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The Powerful Secret to A Loving Relationship

By Margaret Paul, Ph.D.

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There are many factors that go into creating a loving relationship. Certainly it helps if two people have some things in common regarding how they like to spend their time. It also helps if they have common values around religion or spirituality, around politics, the environment, abortion, and personal growth. It helps if they both eat junk food or both eat organic food. It makes things easier if both are neat or both are messy, if both are on time people or both are late people. Physical attraction is also quite important. It's great if they have common values around money and spending.

Yet a couple can have all of these and still not have a loving relationship if one element is missing. Without this essential ingredient, all the other wonderful attributes will not be enough to make the relationship work.

This essential ingredient is about intention.

At any given moment, each of us is devoted to only one of two different intentions: to control or to learn. When our intention is to control, our deepest motivation is to have control over getting love, avoiding pain, and feeling safe. When our intention is to learn, our deepest motivation is to learn about being loving to ourselves and others.

The motivation to get love rather than be loving can create havoc within a relationship.

Let's look at a typical relationship issue and see what happens regarding the two different intentions. Jason and Samantha are feeling emotionally distant from each other, and they haven't made love in a month. The problem started when Samantha stated that she wanted to take an expensive vacation and Jason objected. Samantha got angry, Jason gave in, and they have been distant ever since.

Samantha's intention was to have control over getting what she wanted. She equates an expensive vacation with love" if Jason does this for her, then he proves his love for her. She used her anger as a

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way to have control over getting what she wants. She wants control over feeling special to Jason.

Jason's intention is to avoid pain. He gave himself up to have control over Samantha not being angry with him. He hopes that by giving Samantha what she wants, she will see him as a good and loving husband.

However, because both Jason and Samantha were trying to control each other rather than be loving to themselves and each other, their interaction created emotional distance.

What would this have looked like if their intention had been to learn?

If Samantha's intent had been to learn, she would not have become angry. Instead, she would have wanted to understand Jason's objections. If Jason's intention had been to learn, he would not have given himself up. Instead he would have wanted to understand why this particular vacation was so

important to Samantha. Both Samantha and Jason would have been caring about themselves and each other, rather than wanting to get love or avoid pain. In their mutual exploration about why they each felt the way they did, they would have learned what they needed to learn – about themselves and each other – to reach a win-win resolution. Instead of Samantha ostensibly winning and Jason losing, they would have come up with something both of them could live with. With some exploration of his financial fears, Jason might have decided that the vacation Samantha wanted would be fine. With understand of Jason's financial concerns, Samantha might have decided on a less expensive vacation. In either case, both of them would have felt fine about the outcome.

No matter how much Jason and Samantha have in common or are attracted to each other, their love will diminish when their intent is to control rather than learn. It's amazing how quickly love vanishes when one or both partners have the intent to control. It's equally amazing how fast it comes back when both partners have the intent to learn.

Margaret Paul, Ph.D. is the best-selling author and co-author of eight books, including "Do I Have To Give Up Me To Be Loved By You?" and "Healing Your Aloneness." She is the co-creator of the powerful Inner Bonding healing process. Learn Inner Bonding now! Visit her web site for a FREE Inner Bonding course:

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Fear of Intimacy

By Margaret Paul, Ph.D.

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Emotional intimacy is one of the most wonderful experiences we ever have. Nothing else really comes close to the experience of sharing our deepest thoughts and feelings with another, of being deeply seen and known, of sharing love, passion, laughter, joy, and/or creativity. The experience of intimacy fills our souls and takes away our loneliness.

Why, then, would someone be afraid of intimacy?

It is not actually the intimacy itself that people fear. If people could be guaranteed that intimacy would continue to be a positive experience, they would have no fear of it. What they fear is the possibility of getting hurt as a result of being intimate with another.

Many people have two major fears that may cause them to avoid intimacy: the fear of rejection - of losing the other person, and the fear of engulfment – of being invaded, of being controlled and losing oneself.

Because we have all learned to react to conflict with various controlling behaviors - from anger and blame to compliance, withdrawal, and resistance – every relationship presents us with these issues of rejection and engulfment. If one person gets angry, the other may feel rejected or controlled and get angry back, give themselves up, withdraw or resist. If one person shuts down, the other may feel rejected and become judgmental, which may trigger the other's fears of engulfment, and so on. These protective circles exist in one form or another in every relationship. When the fears of rejection and engulfment become too great, a person may decide that it is just painful to be in a relationship and they avoid intimacy altogether.

Yet avoiding relationships leads to loneliness and lack of emotional and spiritual growth. Relationships offer us the most powerful arena for personal growth, if we accept this challenge. So what moves us beyond the fear of intimacy?

The fear exists, not because of the experience itself, but because a person doesn't know how to handle the situations of being rejected or controlled. The secret of moving beyond the fear of intimacy lies in developing a powerful loving adult part of us that learns how to not take rejection personally, and learns to set appropriate limits against engulfment.

When we learn how to take personal responsibility for defining our own worth instead of making others' love and approval responsible for our feelings of worth, we will no longer take rejection personally. This does not mean that we will like rejection - it means we will no longer be afraid of it and have a need to avoid it.

When we learn how to speak up for ourselves and not allow others to invade, smother, dominate and control us, we will no longer fear losing ourselves in a relationship. Many people, terrified of losing the other person, will give themselves up in the hope of controlling how the other person feels about them.

They believe that if they comply with another's demands, the other will love them. Yet losing oneself is terrifying, so many people stay out of relationships due to this fear. If they were to learn to define their own worth and stand up for themselves, the fear would disappear.

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The Inner Bonding process we teach is a process designed to create a powerful inner adult self capable of not taking rejection personally and of setting limits against loss of self. Anyone can learn this six-step process and, with practice, heal fears of intimacy. Through practicing the Inner Bonding process, you learn to value and cherish who you really are and take full responsibility for your own feelings of worth, lovability, safety, security, pain and joy. When you deeply value yourself, you do not take rejection personally and become non-reactive to rejection. When you value yourself, you will not give yourself up to try to control another's feelings about you. When you value yourself, you are willing to lose another rather than lose yourself.

You can start to learn the powerful Inner Bonding process now by downloading our Free Inner Bonding Course. Moving beyond your fears of intimacy will open you to the deep personal and spiritual growth that relationships can provide and the profound fulfillment and joy that loving relationships can offer.

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All You Need Is Love, Is Not True

The Secret of Self-Esteem

Loving Your Spouse When Your Spouse is Not Loving You

The Underlying Cause of Nervous Breakdowns

How to keep up the SPICE in your Love Life.

Stretch Assistant Software

Baby's First Year –What Parent Needs To Know

Online Dating Secrets Revealed!

The First and Second Adam



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