

# RELATIONSHIP PARADIGMS

## AND HOW TO TRANSCEND THEM

Unconscious ←

→ Conscious

	<b>Self-Preservation</b> <i>Attention to I</i>	<b>The "Good" Relationship</b> <i>Attention to We</i>	<b>Authentic Relating</b> <i>Attention to I</i>	<b>We Relating</b> <i>Attention to We</i>
<b>Character of the Relationships</b>	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
<b>Relating Posture</b>	"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?"
<b>Source of Authority</b>	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
<b>Typical Emotional/Feeling Tones</b>	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
<b>Movement of Desire</b>	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"
<b>Orientation to Needs</b>	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"
<b>How to Transcend The Paradigm</b>	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	?

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Heart-centered, gentle, and direct, Adam Chacksfield offers a path straight into the truth of who we are.

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