

## Chapter 9. Enjoying Loving Relationships



Painting © 2007 by Madeleine Tuttle. All rights reserved

# ENJOYING LOVING RELATIONSHIPS

**HOW CAN YOU REMOVE THE LIMITS AND OBSTACLES TO LOVE?**

*“From success you get a lot of things,  
but not that great inside thing that love brings you.”*

– Sam Goldwyn

## Enjoying Loving Relationships

---

Have you ever been in love? Have you experienced the lightness of heart and the joy of anticipation that causes you to put everything aside in order to be with a beloved one? Can you remember the excitement of discovery and the overwhelming generosity that accompanies falling in love or the resurgence of love in a relationship that was on the brink of disintegration?

The area of relationships is one of the most written about, talked about subjects of all, yet our appetite for new, deeper insights in this area continues. If you look out at the world today, it is obvious that we need to fall in love with each other again and this area of the Ultimate Destiny curriculum covers both romantic love between two people as well as relationships with children, neighbors, co-workers, parents, and people that you don't really know but deal with regularly when you go to the grocery store, a restaurant, the bank, or a football game.

The truth about love and loving relationships is one you've probably heard before, but may not have understood: "You must learn to love and accept yourself first, before you can learn to love and accept anyone else."

Why? Because if there is any thing about yourself, any aspect of you that is angry, hurting, fearful, impatient, defensive, or untrusting, you will unconsciously project that unto those around you

and that's what causes all of the misunderstanding and the fights that so often interfere with love and positive relationships.

As we go through life, the way we love changes. Those close to us often teach us the most about love, and we can benefit greatly by listening to them, however difficult that may be. Hurts, heartbreak, loss, and disappointment are powerful teachers and force us to grow. Maturity causes us to see ourselves and others differently and often, we begin to see that something within us needs to change if we are going to have loving, positive relationships.

Many people think that love is something that comes to them in the form of a lover, a newborn child, a beloved puppy, or something else. However, the lover, the newborn, or the puppy only *call forth something that lives inside you* and longs to be expressed – something we call *love*. In fact, it is just as important to be able to give love as it is to get love.

True love is always humble and actively avoids hurting anyone, but there are times when blind spots make us stubborn and willful. Immature, selfish love demands that others please us before the love is given. Mature, unconditional love is freely given and does not depend on certain conditions. “If you are nice to me... if you would pack my lunch every day... if you get good grades in school... if you would quit drinking... if you would stop spending so much money” – these are all conditions and demands that distract from the real questions of “What am I doing in this relationship? How does this

relationship support the wisdom and personal growth of each of us – or doesn't it?"

You don't have to be a doormat to practice unconditional love. One of the most powerful things you can do in a relationship is to remain loving toward someone even if they are miserable to be with.

You don't have to subject yourself to their abuse, miserable attitudes, or selfish behaviors, however, instead of withdrawing your love, withdraw the time you spend with them. To refrain from vindictive gossip and harsh judgment of those we once had close relationships with is a major step toward understanding real love. If you can do this, you leave the door open to a re-flowering of the relationship if and when attitudes and behaviors shift in a positive direction.

You are a unique and special person, and you have a right to have positive, loving, supportive relationships. However, this right is dependent on one very important factor – if you want these kinds of relationships, you must take responsibility for creating them.

To do this you must know yourself, work to eliminate fears and improve attitudes. You must also educate yourself as to what a healthy, positive relationship looks, sounds, and feels like, then create new mental pictures of the kinds of interactions you want. Sometimes you must find new friends, or take on the task of gently teaching your children by sharing what you are learning.

Learning to communicate clearly is a key to better relationships – and there are many, many levels of communication that are completely ignored by most people. Good communication is also anchored by good *listening*, which helps avoid misunderstandings.

*Enjoying Loving Relationships* will guide you to re-envision your relationships and draw people you would love to have in your life. As a rule, great relationships don't happen automatically, they are created and maintained with work and wisdom. As you develop your capacity for truth, humor, and sharing, you will begin to become someone that other people gravitate toward naturally, and you will discover that you *do* know how to be in loving, positive relationships at many levels and with many people. ♦

## Self-Assessment Exercise

Complete this self-assessment quiz to discover how well you are fulfilling your ultimate destiny in this area of life. The exercise will also help you discover which of our programs would be of greatest value to you, your family and your work. Select the number that best describes you and then calculate the total. The number 1 means that this pertains to you very little of the time and 5 means that this is always in your life. If a statement doesn't apply to you, circle N/A and count it as a 3.

### Enjoying Loving Relationships

My life is so filled with loving and supportive relationships that I have no desire for more friends and get all the support I typically need (aside from specific expertise) from them or family members.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I have all my physical and/or sexual intimacy needs met in a satisfying way that is in harmony with the rest of my life.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I have all my emotional intimacy needs met in a satisfying way that is in harmony with the rest of my life.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
There is no one with whom I have a sense of “unfinished business” nor anyone who I know feels that way toward me.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I am appropriately assertive at all times—expressing my preferences, desires, and sense of boundaries, and being direct and appropriate in requests regarding these things.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
My relationships are a source of great joy, creative inspiration, and are mutually growth-inducing.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I am able to be effectively selective in who I interact with or build relationship with.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I invest the appropriate amount of time in my relationships, relative to their value to me or commitments I have (e.g., children, parents, etc).	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I am balanced in giving and receiving in my relationships, having no significant problem on either side—I accept gifts, compliments, and help freely, as well as give them freely.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
If I am not currently in the kind of intimate relationship I might desire with a long-term partner, I have a clear, detailed, written intention to attract that person into my life.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5

**Whatever ultimate destiny means to you, we have created programs and services that will help you discover your dreams, realize more of your inherent potential and know how to manifest your ultimate destiny!**

[www.enjoyinglovingrelationships.com](http://www.enjoyinglovingrelationships.com)