

Three Steps to a Perfect Relationship

by Wes Penre, Saturday, July 9, 2011

Abstract

This paper is written with a romantic relationship in mind, but it works just as well in a friend's relationship.

What people on this planet have the most problem with is in relationships with others, and how to maintain a good marriage. Way too many people are staying in unhealthy relationships, sometimes until they die, thinking this is what they are supposed to do.

You are not. Our reason for being incarnated here is to learn and grow, and support others to do the same. If you are in a relationship where both of you are held back, where it's abusive, non-caring, one-sided etc., it's considered unhealthy. We all can come to a short period in our relationship when things are not working as they are supposed to, but then perhaps we can sort things out, if the relationship was created for the right reasons to begin with.

Very few people on Earth know how to build and maintain a relationship, and they are starting them for all the wrong reasons--the most common being physical attraction. It's nothing wrong with physical attraction and to feel passion, but it's getting old after a while, and then what's left?

Both men and women have a tendency to choose partners who reminds them of their mother or their father--especially if s/he was dominant. A man normally chosen a woman who is similar to his mother and vice versa, and they are often not aware of it. If there was trauma involved in the childhood, then it's almost certain the child is choosing a partner similar to the perpetrator, or becomes a perpetrator him/herself.

Why is this? Basically it's a form of survival. We may seek a dominant partner because we were never allowed to make our own decisions as children, so we subconsciously think that we need someone who seems to know what they're doing to make decisions for us. This way, it's very hard to learn and grow properly--we place our power somewhere else. This seems to be generational because of this pattern of ours.

Let's take an example: Joe has had a dominant mother who wasn't necessarily physically abusive--she may even have meant well, but was in her turn affected by *her* childhood. She always made all the decisions for little Joe, and if Joe once in a while tried to be "clever" and come up with his own ideas and solutions, his mom invalidated his decisions by correcting him and giving him her own solutions, which she considered better. She may even have snarled at him, saying he should know better. Joe becomes very uncertain about himself and thinks he needs his mother for his survival.

Eventually, as he grows older and becomes interested in girls, he has the tendency to subconsciously choose girls who have strong personalities, just like his mother, so he doesn't have to make his own decisions, something he considers himself incapable of. He may want to make them, but he doesn't trust them. So he ends up marrying a copy of his mother.

When he and his wife go to the store to buy shirts for Joe, he is always indecisive. He looks through the long aisle of shirts, seemingly checking them out, without really making any decisions. His wife comes along and asks him if there are any shirts he likes, and he says, "Well, I am not sure. There are so many shirts. What do *you* think?" His wife picks out a few shirts right away and asks him what he thinks about them. Joe says they look pretty good and tries them on. Again, he is asking his wife how she thinks they look on him, and if she doesn't like a particular one, Joe agrees. When his wife finally has approved a few, Joe seems happy and agrees that these are the shirts he wants, although his taste may be totally different. By agreeing, he makes it look like he is making the decision. He is now confident that others will like his shirts as well, because his wife does. Also, Joe is never (or very rarely) arguing with his strong-headed wife, because he knows his wife will always win the argument and he doesn't want to feel stupid (which he probably isn't, but thinks he is). So again he agrees to what his wife is saying, but in fact, his wife has no idea what Joe really thinks, and perhaps at one point later in their relationship she realizes that she doesn't know her husband at all.

People like Joe also often have a tendency to be passive-aggressive and let their anger out on something insignificant that doesn't seem to be an issue to others, but to him it looks big. What is happening is that Joe feels he needs to let his built-up repressed feelings he carried all his life have an outlet. This outlet can be the cat or a material thing. In worst cases, it can be another human being whom he bursts out at suddenly, without any forewarning.

Unfortunately, both Joe and his wife have unhandled issues in their childhood. His wife may have lived in an unhealthy environment where she had to take charge over the family already as a child and is now transferring this dominant behavior to her love relationship. Or her mother may have left the family to a submissive husband (or died early) so Joe's wife felt she needed to play the role of the mother. She could even have had a dominant father, whom she is now dramatizing.

This is just one example of many, but my point is, we humans are clueless how to support and assist each other. We are bringing our baggage with us and are not even aware of it and therefore, we are more often than not addressing our own issues when we grow up. Instead we blame the partner for not being the way we want him/her to be.

The reason this is happening over and over is because we are not taught why we're here on Earth, what our goals are, how our minds work, and that other people are just mirrors of ourselves. What we see in others exist within ourselves as well. If we all had a better grasp of this, we as a humanity would immediately transfer to a higher frequency.

Another issue, which I bet 95-98% of the population has is that we feel we need to solve other peoples problems. If we are kind, caring people (which most of us are),

we want to help, and we think we can help by getting involved in other peoples issues and try to use our own abilities to either change that person "to the better", or solve his/her problem all together.

In fact, by doing so, we are doing that person a huge disfavor, albeit unwittingly so.

We are here to learn our lessons and are sometimes pulling in energies which are uncomfortable for us--we seem to get what we don't want and we call that a problem. In reality, it's often the best thing that can happen at the moment, because we attract energies in areas we need to improve. If we ignore them, the energies will come back and hit us even harder next time until we learn how to deal with our own issues.

