



Own Your Side, Your Patterns In Relationships.

Welcome back to Week #2 of the Relationship Reboot.

In today's lesson I'm going to be sharing with you some of the information and knowledge from a wonderful book called "**Moving On**" - **dump your relationship baggage and make room for the love of your life** ~ by Russell Friedman and John W. James.

I highly recommend getting this book and working through it in detail.

Essentially we're doing recovery work here. Recovering your story, recovering your life.

...and in doing so you'll recover your power and hence your ability to attract what you want in a man moving forward.

We're also here to recover the perceptions, pains and patterns of your past.

What we're going to do today is:

1. Own Your Feelings And Your Intuition
2. Identify Your Part Of What Went Wrong
3. Discover The Truth That Will Set You Free

Let's start here: Own Your Feelings And Your Intuition

Now in recovery work, whether grief recovery or addiction recovery, there is always a phase when the person has to own their side of the story. Their role in what has happened.

This is always a difficult re-frame for many of us, because we've become very sure, and hence very stuck in the victim side of the story.... Where we are always under the attack of a perpetrator, and we blame the world, our parents, our upbringing, or the men in past relationships for what's happened to us.

And it is this "victim mentality" which causes so many relationships to become unsuccessful, and it also makes the completion of past relationships near on impossible, setting up a situation where the next relationship is doomed from the outset.

But, my dear, freedom lies on the other side when you've owned your side of the story.

Now, this is important: owning your part isn't a blank check to dump on yourself, blame yourself nor put yourself down. Owning is about turning towards yourself, loving yourself and being honest with yourself and your own feelings.

Owning your part also doesn't relinquish responsibility for the other party behaving badly...but you have no control of that...that's up to them to own and heal.

What YOU can do is own your feelings and heal your side, your patterns.

...and in doing this, my dear, you head on a path of freedom, owning yourself and your life and the path of love. In doing this, you love yourself more, and hence will be able to love and be loved by another more.

In so many relationships the problems begin with one of both partners blaming the other for their feelings.

Until you own your own feelings you are destined to drag your resentments forward as emotional baggage into the next relationship.

The reality is, you are 100% responsible for your reactions to the things that others say or do.

This is the ONLY part that you can work on, work out and work through.

Now, If you can accept that you have to own your own feelings, then next you need to add to this, that you have to accept that you're responsible to listen to your intuition....and subsequently, what happens when you don't listen to it....

Your intuition is your early warning signal...so, ignore it at your own peril.

80% of people who were asked about his, had over-ruled their intuition in the early stages of failed relationships...but they chose to stay until itsinevitable demise.

These are called "red flags" and it is your intuition that signals you when they are there.

OK, so let's do an exercise here on how to **identify your part of what went wrong**:

May I suggest that you look at each key relationship with a man in your life and answer these questions for each of them. This could be past relationships or it could be somebody that you are dating right now.

Light a candle and then close your eyes

Write down your responses to these 3 questions:

What feelings did I blame him for and what thoughts did I have at the time?

e.g. He hurt me when....

He made me mad when...

At what time/s in this relationship or dating did you override your intuition?

If you believe that you bypassed your intuition at any time, write it down.

When did you self sabotage in this relationship?

We do this when we fear getting hurt again. If you sense having caused some of the problems that ended the relationship add them here.

Now, finish up this exercise in your own time and pause the recording if you need more time.

Next, We're going to **discover the truth that will set you free.**

To do this, you're going to have to journal about your **romantic relationships history.**

Firstly, you'll simply list by year, the person or people who you had a relationship with:

e.g.

1987 Robert

1990 Sam

1995 James

2001 Roger

2008 Harry

For most people this will be 5 - 12.

You can also include in this list unrequited or fantasy love. No need to write down every date you ever went on if it didn't end up in a meaningful encounter. If it strikes you as important, then write it down.

Next, you're going to write a short narrative on each relationship. Allow yourself about an hour to do this. Light a candle and let the memories flow. Let emotions flow as you do this exercise. Have a box of tissues handy, just incase!

It's also ok if you don't have an emotional reaction.

Be as honest as you can in writing down details about the relationships that you remember.

e.g. I met Robert whilst rollerblading on Balmoral Beach. He was playing beach volleyball with his friends. He stopped and came up to speak to me. There was a huge spark and connection with him...we spoke for hours. Soon enough we were in bed with each and I had a big sexual awakening with him in the coming weeks. He took me away to Vanuatu and I fell totally in love with him...I thought he was it...the real thing. We had so many adventures together. But he kept pulling away, not committing and he'd never say "I love you" to me. This tugged on my heart as I kept trying to convince him that I was the one for him. I finally left him 2 years later and was totally broken hearted when I learned later that he was soon dating a very young woman. I really closed my heart and couldn't trust anyone for another 10 years.

When you've finished writing this down for each significant relationship, I encourage you to re-read what you've written, without going into your head or analyzing.

Just let it sink in.

Let emotions flare and flow...or not.

Either is ok.

Then gently congratulate yourself for having done the work.

Pause the recording whilst you complete this exercise.

Welcome back my dear!

You will have now completed the discovery phase of this relationship reboot.

You've discovered and healed the wounds around the masculine and you've deep dived in and owned your part in past failed relationships.

Congratulations!

Next week, we're going to conclude this by "releasing old hopes and dreams" with these same people on your list.

In Review, what you've discovered today are how to:

1. Own Your Feelings And Your Intuition
2. Identify Your Part Of What Went Wrong
3. Discover The Truth That Will Set You Free

Now, head on over to the Facebook Group and post some Ah Ha's about your part and your patterns in past relationships.

Great job and I'll see you in the next video in the Relationships Reboot where you'll get to Release Old Hopes And Dreams from these past relationships.

I'll see you then!

Candice