

Stressful Relationships

Hi Lovely!

Behind every kinesiology session I do, somehow a relationship issue pops up.

Whether it be with a romantic partner, mother, father, brother, sister, grandmother, grandfather, work mate, boss, teacher, friend or child.

It's **always** there.

We are an interpersonal race and we rely on relationships with others for our survival from when we are born.

Our first families (the one we are born into or spend the most time with when young) set the scene for relationships. How they are run and how we are treated. AND the ENERGY around these relationships is also set.

(When I say energy, you know what I mean. You can feel the 'vibe' that is being sent out from yourself and the other person during difficult times, or maybe even, all the time.)

Whatever is established becomes the 'normal' as it's the only way we know.

Whether all of our NEEDS were met from our first family - either, all, some, half or none - can usually predict how our current relationships are travelling.

Our needs of today are the same as from when we are young.

Loving support, kind words, emotional comfort, physical comfort (hugs), encouragement, safety, security, feeling loved, and justice. These are basic needs.

In an ideal world it would be great to have all of these needs met from both parents, not just one and even from siblings. (Siblings can be harsh!)

Most issues with relationships are about our needs not being met. We aren't treated the way we want to be. Being respected, being valued, feeling loved etc you know the drill!

The good news is once you acknowledge what boundaries were set up for you when you were young, and what kind of energy was formed around those relationships too, you can go about re-setting your own boundaries and the energy of how you want your current relationships to be.

Even acknowledging what you **need** is empowering and changes the energy you once had.

Re-setting boundaries can take a few goes, as the *energy* of the relationship needs to change as well.

I've put for some ideas together here in the next page to help get started with working on **Relationships and Energy**.

Okay, I'm going to make a big statement now.

Our past and present relationships are PROBABLY (actually I think MOST DEFINITELY) the cause of where most of our stress has come from in our lives, *because* they set up what we **believe** about ourselves, positive and negative. This in turn affects **EVERYTHING** we do.

As you have probably heard from all self-help books, you can't change others, but you can work on YOURSELF.

The 'gold' bit of **extra** info here from me is, in order for the relationship to change, you must change the energy around yourself **and** also the energy around the relationship!

Have a great week.

Cheers

Denise x

Relationships and Energy

In order to change your relationship's energy, you need to change your energy first!

- Make a list of what your needs are. You can announce your list if you like or just have a silent knowing of what they are for you.
- Think about your early relationships with your first family, when you were young. What do you remember about, what you were NOT getting from certain individuals.
- What are you NOT getting from your current relationship now? (There are probably similar needs not being met from when you were young.)
- Make a conscious decision to re-set your boundaries with your significant other i.e. Behaviour you're comfortable with and behaviour you are not; or saying 'no' to things when you've got too much on or don't really want to do something.
- Start setting boundaries by saying things like;
- "You can only speak to me with kindness" This might not work initially but just repeat it whenever you're not spoken to with kindness. (Remember you have to speak with kindness too or it won't be affective LOL)
- "You can be whoever you want to be, but I'm not interested in that"(for when their behaviour sucks)
- "That's sounds great let me check my diary and get back to you" (to help you say NO to people!)
- Every day visualize for a few minutes on how you would like to feel with your relationship. Make a statement like 'I have the relationship I want' and then visualize the perfect scenario and how you would **feel** in that scenario.

- Start some healthy **regular** nurturing practices, like having a bath, massage, meditating, or activities you love love love love doing!
- Check in with negative beliefs such as 'I'm not good enough, I'm not loved and I don't belong'. Do any resonate with you?
- Consider forgiving that significant person, forgiveness is a huge energy shifter
- Release the 'charge of hatred' (if you deeply feel that) by meditating and visualizing hatred leaving your body.
- Imagine sending love to the other person in your stressful relationship. If you can visualize wrapping them in white light.
- If you need assistance with changing your energy seek some energy therapies such as kinesiology, reiki, yoga, meditation, tai chi, chi gong, TCM, homeopathy to release stress around your relationships
- If you'd prefer to work on your own have a look at my e-course Re-Balance and Receive it's an amazing energy shifter!

<https://betterlifekinesiology.podia.com/rebalanceandreceiveenergyhealing-course>

- Try and do these things regularly (everyday) for more effective results (Pin this on the fridge for daily reminder!)