

GLOBAL VISIONS COACHING

inspiring courage to define your destiny... at work and play

Conscious/Unconscious Relationships

“Our goal will be to have relationships with both men and women that do not operate at the expense of the self, and to have a self that does not operate at the expense of the other.”
Harriet Lerner

Myths of Relationship:

- We can only be whole in a relationship
- If we are healed/whole, we don't need a relationship
- Being in a relationship means always being open/intimate/loving
- Being in love means sharing everything
- Being in love means accepting the partner's behaviour, no matter what
- Being in love means always being there for each other
- Being in love means that the other is/offers all we need or want

Truths of Relationship:

- We subconsciously chose relationships to heal old wounds
- We often chose what we want to change
- We attract what we lack and what we want in ourselves
- No person is static and unchanging: we ALL change

“Relationships are psychological and spiritual journeys that often begin in the ecstasy of attraction. If successful, they survive rocky stretches of self-discovery and growth, and end in intimacy, joy and union.”
Kathy Ryndak

* RELATIONSHIPS BECOME THE MIRROR FOR OUR UNMET NEEDS *

* IF YOU HONOUR YOURSELF, YOU CAN HONOUR THE OTHER, IN
RELATIONSHIPS *

* AS LONG AS YOU ARE HERE ON THE EARTH PLANE YOU ARE MEANT TO
BE IN RELATIONSHIP *

* IF WE THINK THE OTHER PERSON WILL GIVE US EVERYTHING WE NEED,
THEN WE ARE IN THE DYSFUNCTION OF RELATIONSHIP *

4 Stages of Relationship

- 1) Co-Dependency – the romantic stage, right at the beginning; blindly in love, “I can’t live without you” stage. It feels like the completing of each other, feels perfect. What you are attracted to is what you have been denied or repressed.
- 2) Counter Dependency – Power struggles, ego plays out. What attracted you at first, now drives you crazy. You are constantly reminded about your inefficiencies, and it becomes your issues’. You can’t OWN what is not yours. So power struggles occur. How to be is to say “I understand. I’ll be patient with you and I love you” or “How can we help each other?”
- 3) Independence – autonomous self; instead of fighting with each other, you can help each other develop their autonomous self. One becomes creative, the other more organized, etc.
- 4) Interdependence – choice, you can create harmony, due to tolerance, space and love, you can choose the type of relationship you want.

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Having an unconscious relationship is different from choosing to openly say what you need. When it is out in the open, it becomes CONSCIOUS. Things are no longer hidden or unconscious. *We cannot expect the other to know what we need.*

9 Traps of Unconscious Loving:

- 1) I let people get away with destructive behaviour
- 2) I form relationships with people who let me get away with destructive behaviour
- 3) I am in a relationship that resembles my parents’ relationship
- 4) I form relationships with people whose personalities and behaviours resembles that of one or both of my parents
- 5) I create relationships that are opposite of my parents (polar opposite)
- 6) I play out patterns of childhood, trauma/woundedness, repeatedly in my relationships
- 7) I participate in continual conflict OR I avoid conflict at all costs
- 8) With possibility of success at hand, I mess up (I don’t feel good enough, or fear of success/failure)
- 9) Because I have never learned true independence, I create relationships of dependence

Our unconsciousness is loaded with a hope that our partner will magically help us with our wholeness. We will make our partner love us and in this all our childhood needs will be met.

* UNCONSCIOUS LOVING TURNS RELATIONSHIPS INTO ENTANGLEMENT *

Qualities of a Conscious Relationship:

- We see our partner as an ally, not an enemy
- We see our partner as another wounded human being, not threatening or dangerous
- We lower our defences and allow ourselves to be vulnerable
- We can’t experience intimacy unless we allow ourselves to be vulnerable (intimacy = in-to-me-see) and share those vulnerabilities, and ask for support

- Aware of an unconscious drive within us to heal our woundedness and share that with our partner, eg. I feel abandoned when you show up late or don't call. The unhealed child in each other will play out at times (unconscious behaviours)
- Your relationship has a hidden purpose of the healing of your childhood wounds. And you can see your partner more clearly. A more accurate image of that person.
- You are more aware of "transference" onto your partner, ie. you think of your dad always being late whenever your partner is late coming home
- Your partner is another whole being with some woundedness, and don't expect him/her to heal YOUR woundedness
- When you are in your ADULT, you are more capable of responding than reacting, and you can ask for what you need more clearly, with constructive communication
- You will value your needs and value your partners as much as you value yours
- You support each other in getting your needs met
- You don't put their needs in front of your needs
- You embrace the dark side (shadow) of your personality, you own it, embrace it. You don't make it wrong. And, you are more able to recognise when acting out of your shadow and projecting your shadow self on your partner
- You keep the focus on your individual self: How can I grow? How can I take responsibility? What is in me that feels like a lack? Rather than depending unhealthily on your partner for that.

In a conscious relationship, you rediscover your divine nature and want to express that for yourself in your relationship.

You will face difficulties with ease. It takes growth and commitment to grow and change and challenge yourself.

You will move through relationships with ease.

* A CONSCIOUS RELATIONSHIP IS AN OPPORTUNITY TO HEAL AND TO
LOVE AND TO COMMUNICATE *

* TO HAVE A CONSCIOUS RELATIONSHIP IS TO STRETCH AND STEP
OUTSIDE OF YOUR COMFORT ZONES *

* YOU CAN'T HAVE A CONSCIOUS RELATIONSHIP WITH ANYONE ELSE
UNLESS YOU HAVE A CONSCIOUS RELATIONSHIP WITH YOURSELF FIRST *

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