



"Life Coaching For Your Individual Greatness"

WHY YOUR RELATIONSHIPS SUCK
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If you have gone from one relationship to another, isn't it about time you stopped and asked yourself why your relationships suck? If you haven't, perhaps it's because you know the answer looks at you in the mirror each morning. Yes, YOU are the reason. Go ahead and stick your lip out and pout about it, but I know I am right. You know I am right too. When you examine those past relationships, I bet that you have done one (if not all) of the following:

- Entered into a relationship with unresolved old baggage of your own.
- Looked first to see what you could get and not what you could share or give.
- Set unrealistic expectations of your partner to hide your own shortcomings and insecurities.

When you fail to "recognize", life has a funny way of making you deal with your own stuff by bringing it right to your door step "disguised" as your closest relationship. And if you don't get the lesson, address it and grow, the pattern WILL keep repeating until you do, or until something literally falls apart unexpectedly in your life forcing you to face it.

Yes, I know it sounds so nice and romantic to say that your significant other brings you "balance" or makes you "complete", but why not stand on your own two feet and find your own balance so that you don't have to look for someone else to stabilize you? Why not work on becoming whole and complete yourself so that you can attract another with whom you can share completeness? Isn't it clear that many enter into a relationship hoping to find themselves and end up losing themselves instead, and this is what causes the relationship to sour?

So, if you are "between relationships" and want to work on breaking the cycle of suckville, what can you do? Use the alone time constructively by breaking yourself down and determining what you need to do to rebuild yourself holistically from every angle. As author Neale Donald Walsh has written:

"You must first see your Self as worthy before you can see another as worthy. You must first see your Self as blessed before you can see another as blessed. You must first know your Self to be holy before you can acknowledge holiness in another."

Be honest about the more unattractive parts of who you are, but be determined to improve. **Get to the root of your own issues and stop projecting your internal imbalances on others.** Will it be hard? Yes. Will it be painful? Yes. Will it be worth it? Absolutely! Remember, as you set your intent to love, honor and cherish yourself, your vibe will change, so stay alert for the new people and circumstances that will find their way to you.

And, what if you are currently in a relationship but know there are some issues you need to address? Believe it or not, spending time alone, away from your partner, is one of the best gifts you can give your relationship. Taking the time to make sure that you are whole and happy as an individual *first*, allows you to reflect, renew and become stronger. This gives you the ability to give more to your relationship so, **take a long hard look at your past behaviors, old wounds, out-dated beliefs and buried emotions.** Don't be fooled into thinking that couples who are joined at the hip and spend almost every waking moment together and talk on the phone four or five times a day is a sign of a successful relationship.

Does co-dependence raise a red flag? Remember, relationships (of all types) are not about obligations and expectations. They are about opportunity and growth.

Do **“U”** first, and do **“U”** well, so that **“U”** can have a better **“US”**.

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