

# Discover Yourself Through Relationship

Develop Healthy Relationship with both Internal (Self) and External (People and World)

## 4 Pillars

All are necessary for a solid foundation. If any one of the pillars is not strong, it can weaken the other three.

| COMMUNICATION  | HONESTY  |
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| <ul style="list-style-type: none"> <li>• Taking the risk to express ourselves fully. (Takes <i>TRUST</i> and <i>HONESTY</i>)</li> <li>• Being fully <i>ATTENTIVE</i>, without an agenda.</li> <li>• Not making assumptions that our partner heard what we intended.</li> <li>• Requires willingness to be wrong, to be misunderstood, and commitment to seek clarity.</li> </ul> | <ul style="list-style-type: none"> <li>• “The honest truth, and nothing but, even all that locked up in the closet stuff.”</li> <li>• Requires <i>acceptance</i> of our real feelings.</li> <li>• Requires <i>trust</i> that our partner will <i>accept</i> our truth.</li> <li>• Requires <i>respecting</i> and <i>trusting</i> ourselves to own our truth.</li> </ul>  |
| TRUST  | RESPECT  |
| <ul style="list-style-type: none"> <li>• First step is trusting and respecting yourself - you don't <i>need</i> a certain outcome to be OK.</li> <li>• Embodied communication that “I'll be there for you.” Can't have one foot out the door.</li> <li>• Has many levels.</li> <li>• Can take time. Can't be demanded.</li> </ul>  | <ul style="list-style-type: none"> <li>• Valuing <u>yourself</u> AND <u>your partner</u> equally.</li> <li>• Even if in disagreement, holding the truth that each person's position is equally valuable.</li> <li>• Taking responsibility for your thoughts, feelings, and actions.</li> <li>• Valuing yourself enough to <i>communicate</i> your truth openly and <i>honestly</i>.</li> <li>• Valuing your partner enough to listen attentively.</li> </ul> |

## 5 Keys - To open yourself and your partner

**Attention** – Leads to self-respect. Communicates “you matter.” Creates space for authenticity. Noticing and hearing words, feelings, and experience. Helps us feel understood. Willingness matters! We can sense when someone is not fully paying attention out of a sense of obligation and it is not the same. “Attunement is mirrored attentiveness from one person to another. We cannot attune if certain feelings are right or wrong (*acceptance*). To attune to someone, we need neutrality toward all feelings, moods, and inner states and the fearless openness of mindfulness.” The opposite of attention is withdrawing.

**Acceptance** – Helps us feel like we are a good person. Allows whatever is present to be – the good, the bad, and the ugly. Our ability to be intimate is related to how safe (*trust*) we feel, and that safety is related to how accepted we feel. Acceptance is unconditional – your choices are valid regardless of whether or not we agree. You are you and that is enough – more than enough, that is great! (Despite how irritating that may be for me.) The opposite of acceptance is rejection – of ourselves and our individuality.

**Appreciation** – Demonstrates worth and fosters self-confidence. Gives depth to acceptance. I admire you. I delight in you. I respect you. I appreciate you as unique. I am thankful for you. The opposite of appreciation is criticism, judgment.

**Affection** – Helps us feel lovable. Love opens doors, eases fears. Has many different forms and varieties. May need to ask for the specific form we need. (*communication*) “Real love does not come off the rack; it is uniquely tailored by the lover to the beloved.” Requires nearness, attention, loving presence. Demonstrated verbally, physically, unconditionally (*acceptance*). The opposite of affection is animosity, dislike, hate.

**Allowing** – Gives us freedom to pursue our deepest needs, values, and wishes. Letting whatever wants to happen happen. Safe to be myself (*trust*) – not having to conform to another expectations of us. The opposite of allowing is controlling, trying to change someone.

These are keys to be given freely. And we can feel free to ask for the one we need when we are not receiving it.

“5 Keys” adapted from *How to be an Adult in Relationships* by David Richo (2002).

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