

Life Mastery Skills

Relationships Exercise

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DISCLAIMER: Should you have any reason to believe that you are not in a mental or emotional condition to begin the exercises provided on this website, you should seek the advice of a mental health professional to assist you in this decision.

Additionally, should you choose to begin any of the exercises provided on this website, you may find that some of the exercises may cause unpleasant or uncomfortable feelings. If you feel confused or overwhelmed by your reactions to this material, it is recommended that you find a mental health professional to assist you in your journey towards self awareness.

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**I WILL NEVER REACH THE LIMITS OF LOVE;
THE MORE I LOVE THE MORE LOVE I FEEL**

Jesse and Charles wanted to have a committed relationship; however, when they discussed this they often fought. The work they did with me showed them they each held many negative and limiting beliefs about love and commitment. They discovered doing the following exercise they each had a long list of do's and don'ts for themselves and their partner that made commitment uncomfortable. Their beliefs kept them from experiencing that love never makes anyone feel limited.

Exercise Part 1: Write down three statements that begin: "One way I feel limited by a relationship is...."

Example:

One way I feel limited by a relationship is: **I can't be myself.**

1) One way I feel limited by a relationship is: _____

2) One way I feel limited by a relationship is: _____

3) One way I feel limited by a relationship is: _____

Exercise Part 2: Write down three statements that begin: "One way I limit myself in a relationship is...."

Example:

One way I limit myself in a relationship is: **I am afraid to do what I want for fear of hurting the other person.**

1) One way I limit myself in a relationships is: _____

2) One way I limit myself in a relationships is: _____

3) One way I limit myself in a relationships is: _____

In the first part of this exercise you are feeling limited by the other person or the relationship. This is your projection placed on the relationship, or the person. In the second part of the exercise you are owning your projection by saying that you limit yourself in relationship. This is a major difference. When you project, you are a victim of someone or something. When you own your projection, you are free to choose to change your belief if you don't like the stress it is causing you.