

The 'I' In Relationship

How we do anything is how we do everything!! (That is one of my very favorite statements, and man has it held true in my life so far!)

In every relationship in our lives, there are empowering and disempowering elements and upon close observation, the reoccurring themes will reveal themselves. This includes and is especially the relationship one has with oneself - with the 'I.' Working on our relationship with ourselves is the most valuable relationship work any of us can do.



I was exposed on more than one occasion to the very wise phrase, 'you can't love another until you love yourself,' and I was monumentally irritated by it. From my perspective at the time, any ascended phraseology of an idea was irritating because none of them seemed to have enough information to be of any use - boy was I wrong! LOL

As it turns out, the relationship with 'I' is the most valuable and tends to determine the quality of the relationship with 'you.' In fact, the relationship with 'I' IS the relationship with 'you' and therefore is the ONLY relationship any of us will ever really have.

I can remember when I was young, I couldn't stand being alone. I needed the noise and distraction of others to drown out the noise in my head. There was just too much to look at and feel shame about. I didn't know that was what was going on at the time; however experience has brought the truth to bare. So how I do anything is how I do everything and that is exactly how I treated my other relationships.

Back then, I would always say that I preferred the company of strangers over friends and I cited the reason as 'because when I get to

know someone I get bored of them.' Excuse me for a moment while I laugh out loud at myself and the absurdity of that...



In hind sight, the truth is, I couldn't deal with being emotionally and intellectually intimate with anyone else, any more than I could deal with being that with myself. That doesn't mean that I didn't experience sexual intimacy; quite the opposite because sexual contact was a very effective source of noise and distraction that

would allow me to spend time with someone - avoiding intimacy with myself - in a setting that allowed me to avoid any true intimacy with anyone else.

It was actually a very well crafted set up designed to protect me from any pain that I might be carrying internally and that another could possibly inflict on me.

And the song remained the same right up until the day I had to honestly look at my very broken heart and admit how lonely I was. It's taken decades to get here but today I have deep, empowering relationships with many people. Yay me!!

Without the 'I' in my relationships, none of what I have today would be possible. That doesn't mean that I am 'perfect' at relationships; what it does mean though is that when I am having trouble getting along with someone, I know where to look for the answer. The question that always needs to be answered is: How am I relating to the 'I' in this relationship. :-)

So how are you relating with the 'I' in your relationships these days?

Happy Trails

Kat

[Email Kat](#)

P.S. If you are ready to develop the I in your relationship, coaching can be a valuable tool. Email Kat for your free consultation.