

How do you 'show up' in your Relationship?

Consciously Connected or Unknowingly Detached

I'm a bit of a comedian and really love to keep life upbeat and enjoyable with positive energy. Having said that, today I'm kicking off on a very serious note. Please keep an open mind and be willing to try and stretch your understanding and concepts beyond what you may be used to.

As an avid observer of people and behaviour, I notice subtleties that, in the buzz of daily life, are easily and often downplayed. This downplaying of certain subtleties in our daily routines, has an eventual reality check point. This downplaying of certain subtleties can act like a deadly gas, not visible to the eye, that slowly creeps into an environment unknowingly until, something or someone passes out. I am campaigning against the silent gas that breezes on in and poisons an otherwise very good relationships. To ward against it, you need to wake up, become consciously connected and make it a daily practice to maintain conscious connection. This keeps the creeping poisonous gas out of your relationship. So, how do you do this?

Living in the same house, sharing the same bed, going on the same holidays, parenting the same children, making the same mortgage payments, does not constitute being 'consciously connecting'. If your bond, your connection, your friendship, your love, isn't your priority, consciously, then, the noisy, distracting, business of life can VERY EASILY seduce you into making everything else a priority. BECAUSE, hey, your partner is always there right. You're just always there. You know that every day you're both just always there right? Wrong!

When you embark upon promising to love and honour each other until death do you part, **don't just say the words**, understand the subtleties of that. Understand you made a public and legal commitment to yourself and your partner to be there for them through thick and thin. Don't just have a wedding and then go and get yourself all distracted with the cliches in life that cause wedges to form between your connection and then claim, "we just grew apart". Understand before you make such a monumental commitment, that if you do not have **daily disciplines that nurture your conscious connection**, then, the 'business of life' will fully support the slow 'drifting apart' cliché.

Make an effort to put life to the side every day so that you can plug back into your reason for getting married to that specific person. Your career and your job and any other projects and distractions you have are NO EXCUSE for not consciously connecting with your partner every day. Watch yourself with your work, watch how it can easily seduce you into spending all of your energy on it and having almost none left for the **real priorities in your life**. You can see why it is important to be consciously aware of what your real priorities actually are. Hence the importance of a vision statement and on purpose goals.

I'm guessing you are smart. Smart enough to look ahead and understand, if you do not put fuel in the tank, the vehicle eventually runs out. Smart enough to feel the clutches of your career having it's way with your time and energy or your hobbies or your study, clawing you away from your deepest responsibilities and your highest priorities. Silently and subtly like a gas floating in. Use your smarts and be strong enough to let go of making work and other distractions, matter more than your spouse and **the needs of your connection**, on a daily basis.

Make an effort to be loveable and to show love, as opposed to just being under the same roof. Don't 'let yourself go' because, well, you're married now. You're married now, you were the best version of yourself for your partner when you were courting and it is only fair to continue that effort when you are married. Just because you slipped a ring on does not mean either of you stop desiring what it was you fell in love with each other for in the first place. **Continue to court.**

The silent cancer of what would otherwise be a perfectly good marriage, is the assumption, you don't need to make any effort. That, you just live together, and journey through the life struggle together. **BIG DUMB MISTAKE.**

People and life are both complex and life is a bizarre and interesting journey. However, I am trying to point out the cliché relationship cancers so you contract them. The ones that are a silly waste of good love and good marriage. The 'going through the motions' daily clocking in and clocking out that just sees your marriage growing old but not **staying connected at a heart level.**

Find a way to connect to each other at a heart level, daily. Stop the constant lack of spending time together properly connecting, on account of work or other distractions, THEY ARE NOT worth the sad, painful, unnecessary loss of your true love.

LOVE IS A VERB a verb is a DOING word. Do things that show love, nurture love and attract love. Don't be taker. Be a contributor.

*In the following statements and questions, do
your best to contemplate what is really in your
heart and what is your absolute truth*

How are you feeling at this point in time about your marriage?

What is your partners love language? What is it that you partner does that says, they love you in their way.

What is it that you do that says, "I love you", in your way?

What else can you do to actively nurture your partners love language?

How might this positively affect your relationship?

Your personality type/profile informs how you communicate and process information. It is best to know what each others tendencies are in general according to your 'personality type'.

Do you understand your own and your partners personality profile and what this means for you or how these impact your relationship?

Eg. Dominant, details person, introverted, extroverted, thinks out loud, things silently etc.

Do you understand your own and your partners core or highest driving values? Eg. Loyalty, Integrity, Truth, Fun, Openness etc.

Get to know each other and get to know yourself.

That way you understand what causes certain behaviours and you can learn how to work with those behaviours instead of clashing with them.

Some people think inside their head, other people think out loud even this small piece of knowledge about your partner and yourself, helps to understand how to **function well amidst your differences.**

What are your insights into yourself, your partner and your relationship habits?

What changes could you make that would support your ideal relationship? How will you both notice this change?

What could you stop doing in order to add value to you and your partner? How will you both notice this change?

What could you start doing to add value to you and your partner? When you start and how will you both now this change has been made?

What is it that you think your partner most enjoys about you?

What is it about you that you think your partner does not enjoy?

What causes you to feel fear in your relationship?

What do you think causes your partner to feel fear in your relationship?

What is your greatest hope for your partner?

