

RELATIONSHIP PARADIGMS

AND HOW TO TRANSCEND THEM

Unconscious ←

→ Conscious

| | Self-Preservation <i>Attention to I</i> | The "Good" Relationship <i>Attention to We</i> | Authentic Relating <i>Attention to I</i> | We Relating <i>Attention to We</i> |
|--|---|--|---|--|
| Character of the Relationships | Conflict, struggle for power, manipulation, domination | Mutual ownership and commitment to performing the "good" relationship | Free and evolving beings dancing with each other. Clarity around boundaries and agreements | Mutual giving, willingness, and surrender to orchestration by the new "we" consciousness |
| Relating Posture | "Be what I want" | "I'll be a good partner if you are" | "We don't owe each other anything. I am this. Who are you?" | "We freely give ourselves to each other. What wants to happen through us?" |
| Source of Authority | Largely unconscious fears and desires | Social rules and norms for judging how I should relate, how the other should relate, and who's right | Inner guidance about what's deeply true for me and how I'm called to relate | Mutual attunement to what's deeply true for us, and how we are called to move |
| Typical Emotional/Feeling Tones | Anxiety, anger, loneliness, craving, closed off, unworthy | Shamed, inhibited, stuck, bored, lack of energy, trying hard, resentful | Sense of freedom, aliveness, self-acceptance | Sense of deep intimacy, love, shared aliveness, meeting in truth, mutual acceptance, surrender, wonder |
| Movement of Desire | Desires seem imperative and urgent, leading to craving and grasping | Desires are censored and constricted to fit the model of a good partner | Desire flows freely and is a part of the integrated inspired movement of the individual | Desire is shared and informs the integrated inspired movement of "we" |
| Orientation to Needs | Do whatever I can to meet my needs | Obligated to meet each other's needs and feel entitled to support | I take responsibility for my own needs while freely giving and receiving support | Needs arise, are held, and addressed within the space of "we" |
| How to Transcend The Paradigm | Turn with loving awareness towards our hurts and fears, rather than believing what they project onto others | Honor what's authentic even when it transgresses the image of the "good" partner | Open to the possibility of participating in something greater by giving ourselves to "we" consciousness | ? |