

# Getting to Happily

## 8 Week Relationship MakeOver

Step 1: Respond to the following question:

***What am I holding on to that prevents me from fully loving and accepting everything there is about my partner and relationship?***

There was a time where my partner was not fully welcoming to my friends when they came to visit. As a result, I can sometimes see him as rude and unfriendly to them.

Step 2: What would it take for you to completely let go of what you are holding on to. What is it that your partner could do to make things 100% better? What could he say or do that would enable you to fully release that which is holding you back? How should he be acting toward you?

Apologize to them

Be extra nice to them – very welcoming and happy to see them when they visit, acknowledge that he was wrong in the situation. Treat them the same way he treats some of my other friends who absolutely LOVE him and everything about him.

As a result, how would you feel?

I would feel more comfortable when we all hang out together, and I would feel as though he really likes them and they like him and think he is a great person. It's hard because he really is a great person and they don't get to experience all the wonderful aspects of him like some of my other friends.

What are your reactions to the notion that it's all a mirage – that it's not really anything your partner does or doesn't do that can “solve” the issue or help you to feel a certain way – but the solutions and feelings come from your thoughts about it all.

On the surface I know this is true. But the work that needs to be done is changing the thinking – that it doesn't matter what they think of him or what he thinks of them – I can't control that and at the end of the day, it's none of my business. I can choose to focus on the other great things about him and choose to forgive him for not acting a certain way in a specific situation.

**Step 3:** Imagine that you've been able to successfully let go of what you are holding on to. And that you've done this by yourself, without depending on your partner or relationship to change. Imagine that you've done the work within your own mind to be completely and totally at peace with it. That you are no longer bothered, that it is no longer a sore spot for you, in fact, you are happy that it was once an issue because it taught you so much.

Spend a minute or two picturing how you would be and how you would interact with your partner if this “baggage” was not in the way. How would it feel when you are home together? How would you talk to each other?

Since this issue has less to do with something done “to me” I would say that there would be a lightheartedness and easy way of interacting with my friends and my husband if this “baggage” was gone. I wouldn't be so worried about how he was behaving, or how they interpreted his actions. I would be happier when we all hang out together and free of concerning myself about presenting him in a very positive light or “selling” him to them. I also wouldn't feel the need to justify anything that my friends did or make excuses for the things they may have done to upset him.

Keeping that picture in your mind, write the story of how you got there. What you did, specifically, what you focused your thoughts and attention on, how you chose to feel toward your partner and your relationship. Try to come up with at least 10 strategies you used, decisions you made, conversations you had, etc. to get to your happily.

- I let go of trying to control things beyond my control
- I accepted that what happened in the past was the only thing that should have happened
- I focused on how wonderful he is and how great he treats my friends
- I reminded myself that what other people think doesn't matter so much. It only matters what I think.
- I decided that we are always going to have an incredibly fun time together
- I listened to his side of the story
- I really believed that he had positive intentions and that things came across the wrong way.
- I believed that the relationship he has with my friends is the exact relationship they should have right now.
- I told myself a different story – that they really like and enjoy spending time with him
- I forgave myself for times when I was not as welcoming and kind to my own friends, my husband, and his friends

**Step 4:** What points on the topic of compassion and forgiveness resonate the most with you? Why?

You are never done forgiving, that it's something you choose every day. That really stands out to me because I've experienced it. The thoughts that make you feel angry and resentful will always pop up and it's easy to go back down that road. But it's so important to remember that you've chosen forgiveness and to choose forgiveness and compassion when you want to think the negative thoughts.

Moving forward, what are you choosing and why?

I'm choosing to focus on the great qualities and how he is extremely kind, giving, and welcoming to the people who are in his presence. I'm choosing that because it's the story that is really true and the story that provides more joy, peace and serves my relationship well. I'm also choosing to forgive myself for the times I was rude or not as friendly and kind to my own friends because that will also enable me to forgive them when they do the same to me.