

Awareness Practice: Imagine Your Relationship

1. Take a moment to picture a wonderful relationship for you. Or if you're already in one, imagine how it could be even more wonderful. You can also picture a wonderful relationship with any other significant person in your life, whether a friend, family member, boss, or coworker.

How do you feel? Draw, write, or speak about what you envision. Let yourself create on the outside what you feel on the inside. You might list words that appeal to you, or colors, or scenes.

2. Use some of the positive items from the **Succulent Wild Love** relationship list on page 15 — you can even add others or change them if you want to make your own list. See if you can picture incidents in your life (or make them up) that represent one or more of these conditions. For example:

When I'm with _____, I feel safe and have what I need in the relationship because they _____.

These are the ways we have fun together: _____.

I love how we share responsibilities together. I remember when _____.

Here is an example of how we're kind to each other: _____.

When I wanted to make this change in my life: _____, this is how they supported me: _____.

I remember really being heard when I _____.

I will enjoy expanding these things in our relationship: _____.

3. Now look at the list of negative items on page 15 — again, you can add others or change them. If any of them brings up events in your life that are happening now (or that you're afraid might happen if you enter a relationship), then write down one or more of these feelings or fears. For example:

Sometimes when I'm with _____, I feel _____ (For example: guilt/shame/criticism/jealousy/anxiety). It isn't easy to feel this.

I feel like I'm sacrificing what I really want to do when I _____.

I like being a (parent/spouse/lover) _____, but don't like this part of it:

_____.

When we've tried to talk about _____, it hasn't gone well.
 I'm afraid to tell them that _____.
 I wish they would be more supportive of my _____.

By the end of the book, you will have addressed each of these concerns and have the tools to change them.

4. Take a moment and think about the people close to you. If there is something unresolved, it will likely pop up quickly. If it does, there is nothing you need to do right now. In the following chapters, you will see many ways to take care of unresolved issues.

Of course, you aren't necessarily going to feel joyful and loving 100 percent of the time when you think of your partner or other people in your life. But by understanding yourself and how relationships work, you will be able to get to feeling that way most of the time.

5. As you go about your day today, practice noticing how you feel as you greet the people around you. How do you feel about them as you spend time with them? Ask yourself these questions about the people in your life:

WHEN DO THEY
DELIGHT ME?

WHEN DO
THEY DRAIN OR
DISTRACT ME?

WHO "LIGHTS
ME UP"?

WHO DO I
TRY TO AVOID?

WHO DO I
WANT TO BE
AROUND?

WHO FEELS
EASY TO SPEND
TIME WITH?

To be further inspired to envision and keep envisioning your wonderful relationship, go to:

SucculentWildLove.com/Imagine