

Article 344: Open, Honest, Intimate Relationships –part 3

As promised in part 2, this Article is filled with insightful questions for you to consider about your self and life and intimate-partner (now or in the future).

1. Are you, and is your partner, someone you can truly confide in and fully support? And though you think your answer to these questions is yes, ...have you ever comfortably confided in and fully supported yourself? ...or another? Will your partner truly confide in you? ...and fully support you? Maybe you don't really want to confide in and support others, or yourself, ...or have them rely on you. In your languaged-world, your own, or another's past is the surest indicator of the present and future, but you feel that, while you haven't done these things in previous relationships, everything is different now, ...don't you?

2. What are your significant attitudes about yourself and your companion? Since emotions come about through the interplay of two or more attitudes, ignore your emotions (reactions) toward this individual and yourself for a moment and consider your primary attitude, ...then consider whether those attitudes are realistic and reliable, sustaining and long lasting, enhancing, or even desirable.

3. What are you and your companion really like? ...and what attitudes do each of you have about a committed self and life and intimate-relationship? ...about honesty and intimacy? ...about raising children? ...or even about conceiving and raising yourselves to a new, more-expansive self and life?

Clearly and expansively so, all of these questions are far-more revealing and enhancing than all of your reactive emotions combined. Do you really believe you can expansively know and understand ...and make wise decisions ...or even make appropriate decisions with your mindful brain flooded with self-deceiving chemicals? You cannot see or think through this emotional-haze, yet you are depending upon emotional chemicals to give you "right answers" ...and lead you to profound love and wisdom ...and self-awareness, ...does that seem wise? ...or even possible?

4. It is shown that "going through the motions triggers emotions" ...therefore, can you be certain that your emotions about yourself or a companion are real and lasting? ...or the temporary result of "playing house" with yourself or another, "being together", acting out a togetherness", "pretending an ohi relationship", or "temporarily living your life differently"?

Since your emotions are reactions, if you want your emotions to continue in your life or relationship, you must continue your motions, but usually, after a short period of time, like a vacation or weekend of respite from work, you continue your old motions of living your usual self ...and your normal emotions return. Ask yourself, "Am I in love with this person ...or in love with being in love with love-emotions? ...and am I likely to continue these motions or return to my usual self and ways?" You know the answer, ...don't you?

5. Is your relationship or self-awareness based on the actions of yourself “as usual”? ...or upon a new and seemingly different self and actions? Are you willing to continue this new-self? ...and will you continue this new-self? What about your desired partner are you experiencing and in love with his or her self “as usual”? ...or a new and different self and ways? ...and what will continue in a relationship?

6. What do you usually do to get your own way? What does your partner normally do? Can you live comfortably with your partner’s ways? ...or even continue your own actions? Can your partner, under normal conditions, deal with your actions? Remember, as the ardor cools, it will most-likely be replaced with getting your own way.

7. Do you or your partner have unfinished matters with parents, siblings, or old situations ...and feelings about these matters which are being brought to the relationship? How will these issues and feelings alter or change your partner? ...and affect you and the relationship?

8. What would be the most difficult true thing to hear about yourself? What would be the most difficult thing for your partner to hear about you?

9. What would be the most difficult true thing for your partner to hear about himself and herself? What would be the most difficult thing for you to hear about your partner?

10. Are you essentially familiar with your own and your partner’s errors and imperfections ...or undesirables? Humans are the only creatures on earth who are aware of their imperfections and errors ...or undesirable matters within them, ...maybe this awareness is man’s first mistake, ...have you made the same error about yourself and your partner? Denying•accepting•forgiving will not resolve this problem!

11. Many things you should probably see with your eyes ...you do not see, and many things you should hear with your ears ...you do not hear, all because these senses are habituated to and attached to the limitations of your distorted language-created beliefs and experiences. To break or lessen these self-imposed limitations, you must live as you truly desire ...not as you believe is desired and desirable for you to live. Have you ever asked about and discussed what “living as you truly desire” means to you? ...and discovered what this means to your companion? Are you willing to live as your partner truly desired to live? ...actually, are you ever willing to live as you truly desire?

12. Even if you are not attached to outcomes, are you willing to stop giving advice by saying, for instance, “You should do this” and, instead, always state your opinion with full assurance by saying, for example, “If it were my problem, I would do this”? And, of course, do not require that others, or even your partner, either accept or follow your opinion, even if at the time or later it seems that doing otherwise adversely affects you. How do you and your

partner normally give advice. Do you like being told what to do? ...and how to do it? And if your partner asks for advice and doesn't follow it ...and things go "wrong", do you bring up your previous advice? ...or carry resentments within you?

13. Can both of you easily turn issues into non-issues? ...or do you both tend to carry issues on ...even until they become destructive?

14. Do you really believe that an intimate-relationship will actually change you ...or your partner? ...and your ways of living and relating? Don't kid yourself!

You will never respect anyone you can control,
...and anyone you can control will never respect you.