Conscious Relationships

The Awakening

Awaken the part of yourself that knows how to love deeply

Consciously Awake Counseling

LISA HAWKINS

Dating & Relationship Coach

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INTRODUCTION

We love being in love. We all look forward to the relationship thriving and lasting. We look forward to a happy relationship. However, many of us struggle once the honeymoon stage is over. We use the skills we have to make it through the rough times. Try as we may, it doesn't seem to change much? Then we wonder if something could be done to make the relationship more loving and flow a bit more smoothly, but you just don't have the tools.

The process of understanding our relationships isn't challenging. We just have to know how to navigate them.

In this book, you find information on working your relationship more consciously and know when you are navigating your relationship from a place of awareness or default. You'll also learn tools to use when things get complicated. I'll cover how we get into unconscious relationships.

By the end of this book, you'll better understand how to have a purpose-driven relationship. You'll learn how to: Know what a conscious relationship is. Discover ways in which you can move through relationships more effectively. Understand how we get into unconscious relationships: Master the techniques that can defuse any disagreement.

CHAPTER ONE

How do you know you're conscious?

You are paying attention. If you do things with intention and you question aspects of your life that aren't working. Your thoughts, your beliefs, and your reactions.

Being awake to where you are going and how you are getting there.

It's about not leaving your life and relationships to your subconscious.

It's growing in awareness and being present in the now and the ability to be aware of all aspects of yourself.

The ability to step outside of our emotions and reactions and look at them and gain insight.

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What is a conscious couple?

A conscious couple is committed to their own personal growth as well as the growth and health of the relationship. Growth is their primary commitment. They place development above all else.

They understand the intricacies of an evolved relationship. Meaning it will change, shift, be very uncomfortable at times, and question or even reevaluate the relationship.

They know the value of doing the inner work. They love deepening the relationship and aren't attached to the outcome of the relationship. They know that, at times, growth means parting. They also know that growth is the key to a relationship working. By not clinging to the outcome, fearing love will leave, they allow the relationship to thrive, grow, the deepen. To go where it needs to go. Because they know that avoiding the crappy stuff will cause the relationship to either end or be a perpetual unhappy one. That doesn't mean they don't have hopes and desires of the relationship lasting - growing old together, it just means they do not cling to that outcome.

When we cling to the outcome, we do things without knowing that keeps the relationship from growing.

CHAPTER TWO
What Conscious Couple Do?

Communication is a top priority.

A conscious couple understands that one of the most important aspects of a relationship is communication. They know they would communicate differently. Instead of just communicating how they do and then expecting their partner to get it or not (which has been the social norm), they ask questions, work to understand and communicate until it is resolved. Often we just communicate until we are tired of communicating and then just drop it unresolved. Leaving the situation hanging. It will continue to resurface until we resolve it.... and yes, this happens at different levels and often more difficult each time. It gets easier once we learn to do it differently.

Triggers happen! Do we avoid them?

I believe in diving head-on into triggers and learning from them. Conscious couples know that triggers happen, it's part of life. They understand that there will be difficult times. They are prepared to work through the triggers. They know the joy and fulfillment that come from doing this work. Triggers can create a fantastic opportunity to heal and bond. They seek to understand first rather than blame!

This can be hard to do, especially if we were triggered. Curiosity goes a long way.

It helps us release the fired-up feelings and try to understand what our partner might be going through. It also sets us up to use healthier skills as Brene' Brown says, "We aren't here to be right. We are here to get it right." Curiosity is about growth. It's less armor and more vulnerability. Blame is about being right and knowing who is the cause. It's armor. Conscious couples accept feelings, emotions, and reactions as part of being human. They don't villainize the internal process of growth or the process of expressing the internal experiences that create healing. They understand that growth can be messy. Being in a conscious relationship isn't about always being "our best selves" there will be times when we aren't. When we mess it up, we take a step backward. Allow that space and then be open and honest with our partner. "I wasn't my best self the other day, I apologize, and I'm working on it."

CHAPTER THREE

Owning our own part.

Conscious couples own their crap! Their stuff! Their part! It's one of the hardest things to do to admit our share. To grow, it's important to do so. They know that avoiding owning their share will cause an unhappy relationship. It causes more frustration and tension.

Listening when it's very uncomfortable to hear.

As difficult as it is to hear what our partners have to say, it's super important from their perspective! Active listening rather than just letting it go in and out. And it's just as challenging to be completely honest and tell someone we love and care about something they might be hurt by.

What is the payoff of being in a conscious relationship?

All this work makes it more comfortable and you deepen the intimacy in the relationship. Again, they love growth and deepening. This is the reward. Conscious couples love this! It's what keeps them going. The pay off is more significant than the uncomfortable times they go through.

As you learn to do the skills, the relationship starts

to get more comfortable, and you get into the flow as you learn the healthier skills. As you understand your partner, things will deepen and be more fulfilling. Possibly more than you ever thought it is.

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How do we get into unconscious relationships?

