

# Finding a way to be me

Often it is difficult to find ourselves - **who are we?**

Many other people will tell us **how we are supposed to be**

We will tell ourselves how we **should be**

**According to ...? Who's rules?** Has someone made that decision? Who would know the answer?

If it's a religion that we are part of it can be difficult to think we don't agree.

Who are we to decide?

We often look for validation from others. We are right - they are wrong?

This person just has to be right as so many people believe in them - Is this true?

**Maybe there is no right and wrong? There just is.**

Finding our own framework can be tough - especially when for so long we have been listening to other people telling us we are.....and we know that we aren't that thing.

Everyone has their own beliefs based on their life experience - they have their own truth.

We can allow that. We can have our beliefs based on our life experience and that is our truth.

**And here's the thing** - we do anyway, despite what other's say, deep down we have formed our own values, judgements and structures and we cannot live against them... or we become ill.

We become ill mentally and physically - we simply cannot be what we are not, another belief - have you found it to be true for you?

Why should we be what we are not? For what reason should we change the essence of who we are - we are the blessing that we bring the world, the unique joy that is us.

The gift of our perception and our filter.

**Let us be truly our soul and fly high**

Being us doesn't stop another from being them - if they tell us that this is true ( that we have to

behave a certain way to make them happy) it cannot be good for either party -  
**this is dependancy**

Look **deeply here** at this point - there is middle ground

We tell another person their behaviour is wrong because it reveals a fear in us

We can address that fear instead

We can let go of others as **we cannot control them** - only **how we feel about their behaviour**

If their behaviour is unacceptable to our values and they do not want to change we can accept  
**that this relationship isn't healthy for either person.**

If they do want to change then we can create a dialogue of how we want the relationship  
framework to exist.

## What do we need as people to thrive?

- To feel loved
- To feel respected
- To be allowed to be who I am
- To feel empowered
- To have good self-esteem
- Freedom of opinion
- Security
- Stability,,,,,

Add to the list - **your list for you**

## What are our values around relationships?

Suggestion - do this exercise on your own with no holds barred and no censoring - as you really feel. If you decide to do it after with your partner then it will be different - the time needs to be right to get the best from it - wielding it like a blunt instrument will have an effect - it may not be the one you want....you may want to offer your partner the same opportunity - to do it themselves first to give true insight and then as a discussion at a level they are comfortable with - and you could do it together with a therapist

If you are in a relationship I believe .....

My partner (ex-partner) believes

### About

- Money
- Childcare
- Going out together
- Going out alone

- Family time

- Holidays

- Child discipline

- ( Heterosexual relationships) Women working and roles and duties/Men's working roles and duties

- Work generally

- Housework

- Fidelity and Infidelity

- Budgets

- Extended family

- Adult siblings

- Food

- Alcohol and other drugs

- Sex

- Pornography

**Add to the list**

**Are we in a dependant relationship?**

Here are questions you can ask yourself to determine if that is true and if so at what level  
The more info you put and the more awareness you have:

- Does my partner control my behaviour in any way that I wish was different?

- Do I control my partner's behaviour?

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- Does my partner do something that I could do for myself - e.g work/provide main income

- Do I do something for them that they could do for themselves? E.g sort out the budgeting

- How long has this been going on for?

- Do I remember a time when that wasn't the case?

- Be specific about the differences between then and now?

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- Is our relationship equal - in what way?

- Is our relationship not equal - in what way?

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- What areas do we really clash in?

- What areas do we share?

- If we could change this in any way what would that change to? Make a list

- What excuses do I make for not changing/ them not changing? Make a list



tv/reading/therapy/work -

- if you removed these behaviours /substances/distractions how would I be feeling?

- What would be missing? - make a list

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Has this happened in relationships before?

Does it remind me of my parents/carers relationships?

**Prioritise in a ranking of importance values in the household**

**For example:** The house being clean, looking tidy, looking as good as other people's, the food being of good nutritional value, the children behaving well, the children enjoying playing with the parents/their friends/ high discipline, no discipline, children equal to adults, children more important than adults or vice versa, adult time important

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