

LOVING RELATIONSHIPS WEBCAST CLASS

September 3, 2005

Partner Exercise

All of your relationships are inside of you. Ultimately, each relationship you have with another person reflects your relationship with yourself. How well (or poorly) you get along with yourself will be directly mirrored by how you get along with others inside of you and outside of you.

- John-Roger (From: *Relationships – Love, Marriage and Spirit*)

1. Think of a situation in one of your significant relationships that takes you out of balance. What is that out of balance experience?

(When we are not taking care of ourselves, when we are hurting ourselves or another, or when we are contracting rather than learning and growing, that could be called an experience of being “out of balance.”)

2. How is this experience reflecting a weakness in your relationship with yourself?
3. How can you take better care of yourself in this situation? What could you do inside of you to improve this area of your relationship with yourself?
4. If you are holding on to any hurt or judgment inside, forgive yourself for judging yourself. (Remember “**each relationship you have with another person reflects your relationship with yourself,**” so you are forgiving yourself for judging yourself.)

(Be specific. You can use one of these forms below:)

I forgive myself for judging myself **for** _____.

I forgive myself for judging myself **as** _____.

5. How can you use this relationship for your upliftment, learning and growth? What are you grateful for in this experience or in this relationship?