



## **Handy Tips for Relationships and Personal Growth**

Think about them, contemplate them, talk them over with your counsellor or mentor, discuss them with your partner, try to put them into practice – knowing that learning to do so is a process of learning and growing with much trial and error.

1. A relationship is built on mutual respect, freedom and compassion, which facilitates Love.
2. Trying to control our partner is a symptom of our fears and insecurities, and will inevitably damage our relationship.
3. We need to feel free to be ourselves in a relationship, and so does our partner. We can communicate our needs to our partner and talk it over, while also learning about their needs. It can take time, and sometimes some help, to find common ground in some issues.
4. What we do potentially have full power over, is our own mind, to the degree that we heal, learn and grow.
5. If we don't know how to make ourselves happy, how are we going to make another person happy?
6. Are you expecting your partner to be your parent by holding him/her responsible for your emotional wellbeing?
7. Often what are thought to be adult needs are really

leftover childhood needs.

8. Neediness is mostly about controlling others in order to not face the pain of our childhood, which never leads to any real resolution of that pain.
9. In this state of neediness we are draining the Love out of the relationship rather than filling it up.
10. We all have various degrees of neediness left within us.
11. We all need to parent ourselves to some extent. This is what the 5-Step Process is for.
12. Actively caring for our own humanness is a great example for our children.
13. To justify ourselves as being victims means that we must regard ourselves as powerless children.
14. Adults have the power of conscious-awareness and therefore have the ability to take command of their own minds.
15. Conscious awareness gives adults the power to process information and choose appropriate action.
16. As adults we don't have to be perfect, but we do need to accept responsibility for our own lives if we hope to have harmony in our relationships.
17. In order to learn new ways of being and relating and to grow, we must accept our humanness. Being judged when we were children was one of the main causes of our problems. Judging ourselves keeps the pain going.
18. Genuine needs are revealed through conscious processing of our human emotions. This then gives us access to insight – the guidance from our higher feelings.
19. To create healthy boundaries, it helps to regard our own mind and body as a private and sacred sanctuary.
20. Having this perspective helps us to discern what is most appropriate to allow into our inner-sanctum.
21. By making positive choices for ourselves based on what *feels* right, we can be confident that our choices will serve our highest long-term good.

22. A healthy relationship is not possible where condemnation, blame, verbal abuse, harmful manipulation or violence exists.
23. Forgiveness does *not* mean destructive behaviour can continue, whether it is your own behaviour or another's.
24. It is wise to put any relationship on hold until the abuser fully faces up to his/her abuse and seeks help to correct the confusion that is carried in his/her mind.
25. Vengeance (hateful punishment) on the part of the aggrieved is also abuse.
26. We get into trouble where boundaries are concerned because we don't speak up when something in the relationship does not *feel* right.
27. When children's feelings, individuality and personal space (within the bounds of active loving guidance) are not considered or respected by their carers, there is often difficulty implementing healthy personal boundaries when they become adults.
28. Your order of care priority is: 1. Yourself, in order to have what it takes to give to the relationship. 2. Your partner, in order to create a loving sanctuary for each other and the right environment for the children. 3. Your children, so they can grow to be themselves and thus realize their potential. 4. Work, extended family, friends etc. to support you in taking care of your essential needs and responsibilities.
29. The secret to Unconditional Love lies in our own conscious intent to accept and care for our own vulnerable humanness. This is where we learn about true Love.
30. When we give ourselves Unconditional Love, we will then have it to freely give to others.
31. We are responsible for our own worthiness, not our partner. Our partner is not our parent.
32. We are adults, we must learn to emotionally stand on our own two feet.
33. Children need adults to care for them. Adults need to care for themselves.

34. My adult conscious-awareness responds appropriately for the good of all. My wounded inner-child reacts out of fear and confusion – fight or flight. This is how we can tell the difference between when we are responding with our mature adult awareness, or our human vulnerabilities that are most often left over childhood issues.
35. To heal and grow, we must compassionately accept our human vulnerabilities and commit to doing what it takes to look after them. This is what we needed as a child and what we need at any time. We are finishing unfinished business.
36. Learning to take care of our human vulnerabilities (often called our inner-child) is an ongoing process of learning. There is no standard we are supposed to reach. Everyone's journey is different, because we are all unique. What is easy for one person may be hard for another. The important thing is to make learning and growing your foundation of life.
37. When we make learning and growing the foundation of our life, our problem and human vulnerabilities become opportunities to grow in wisdom and maturity – leading to increased harmony and happiness.
38. When we grow, it gives our relationship a chance to grow.
39. Conscious awareness is about being tuned into emotions and Feelings. Emotions and Feeling reveal the reality of our thoughts and beliefs—our old negative programming or our higher wisdom.
40. Our negative emotional reactions are caused by our own fears and insecurities.
41. Our emotional reactions are a call to our conscious-awareness to care for our vulnerable humanness.
42. We do not know the minds of others, not even that of our loved ones.
43. We must learn to communicate, rather than assume and accuse.
44. Self-condemnation or condemnation of others is rarely justified. The picture is always more complex than we

first assume.

45. It is not what others do or say to us, it is how we take it in or relate to it and how we respond to it that makes the difference.