

# IMAGO RELATIONSHIPS



## TEN CHARACTERISTICS OF A CONSCIOUS RELATIONSHIP

- 1. REALIZE THAT YOUR LOVE RELATIONSHIP HAS A HIDDEN PURPOSE-THE HEALING OF CHILDHOOD WOUNDS.**  
Recognize unresolved childhood issues that underlie your surface needs and desires, allowing you to make sense of aspects of your relationship and gain a greater sense of control.
- 2. CREATE A MORE ACCURATE IMAGE OF YOUR PARTNER.**  
Let go of the illusions you have of your partner, realizing that they are not your saviour but another wounded human being, struggling to be healed.
- 3. TAKE THE RESPONSIBILITY FOR COMMUNICATING YOUR NEEDS AND DESIRES TO YOUR PARTNER.**  
Accept the fact that, in order to understand each other, you have to develop clear channels of communication.
- 4. BECOME MORE INTENTIONAL IN YOUR INTERACTIONS.**  
Train yourself to behave in a more constructive manner.
- 5. LEARN TO VALUE YOUR PARTNER'S NEEDS AND WISHES AS HIGHLY AS YOU VALUE YOUR OWN.**  
Let go of your narcissistic view and needs, and divert more of your energy to meeting your partner's needs.
- 6. EMBRACE THE DARK SIDE OF YOUR PERSONALITY.**  
Openly acknowledge the fact that you, like everyone else, have negative traits. By doing so, you lessen your tendency to project your negative traits onto your mate, creating a less hostile environment.
- 7. LEARN NEW TECHNIQUES TO SATISFY YOUR BASIC NEEDS AND DESIRES.**  
Abandon self-defeating tactics in your power struggle to coerce your partner into meeting your needs and realize that your partner can indeed be a resource for you.
- 8. SEARCH WITHIN YOURSELF FOR THE STRENGTHS AND ABILITIES YOU ARE LACKING.**  
Realize that you were attracted to your partner and the strengths and abilities you lacked, thus giving you an illusory sense of wholeness. Then recapture your sense of oneness by developing those hidden traits yourself.
- 9. BECOME MORE AWARE OF YOUR DRIVE TO BE LOVING AND WHOLE AND UNITED WITH THE UNIVERSE.**  
Recognize that social conditioning and imperfect parenting made you lose touch with your original nature to love unconditionally and experience unity with the world around you. Once this is recognized, you can begin to rediscover it.
- 10. ACCEPT THE DIFFICULTY OF CREATING A GOOD MARRIAGE/COMMITTED PARTNERSHIP.**  
Realize you too have to be the right partner. Gaining a more realistic view of love relationships allows you to realize that a partnership requires commitment, discipline, and the courage to grow and change; relationship is hard work.

