

BREAKING FREE FROM

Relationship Patterns

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Breaking Free from Relationship Patterns

When we heal the beliefs and misunderstandings we innocently bought into when we were young, we no longer need to play them out in our adult relationships. Rather than relating from our wounding, we can grow into a higher level of relationship where we connect and share from our wholeness.

Use the process below to begin to let go of the beliefs that may be driving your thoughts, feelings and behaviors in relationship and wake up to a whole new way of being.

Who do you believe you need to be in relationship in order to be loved/accepted/worthy or to feel safe?

Example: I believe that I need to be needed and to take care of the person I'm in relationship with in order to be loved, accepted and worthy.

Where did this belief come from? Where and at what age did you first buy into this belief?

Close your eyes and see the younger one inside of you who innocently bought into this belief. Open your heart to her and flood her with compassion. Give her the love you've been seeking in relationship (and notice how loved, accepted, worthy and safe you feel inside as you do this).

From the YOU that you are NOW, share with the younger one inside of you what the truth is. Offer her a more supportive, up-to-date perspective.

Example: Sweetheart, you are lovable, worthy and acceptable just as you are. You don't need to be needed by others or to take care of them in order to be worthy of love. You are worthy.

Forgive yourself for innocently buying into the original belief and any other beliefs you're aware of that you'd like to let go.

Example: I forgive myself for buying into the belief that I need to be needed and to take care of others in order to be loved and worthy in relationship.
