

THE FIVE STAGES OF RELATIONSHIPS

ROMANCE – Six Minutes to six months

- Magic
- Limitless Possibilities
- Overlook major things you need to see

THE INEVITABLE – The Shadow emerges

- Trust issues
- Authority issues
- Self esteem
- Long repressed feelings
- Sexual issues

CHOICES

Choice A

- Inquire (a process that takes you to the Unfolding truth of your experience)
- Take 100% responsibility
- Tell the microscopic truth

Choice B

- withhold
- Project (starts to look like its their fault)
- Withdraw (less energy)

THE PAYOFF

Choice A

- More intimate
- More awake
- More creativity
- More fun (overcome your allergy to having fun)

Choice B

- Deals*
- Sleep
- Recycling
- More pain – cripple body

CO-CREATIVITY

- Greater productivity
- More energy
- More fun than you ever imagined possible
- Support network grows up and around you

Relationships are the most powerful tools to self-awareness. They can be a constructive path to knowledge, self-love and ultimately to love of your life. It is a fact that when two people reach a certain level of intimacy in their relationship, their hidden issues will come to the surface. That is the time to deal with them. It is important to note that they are your issues not your partners and therefore you should be the one to deal with them. It is not what we can see about ourselves that is the problem, it is unseen parts of ourselves that we need to bring into the light. Making your partner wrestle with your stuff isn't fair and you both becomes losers. It is not necessary to repeat the past anymore. It can stop now. It is easier then you think. Like anything else, beginning is the key, once started the road to personal empowerment becomes very inviting and much more comfortable then denial. Have a future, not just a repeating past, call for a confidential phone consultation.

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Practice includes, but not limited to, Clinical Hypnotherapy, NLP, EMDR, Regression Techniques.

Therapy is shaped to meet you needs, not the needs of the practitioner.