



Release Old Hopes And Dreams

Welcome back to Week #3 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.

I'm sure you've tried many ways to deal with your past relationships. Along the way, you may have acquired a great deal of intellectual and analytical understanding about yourself. You may even be able to explain precisely why your relationships failed; but this intellectual knowledge is of limited value.

At the end of relationships we're left with unrealized ***hopes, dreams and expectations.***

At the end of relationships there are always things we wish had been ***different, better or more.***

I want you to start today by writing down those 6 key words:

Hopes, dreams and expectations.

Different, better or more.

Added together these 6 words are the key to unlocking the puzzle that *will lead* you to completion.

You might be thinking, why would I want to release hopes and dreams.

Well, I'll tell you why.

When we as women enter a relationship with a man we either in our own head or in discussions with him, think about the future! You dream about where you'll live, where you'll travel to, building a future together, a family, kids, holidays, houses, friends...a lot gets planned and it's feel fantastic in the early phases.

You also idealize him, fit him into your picture of him and you believe that he is the one.

But, then what happens?

Progressively, the man isn't living up to your expectations, he's not fitting into this vision of how you saw him, and him and you, he's not turning up for you, he's not keeping his promises, OR he's running hot and cold or even ghosting you (if you're dating).

You keep trying to keep this beautiful vision on track, but sooner or later, what was a beautiful dream is crumbling at the edges and turning into something more like a bad soap opera or in bad cases, the dream is becoming a nightmare.

So, what happens inside us?

We still want this vision of our life to be real, to be true.

In fact, we want it so badly that we ignore signs that tell us otherwise, we ignore our instincts, our boundaries and clear and present red flags that this man isn't good for us, the person for us and our investment in time and energy with him is better divested of.

One thing that women do, partly because of our limited child bearing time, is that it becomes harder and harder for us to divest of our investment in a man and a relationship as time goes on.

By the way, even beyond child bearing years, women still have this sense of time running out, and it causes the same "*investment*" response even if we're not seeking to have children with this man, or we already have our own children.

I remember when I was in the corporate world and learning about how to hire great staff and team members. I remember this concept about the process of hiring people. they say "*Hire slowly, Fire fast*"...and, it's the opposite of what most of us do when entering a relationship....we hire fast and fire slowly!!!

But, we're not here to talk about dating today, or how to date effectively, we're here to undo what we're still holding onto from past relationships in order that we can let go, free up space inside of us in order that we can **create a tabula rasa experience!**

The definition of tabula rasa from the Merriam Webster dictionary is:

: the mind in its hypothetical primary blank or empty state before receiving outside impressions

: something existing in its original pristine state

...and indeed this is what we're wanting to be the outcome of your "Relationship Reboot"!

In order for this to happen:

What we're going to do today is:

1. Discover Hopes And Dreams That You Are Holding Onto
2. Release Old Hopes And Dreams From Past Relationships
3. Forgive

A breakup is like a death to us...inside.

In fact it IS the death of the relationship and we need to process it just like a death, an ending.

The thing is in relationships, the ending is rarely pleasant.

Nearing the end, there are more harsh and hurtful arguments and we say and do things that make the possibility of repair difficult.

And then it ends with a lot left unsaid, unexpressed and unfinished.

So, let's start our exercises today:

Let's get out the list that we wrote down last week and we're going to work on these relationships, taking them one at a time.

You may choose to do all of them after the recording, or only write down a few of the key ones that feel loud to you.

So, you're going to choose one of the men on your list and continue to journal from where you left off with your narrative memories about him and you from last week.

We're going to continue to add to the narrative by reflecting on YOURSELF in relationship to the 6 key words:

Hopes, dreams and expectations.

Different, better or more.

Next, you're going to take an in-depth look at this relationship with an eye to discovering the things you wish had been different, better or more of as well as the unrealized hopes, dreams and expectations about the future.

Start now:

Write down a few short sentences about each event, from your initial narrative, how you felt about it, either positively or negatively.

Include in this the things you wish had been different, better or more of as well as the unrealized hopes, dreams and expectations about the future.

As per usual, I suggest being alone and quiet and lighting a candle whilst you do these exercises.

Let's begin.

Close your eyes and go inside.

Full length of breath.

Feeling deeply and honestly inside yourself.

Starting by feeling into this man.

What were your hopes, dreams and expectations with him?

What would you like to have been different, better or more?

If you need more time, please pause the recording now and turn it back on when you're ready.

Next, you're going to look at your own honest reactions to what you've written down.

You want to be as honest as possible about the things that you did and didn't do in the relationship.

Taking responsibility for your reactions or non-reaction to what happened is the absolute key to completion.

It requires more discipline to look at yourself and stop complaining, resenting or externalizing it onto the man.

I encourage you to dig deep, be real and honest with yourself and then, next:

Write down your deep and honest reactions to what happened in the relationship. Your side, your responses inwardly and outwardly.

Use what you've written down already to prompt you.

If you need more time, please pause the recording now and turn it back on when you're ready.

Now, take a moment to read through what you've written. Add anything that comes to mind. You want to be quite thorough.

Take as long as you need to do this.

Time to let go of him and forgive.

Before we do this exercise you need to remember that forgiveness is an action not an emotion.

Forgiveness also doesn't mean that you condone anyone's actions.

Successful recovery requires completion of the pain and letting go of the resentment.

You are the one who suffers when you don't forgive.

Now, put your journal down in front of you and close your eyes.

Let emotions move in this moment. Let yourself grieve if you need to.

It's time to forgive him.

It's time to forgive yourself, as you are the greatest beneficiary of your forgiveness.

If you are feeling emotions, then I want you offer this relationship into the flow of your tears. If not, then to the flow of a river in front of you.

Symbolically, you'll cast what you've written down into the river, the flow of the water, the movement, the letting go.

Let's forgive.

And say:

"I acknowledge the things that you did or did not do that hurt me, and I'm not going to let them hurt me anymore"

"I need to forgive you so I can be free"

Pause the recording whilst you complete this exercise.

Welcome back my dear!

You have now climbed to the top of the mountain, the hardest part, and you're looking down into the valley as this relationships and your forgiveness have drifted far away down-stream.

Congratulations!

Next week, we're going to conclude by "Create Inner & Outer Space For The New".

In Review, what you've done today is:

1. Discovered Hopes And Dreams That You Are Holding Onto
2. Released Old Hopes And Dreams From Past Relationships
3. Forgave

Now, head on over to the Facebook Group and post some Ah Ha's about the exercises today.

Great job and I'll see you in the next video in the Relationships Reboot where you'll get to Create Inner & Outer Space For The New!

I'll see you then!

Candice