One of the ways we get into unconscious relationships is by thinking we have it once we "get it. What often happens is we desire a relationship for the satisfaction of having one, for personal gain, or to avoid loneliness or to be single. We go into it with the fantasy that if it's meant to be, it'll be easy.

In the beginning, we are conscious about our actions, what we say and how we say it. More conscious of when we say it or do it. We pay attention to the person's likes and dislikes. We communicate better because we

want the person to like us and even fall in love with us. We know that it's a time for being aware. What happens after we "get them" in a relationship? We just stop doing all those things, and we were doing in the beginning (being conscious), and we relax. Relax as in getting lazy. We think that part is over with. It's not, it's just the beginning.

We have also been taught to mold ourselves to the person's likes early on to impress them. To gain approval and get them to "love us." People pleasing. This molding ourselves seems like "putting our best self forward," - which is fine as long as you are not doing it temporarily to win them, and later on, your true self surfaces. Then the issues will begin to show up.

Often, the issues were there all along, but we chose to overlook them. When we deny our true selves, we then feel we don't know ourselves or our partner. We've lost ourselves. They think we weren't honest with them. This stifling of ourselves is the Noting that can suffocate love. We feel caged in. We might stay for a period of time, being unconscious. We then feel the relationship is too hard and want to move on. To find someone more compatible. Which we might do, but we can't leave our issues behind. Wherever we go, there we are. The journey continues where we left off.

CHAPTER FOUR

How to know if you are in an unconscious relationship?

Eckhart Tolle talks about being unconscious as being unaware that you are asleep. Really when we are unconscious, we don't know we are. We are not awake.

Being unconscious is being driven by our thoughts and beliefs and attaching to them. Again, it's our conditioning that drives our behaviors. There are windows of time where we question what we did, said, thought, or reacted to. This is the beginning of waking up. A great place to be, we can use that moment to begin becoming more aware. We notice, and we question. In relationships, we can notice if we are unconscious if we continue to have the same arguments, the same issues that don't get resolved. We might notice continued frustration or anger, distance, or emotional shutdown. Often it takes something very difficult as a catalyst to wake us.

When we become more conscious, we can start detaching from our stories, thoughts, emotions, beliefs, and insights. Through this journey, we also often go from unconscious to conscious and back and forth. It's a process, it's a journey. It's not perfect.

Tools to help you grow as a couple.

1. Stop - breathe - move away.

Pause for a bit. Allow the emotions to be there and not act on them if you can. I know this part is tricky. Practice and be patient with yourself.

2. Journal about the situation.

This is a very important step. This is the place for blame. This is the place to be petty. Be as petty as you want. Write it all down. We keep this to ourselves. Often we say things we don't really mean.

Journal about how you are feeling. The thoughts you had before the incident, the emotions you are feeling.

An example would be: I am..... (Angry, hurt, sad, frustrated) at..... (Person's name).

I feel pain in my..... (Chest, head, back) and I feel like..... (Running, shutting down) from you when this happens. Judgments are excellent information.

We can use them to benefit our growth and to heal. They are useful when we look at them, try to understand them. Not to throw them at someone.

3. After journaling and feeling less fired up or activated:

Look at the situation from the perspective of what you could have done differently. What your partner might have been experiencing.

This doesn't mean that what they did was not hurtful or wrong, abusive. It's just inquiring. We just look at it.

4. When you find your part in it:

You feel ready to share with your partner how you felt during the time (what the trigger was) and your part in it, you can go back and have a dialog without the intense emotions. Share that you own your part in it.

Share with "I felt trigger, angry, hurt, sad or frustrated by ..... and when you do this..... I feel like shutting down, running, leaving. - Whatever, it made you feel. Keep the focus on yourself as in "I."

We can't expect our partners to own their part, and they might not. We can use what information we got from the situation for our growth.

It's important: We only own our part! We apologize if we truly feel that is what we need to do for ourselves and the relationship. We don't take on our partner's part or apologize to appease them.

5. Try not to "fix it."

Try not to "fix" our partner. Allow things to be awkward or uncomfortable during this process. We are changing old habits. It's going to be uncomfortable. We might feel the urge to relieve that uncomfortable feeling with something else. Try and stay with the uncomfortable. This cultivates a stronger relationship if we can move through the crappy feelings without vicing them down.

At times, our partner might need more time to ponder the situation and then come back to it later. Other times they may not visit it. Just know that if it shows up again (and it most likely will), you can shift yourself and have a different outcome. Different as in your reaction to it.

CONCLUION

Remember, conscious couples prioritize their personal growth. Stay in your lane. When we begin to shed light on our unconscious, it does affect others. Be prepared for shifts.

A good question to always ask yourself in relationships: "Is what I'm doing, saying, or responding with cultivating trust or mistrust"?

I find curiousity is the greatest place to move from. Conscious couples understand that their partner is not there to make them happy, that is an inside job, but to enhance their life, learn and grow! Then we begin to be in relationships consciously.

Conscious couples know that they can expand beyond what they can alone because they are committed to being great, deeper intimacy and growth beyond what they can imagine.

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