



Module 3: Relationships: Repeated Behaviors, Feelings, Mask Creation, Defense Mechanisms

Video 3-3 Exercises 3-1, 3-2, 3-4, 3-5, 3-6.

Please go to the Downloads for the Exercises and assess some circumstances, feelings and behaviors that brought you to this point in your life when you would like to go deeper than the shame/blame, victim/perpetrator game you have been enmeshed in with certain people in your life.

In Exercises 3-1 through 3-4 have a look at habitual behaviors, feelings and responses within certain “intimate” relationships – a significant other, spouse, child, boss, sibling, best friend – anyone you can’t easily get away from whose behavior triggers you into distressful feelings and defensive responses.

These behaviors in others are the gifts our soul is asking for, and the triggers are our signals that we have a core issue that wants to be healed.

In Exercise 3-1 we look at Repeated Behaviors over time that challenge us.

In Exercise 3-2 we look at how these behaviors make us feel.

In Exercise 3-3 we describe The Mask we create to hide those feelings.

Exercise 3-4 we explore the Defense Mechanisms we use to survive.

Exercise 3-5 is a document that gives an example of one of the many defense mechanisms people use.

Exercise 3-6 is for Journaling. Please journal about your experiences, thoughts and insights gleaned from this module and how you feel about the process and yourself and your relationship to the challenging individuals and circumstances in your life. Have you caught a glimmer of the conscious loving universe and how everything is

happening for you, not to you? Can you see the gift that wants to come forth? The essential you?

Next week we will look at the obstacles to shifting assumptions, behaviors and responses around these deep issues on our journey.