



RELATIONSHIP GUIDE

It is always incredibly difficult to look at a current or past relationship and decide whether this is/was the **RIGHT** relationship for you, or whether you should continue with said relationship or let it go. Or if you have already let go, to regret or not to regret. No matter which point in a relationship you currently are finding yourself in, the exercise you see below is always a handy tool to have.

So let's start with the basics. Here you see a grid that you need to fill out. Do not think too much about anything simply start writing in whatever comes to mind. The point of this exercise is to help you truly zoom into the real reasons that you have or are in a relationship with this person. What is keeping you there or has kept you rooted in this relationship.

This exercise truly helps you to get down to the most minute details of your relationship. To see what you are doing right, what your partner is doing right, or not so right and come to various conclusions about your relationship. I hope that you will take a moment, no matter how painful or eye-opening it may be and allow yourself to “go there”.

Having had experience dealing with a variety of couples over the years I have come to the conclusion that these are the major questions that everyone should ask themselves, during, after and before starting a relationship.

However, you are welcome to use your hearts calling and ask yourself as many questions as you need to in the same fashion, to arrive at the conclusion that allows you to truly SEE everything from a neutral perspective and make your decisions from that viewpoint.

No matter what decision you arrive at, remember to LET GO of all the perceived “negative” feelings about the experiences you’ve had with this person, keeping all that knowledge that you have acquired in that relationship and utilize this knowledge to nurture yourself and your future/present relationship.

You can use a grid that you see below or take a piece of paper and write it all out there. What you would do is make 2 columns with two questions in each column as you see here.



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What do I **like** about this person whom I am in a relationship with? (Or if you are no longer in a relationship with them, ask yourself this question “What did I **like** about this person whom I was in a relationship with”)

Ex: I like their sense of humor...

What do I **dislike** about this person whom I am in a relationship with (or if you are no longer in a relationship with them, ask yourself this question “What did I **dis-like** about this person whom I was in a relationship with”)

Ex: I dislike that they are always late everywhere we go...

What do I **like** about **MYSELF** in my current relationship with this person (or if you are no longer in a relationship with them, ask yourself this question “What did I **like** about **MYSELF** when I was in a relationship with this person”)

Ex: I like that I have become more aware of my behavior towards others...

What do I **dislike** about **MYSELF** in my current relationship with this person (or if you are no longer in a relationship with them, ask yourself this question “What did I **dislike** about **MYSELF** when I was in a relationship with this person”)

Ex: I dislike how I am constantly agreeing to everything that they want to do, and not what I want to do...

What do I like about myself **NOT BEING in a relationship with** this person whom I am in a relationship with (or if you are no longer in a relationship with them, ask yourself this question “What do I like about myself **NOT BE-ING in a relationship with** this person whom I was in a relationship with”)

Ex.: I like that I can finally hang out with my friends...

What do I **dislike about myself NOT BEING in a relationship with** this person whom I am in a relationship with (or if you are no longer in a relationship with them, ask yourself this question “What do I **dislike about myself NOT BEING in a relationship with** this person whom I was in a relationship with”)

Ex: I don't like that I am so helpless without them...

What did I learn in this relationship from this person?
What did they teach me?

Ex: To speak my mind...

What did I teach this person while they were in a relationship with me?

Ex: To be more courteous to others...

Given a chance to do it over again, **what would I have** done differently in this relationship (if you are presently in a relationship, ask yourself what you would want to do differently now, then you are doing presently)

Ex: Give them more freedom...

Given a chance to do it over again, what would I have wanted **this person** to do differently in our relationship?

Ex: Be more patient with me...

Once you think about your relationship using the relationship guide provided you may come upon an understanding that your present relationship may not be the right one for you. However, before you rush out there and make radical changes to your life, it is still important to take a step back and truly analyze your relationship, your partner, and yourself in this relationship.

It's very important to understand that COMMUNICATION is key in any relationship whether it be a romantic one or not. Thus, it is highly important to ask yourself, whether you actually informed your partner of what it is that is bothering you about their actions, while asking yourself a question of "what role did I play in such and such an outcome?"

Let's take a very simple situation as our example. Let's say that every day when you prepare food and sit down to eat with your partner, after you're done eating, they just get up and go about their business, leaving you in the kitchen to clean up after them. Let's say that this situation is bothering you and you wish that your partner would actually pick up their plate and clean up after themselves, but so far, they haven't done so. For a long time, you have been upset over this situation but said nothing, simply thinking that your partner is selfish and careless.

The steps here would be of course to communicate to them your feelings and explain to them why it is bothering you, but through "the eye of the beholder", meaning through their own eyes, from their perspective. When communicating any feelings to anyone, it is imperative that you remain calm, caring and neutral. It is very important for the other party to feel safe, so that they can finally open up to you as well and actually LISTEN to what you have to say and reciprocate.

So going back to the same example with the dishes. Next time this situation occurs ask them to stay a moment and nicely, without putting any blame on this person explain to them that you are very blessed to have them in your life, that you appreciate everything that they do (mention the things that they do that you appreciate), and you would like to speak with them for a moment about something, that you're so happy with them, but there's just one tiny little thing that bothers you, and that is them not cleaning up after themselves, but it's not the fact that they don't clean up, not at all, you would love to continue doing this chore, but the issue is that you have so many chores to do, that all of these little chores add up in time and effort and you would so very much appreciate it if they helped you put that dish into the sink or wash it after themselves, if of course it is not too much trouble for them, and the reason is that although to them it might seem like a silly little thing, what's the big deal, (which is great!) to you it would mean the world if they made that little gesture, you would so very much appreciate it, and it would free up even 5 extra minutes in your day so that the two of you can do something that the two of you enjoy doing together for an extra 5 minutes long!

If you position your request in such a way, you may be very pleasantly surprised, that next time your partner might not only take care of their own dish, but put yours away as well, and then help you with many of the other chores around the house. The key here is to be gentle, and guide them lovingly into what you truly need their help with.

And while you're talking you might actually find out, that the reason that they aren't thinking about it, is simply because they did not know that it was so important to you, or there could be other reasons, but if you LISTEN as well as TALK, you will begin COMMUNICATING with each other, and who knows, perhaps the reason that you were feeling as if this is NOT the person for you is simply due to lack of communication in your relationship, where blame and frustration took over and put COMMUNICATION on the back burner.

So please, once again, always look at any disagreement from a birds eye view, always look at what has caused this disagreement:

What role did you play in it?

What role did your partner play in it?

Who instigated this disagreement?

Is the reason for this disagreement to help you clear some obstacles in your way?

Are you helping each other grow and evolve?

How are you benefiting from this disagreement?

What are you supposed to learn from it?

What is your partner supposed to learn from it?

Weigh all the answers like you have in the Relationship Guide, once again you might be pleasantly surprised at the answers that you will receive.