People in our environment often work as our catalysts, and we would gain from learning from them, even when the experience is perceived by us as negative. Instead of processing the experience and pick out the gems from it to use as a catapult in our evolvment, we often choose to either try to forget about it, or blame someone else for the opportunity that just came our way and thus we missed it.

By solving someone else's problem, that other person doesn't grow as much as s/he would if we'd let them solve their own problem. This doesn't mean we should avoid or abandon people who have problems--after all, we're here to be of service. But all help we give to others is better served if it's help to self-help. It's appropriate to give advice when needed, because sometimes a person can be so involved in a certain situation and problem that they don't see a solution. You, as an outside source, may have a better grasp of the situation and find it necessary to give a hint. It's then up to the other person to either reject or accept the idea or suggestion. But *always* let the person come to their own conclusion. Even if you don't like it, or if you would have decided differently, it's not your path. The other person has other goals and other lessons to learn than you, and it's not for you to interfere with them, other than give suggestions if the person is "stuck". The best help is to be supportive and accepting to the other person's decisions. What may seem like a strange conclusion may in fact be the correct one for this person, because in the long run it fills a certain purpose on their journey.

Of course, one has to use discernment in all this. If a person lies bleeding on the road after a car accident, you just don't leave them there to bleed, giving them advice how to recover. You dial 911 and do hands-on CPR to the best of your abilities until you get professional help.

Step 1: Self Awareness

You can't have a perfect relationship if you don't know what you want in life. What are your goals, what is your purpose? Do you have something that interests you that you want to learn more about? What are your strengths and what are your weaknesses? Which strengths and which weaknesses are you planning on enhancing?

Before you even consider having a serious relationship with somebody, it's imperative to sit down and think these things out. If not, there is a great possibility

you unwittingly end up with somebody who is just like your parent. I am not trying to say that parents are bad--most parents do the best they can with the situation they have, but our life partner is not our parent.

Once you have gotten a good grasp of who you are and what you want, and are determined to accomplish these goals, you will start attracting these kind of energies into your life. Now, let's say you are a woman looking for a man. You have already taken the steps above and have a clear picture of yourself and your needs. All of a sudden you meet this man and you start talking. After a while you perhaps find him quite interesting and both of you begin to feel attracted to each other.

First lesson would be not to move in with somebody before you really know him well. Once you've come to know each other, step 2 would apply:

Step 2: Are You Willing to Support Your Partner's Growth and Can He Support Yours?

Ask yourself after you've come to know this new person: can he support me and be accepting when comes to my growth in this lifetime? Is he the kind of person who may even be able to come up with some ideas once in a while if you get stuck?

If the answer to these questions is "yes", you may have found your perfect partner. Now you need to ask yourself if you are willing to support and accept his growth in the areas he has decided to develop himself? Are you willing to accept his decisions and be supportive of them? Again, if the answer is "yes", step 2 is completed.

Step 3: Ask Your Partner These Same Questions

Now it's time to ask your partner the same questions as in Step 2--this time he needs to look at it from his perspective. Is he willing to do the same for you as you are willing to do for him? If he says "yes" and you feel it's genuine, your chances of having a wonderful relationship are great.

These three steps are all that's needed to break the old generational patterns. The hard part, of course, is to stick to it, but that's where Step 1 on Self Awareness is so important for both partners. These steps can also be used in a relationship that has been lasting for a long time and has come to a low point. If one or both partners are unwilling to do these steps, they will both bring each other down. If only one person is willing, both will be brought down even if the willing person is doing his/her best to make Steps 1-3 happen. Maybe then it's time to reconsider that particular relationship. This can also be tested in friends relationships, as you can see.

People who can't even get through Step 1 (and I am not judging them, because it requires a great deal of responsibility to do any of these steps and stick to them), will automatically fall into old patterns and chances to get a functional relationship where both are happy are slim. If a person has gone through too much trauma during childhood and/or adolescence, s/he may need a lot of counseling to get through it. Not until we are willing to forgive those who did us wrong and love them unconditionally will we heal ourselves. As long as we're holding grudges and blaming

each other for our own condition, whatever it may be, we are giving our power away and will not heal. Anyone can do it, but it requires a lot of responsibility and willingness to see ones own weaknesses played out and sign responsibility to them.

Some people, due to upbringing, religious beliefs, or for other reasons, believe they have to stick to a relationship at any cost. The expression "*I made my bed and now I have to lay in it*" comes to mind. This is very sad and has destroyed many lives. Not only does a person with this thinking destroy his/her own life, but also the life of the partner. Both will decline instead of building each other up. Relationships are there to help each other grow--if that can't happen because two people are on totally different paths which clash with each other, it's time to break up.

Marriage is a custom as well. It's not a Universal Law. It's an idea, which is good for some and not so good for others. There are other ways to grow than in a strict marriage, if a person feels marriage is not for them. Experiment with your goals and purposes and have fun, but without hurting others.

If every person in this planet only did these three steps, and took appropriate actions if they feel they can't accomplish this with anybody, and forgive and love their "enemies", this planet would heal tremendously.

I hope this advice may be of some help.