



Love Relationships Happiness



Self Love - Love of Others & Real Happiness
is Yours by Your Command
The Ultimate Human Relationship

Mastery at Your Command

Love Relationship Happiness 3

Handbook

Love Relationships Come in All Shapes, Ages and People

What makes a great relationship?

What makes a relationship truly extraordinary? And what weakens, or even destroys, a relationship? It all comes down to a few simple rules. We all create rules — those things you believe have to happen in a relationship in order for you to be happy.

However, when we have too many rules or our rules are determined by what we can get out of the relationship, the relationship can quickly become a nightmare. Instead, if you want a relationship that magnifies the human experience, remember — a relationship is not a place you go and get something, but a place you go to give. ~ Tony Robbins

The Six Human Needs

by Tony Robbins

1. **Certainty:** assurance you can avoid pain and gain pleasure.
2. **Uncertainty/Variety:** the need for the unknown, change, new stimuli.
3. **Significance:** feeling unique, important, special or needed.
4. **Connection/Love:** a strong feeling of closeness or union with someone or something.
5. **Growth:** an expansion of capacity, capability or understanding.
6. **Contribution:** a sense of service and focus on helping, giving to and supporting others.

Certainty: assurance you can avoid pain and gain pleasure

The first male and female you observed and the first interactive relationship – your parents, or the adults who raised you in a social system, or adoptive parents, or a single parent - is what you hold as your baseline of relationship reality.

The next strongest affect is from those closest to you – perhaps your siblings or other children in an orphanage or foster home.

Your feelings about these relationships, love, acceptance, anger, hate, approval, disapproval, judgment against you or support for you is your foundation for successful or not successful loving relationships.

Significance: feeling unique, important, special or needed

Many people are unaware that being loved, or especially valued, makes them feel angry and withholding. Indeed, this paradoxical reaction is largely an unconscious process. Even a simple compliment, although initially accepted at face value and enjoyed, can later arouse feelings of disbelief or anger toward the person giving the compliment, or can trigger negative attitudes and critical feelings towards oneself. But why do love, positive acknowledgment and compliments arouse such animosity? There are a number of primary causes of this phenomenon.

~ Robert Firestone PhD

Being loved arouses anxiety because it threatens long-standing psychological defenses formed early in life in relation to emotional pain and rejection, therefore leaving a person feeling more vulnerable.

Being loved arouses sadness and painful feelings from the past.

Being loved provokes a painful identity crisis.

Connection/Love: a strong feeling of closeness or union with someone or something

Although the experience of being chosen, and especially valued, is exciting and can bring happiness and fulfillment, at the same time, it can be frightening and the fear often translates into anger and hostility.

Basically, love is scary when it contrasts with childhood trauma. In that situation, the beloved feels compelled to act in ways that hurt the lover: behaving in a punitive manner, distancing themselves and pushing love away.

In essence, people maintain the defensive posture that they formed early in life. Because the negative reaction to positive events occurs without conscious awareness, individuals respond without understanding what caused them to react.

Being loved can arouse sadness and painful feelings from the past.

Being treated with love and tenderness arouses a kind of poignant sadness that many people struggle to block out.

Ironically, close moments with a partner can activate memories of painful childhood experiences, fears of abandonment and feelings of loneliness from the past.

People are afraid of being hurt in the same ways they were hurt as children.

Being loved provokes a painful identity crisis.

When people have been hurt, they feel that if they accept love into their life, the whole world as they have experienced it would be shattered and they would not know who they were.

Being valued or seen in a positive light is confusing because it conflicts with the negative self-concept that many people form within their family.

However painful it may be, people are somehow willing to accept failure or rejection because these are harmonious with the incorporated negative view of themselves, whereas the intrusion of being loved or having positive responses directed toward them is disruptive of their psychological equilibrium.

Re-image the past

To change your limiting ideas of reality based on childhood thoughts, feelings, and ideas, you must redesign and re-image their meaning to you.

It is true that you cannot change what happened to you – but you can change the decision you made about your self-worth, value, or safety in the world - based on those experiences.

Since the original experience - how much have you learned about life – what do you know now that you didn't know then?

In addition, when an unconscious decision was made – then all other possibilities were eliminated.

By making a *new* IMAGE new experiences have the opportunity to arrive.