The most important and most dangerous contact sport is the game of intimate relationships; ...in addition, most players are ill-prepared and inexperienced to properly be involved, yet it is the most popular ...and most bruising and crippling game we have, ...especially since the rules are made up new as you go along. Is this the game you want to play? Well, if you lose, you lose BIG ...and if you beat the other player, you really lose BIG. The only way to win is to help the other player win BIG.

2. Everyone comes to an intimate relationship with ideas of both partners' roles, ...then, after a short time, many of those beliefs are found to be unworkable ...either because they were unrealistic in the first place ...or because a partner just won't cooperate.

3. "Whatever you believe with feeling becomes your reality" is a common false statement, for if you must believe "with feeling", then your feelings merely create a temporary situation, ...but, since your reality arouses emotions, it is obvious that feelings are reactions to your reality. Consider that while most intimate relationships begin with intense feelings of "love", these feelings frequently subside ...and reality sets in, and feelings change drastically.

4. In one form or another, you have frequently declared your need for "emotional space" in your relationship. What in the world is emotional space? ...and if you consider it carefully, doesn't emotional space seem to oppose openness and intimacy? Do you really want a personal relationship with lots of emotional space ...and little or no openness or intimacy? And what about "physical space"? Does it seem that you are limited to "fight or flight"? ...stand and bear it? ...or retreat into your own space?

5. If you make a mistake in your relationship and feel that confession will really unburden you and your soul ...and your relationship, think again, for while you may be, as you believe, freeing yourself in this way, you are seriously burdening your partner with the intense emotions involved ...and with the decision of how to respond, ...and all of this continuously burdens your relationship. Of course, if you genuinely believe that all events reveal exactly how you are living, then while your confession is a catharsis for you, it is a wake-up call for your partner.

6. In seeking an intimate partner, you had a tendency to minimize faults and aggrandize abilities to a minor or greater extent, ...and this is normal and natural ...but is it false? ...or were you actually objectifying your inner-vision of your own abilities?

7. Whenever pains and ailments in your body ...and difficulties in your relationship offer you the insightful advantage of clearly seeing and understanding the self and intimate relationship you are creating, living, and struggling with and against, ...do you choose "quick cures" so you can

hurry back to your life and relationship “as usual”? If so, what actually results is your ever-deteriorating wellbeing and relationship ...and increasing struggles and conflicts, which is frequently not a pretty sight.

8. If you are like most people, your mental anguish and complaints about your relationship and problems are much worse than the difficulties you are struggling against and complaining about. Your anxieties, fears depression, worries, and complaints are your real enemies, ...and your difficulties outpicture these self-imposed inner-struggles.

9. Instead of choosing a meaningful and fulfilling personal relationship by living openly, honestly, and intimately as you truly desire ...and gaining enriching satisfactions, purposeful fulfillment, and many other gifts, ...are you living your intimate relationship by neglect, indifference, or default? What are you really neglecting and refusing to look at or acknowledge? You cannot conceal yourself from yourself. Normally, like most people, you probably do not keep your body and personal relationships strong and desirable.

10. Do you realize that a meaningfully fulfilling personal relationship is your finest protection from and response to an environment you perceive as hostile? Always be intimately open and honest with yourself and your companion, for any barriers built for protection ...and to shut others out, also enclose and confine you; ...and as you withhold yourself from your companion, you withhold from yourself ...even those things you consider most precious and desirable, ...and you withhold your greatest and finest opportunities to fully realize your enriching dreams, fulfilling relationships, and meaningful desires.

11. Do your beliefs and awarenesses provide you with explanations, understanding, and guidance when you are confused about your partner and your personal relationship? ...with strength and support when facing accusations and criticism? ...with truth and direction when you are in a moral dilemma or enticement? ...with comprehension and expansiveness when you feel limited and restricted in your life and relationship? ...with comfort when you are disturbed and alone? ...with enriching fulfillment when you feel lost or empty? ...with happiness when you feel discouraged and depressed? ...with healing and renewal when you are ill or pained? ...or with encouragement and trust when you feel anxious or doubtful? If your beliefs and intimate relationship genuinely support you ...and the self and life you truly desire, you wouldn't be confused about your partner and relationship or facing accusations and criticism, you wouldn't be creating moral dilemmas and limitations, you wouldn't feel disturbed and alone or lost and empty, and you wouldn't be discouraged, depressed, ...or anxious and doubtful. Does it seem that, at times, your personal relationship has a mind of its own ...and ignores you?

12. Do you see the undesirable patterns and habits you are maintaining and nourishing in your personal relationship? Do you really believe that straining to resolve those problems and actions while continuing and strengthening them will actually be successful ...or long-lasting?

13. When trying to change your relationship one-thing-at-a-time, each change opposes other things~including your old beliefs, thoughts, and habits~which keeps you and your relationship in your usual state of confusion and turmoil, ...then, to gain some temporary measure of peace and consistency in your life and relationship, you quickly return to your previous beliefs and ways~even though they may appear to be different~and nothing substantial changes. Ohh, possibly, through all of this, some minor changes in you and your relationship may have taken place, but they will not last.

Repeating such actions over and over is frequently referred to as an ever-growing/developing/expanding relationship, but little or no real changes are actually taking place. Change yourself and everything in your relationship changes.

14. Intimate relationships do not happen to you, you intimately happen to your relationships, ...or not! And each event, or non-event, simultaneously reveals the life and relationship you are creating and living. Is this awareness too much for you? Maybe it is too much for your relationship? Do you want to know these things? ...or, like most people, do you, for now, want to protect your relationship at all costs ...no matter what denials and discomforts are required?

15. Science reveals that all systems, through entropy, seek their lowest level of stability, ...therefore, your personal relationship~being an interconnected system of beliefs, thoughts, attitudes, emotions, words, and actions~if not properly nourished and maintained, will follow a path of decay to its lowest level of equilibrium. Has your relationship shut down? Are you doing anything to support its enhancement through open, honest, intimate communication?

16. If you were suffering from a serious hurt or illness, would you be satisfied with taking an aspirin to relieve your immediate concerns and discomforts ...and leave the rest of the problem raging on unattended? Of course not! ...yet that is exactly how you treat the ailments in your relationship. Relieving symptoms in your relationship without completing the treatment by understanding and changing the underlying pattern of your self and personal relationship is like washing a wound but not keeping it clean.

17. Does your personal relationship serve you in the *good times* ...but leave you to struggle in the *problem times*?