What do you do to nurture the love and connection in your relationship?

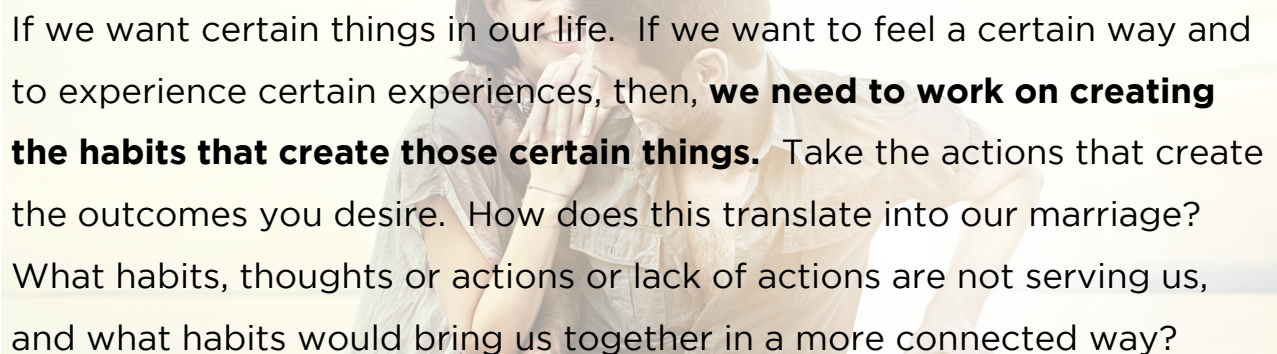
What do you do that detracts from the love and connection in your relationship?

What did you learn about your relationship and what can you do to use these learnings to improve your relationship?

There is no room for 'blame' in a marriage, or in any relationship. It is our responsibility to add value and to take responsibility for how we respond as opposed to react. What do I mean by this?

*Your thoughts and beliefs are busy at work becoming things,
so what does this mean for your relationship?*

What is going to become of it?



If we want certain things in our life. If we want to feel a certain way and to experience certain experiences, then, **we need to work on creating the habits that create those certain things.** Take the actions that create the outcomes you desire. How does this translate into our marriage? What habits, thoughts or actions or lack of actions are not serving us, and what habits would bring us together in a more connected way?

Today the universal laws will be recording your every thought and emotion, no matter how "good" or "bad," no matter how generous or stingy, and no matter how helpful or hurtful they may be. And everything recorded will be played back for you, as soon as possible, as some type of physical manifestation in time and space.

This is what I mean by taking responsibility for what manifests and shows up for you. You have total control over how you think and what you think and the perspectives you use to judge life via, so you have control over what you manifest for yourself. **Make your thoughts and your perspectives feed what it is that you ultimately wish to feel and experience.**

If this is the case, what is going to be showing up in your relationship?

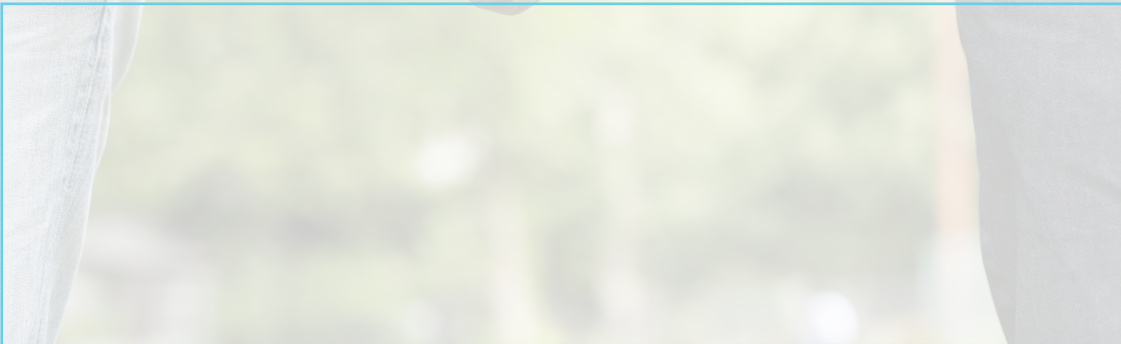
"Being miserable is a habit. Being happy is a habit.

The choice is yours."

What choices have you been making in your marriage?



What choices would be better serving for your marriage?



"Love is a verb, a verb is a doing word"

"We teach people how to treat us"

"If you want love, you have to give love"

"The way you do anything is the way you do everything"

What can you do with your learnings from this module?

Your love language and how to nurture one another via your respective love languages. Some people love gifts and other people love acts of service. I'd rather you wash my car than buy me a piece of jewellery.

Your own thoughts and behaviours affect how you 'show up' and how you 'experience' your relationship. Blissful marriage is not all about the other person being perfect. It includes how you manage how you think about things and how you consciously and deliberately contribute to your love connection.

You and your partner have your own different personality profiles that will click and clash in places. Knowing more about these profile will empower you to operate more effectively amidst your differences.

You and your partner will have different core values and therefore having a conscious understanding of your own values and your partners values helps you to understand what drives your behaviours. If your values are different, you will find this causing differences in how you respond to certain situations.

Take these insights and apply them to your actions.

**Let's lock in a time to sink your teeth into the next module of
Relationship Bliss**

Knowledge, awareness and truth will set you free