



INSTITUTE FOR THE
PSYCHOLOGY
of **EATING**

CONSCIOUS RELATIONSHIP



WHY THIS TOPIC

- Relationship defines us...
- The way we do relationship profoundly impacts our life, our inner world, outer success, happiness, suffering, our health, our heart, our relationship with food & body, our soul...
- There is so much to learn about this topic...
- Our focus will be on primary relationships: meaning with a significant other
- But these principles can be applied as well to other significant relationships: with children, parents, closes friends and loved ones...

OUR GOAL

- Provide an overview of some compelling and useful relationship wisdom and distinctions
- Come away with some practical knowledge
- See relationship through the eyes of a practitioner
- Make connections between eating psychology and relationship

RELATIONSHIP & EATING PSYCHOLOGY

- **Assertion: So many of our eating challenges are directly connected to our relationship challenges...**
- Meaning these eating challenges:
- Weight, overeating, emotional eating, binge eating, body image concerns, poor digestion
- These are often the result, the placeholder, the symbolic playing out of relationship issues such as:

RELATIONSHIP CHALLENGES & EATING PSYCHOLOGY

Loneliness, conflict, fighting, hurt, abuse, lack of intimacy or connection, lack of love, fear of intimacy, loss of love, abandonment, divorce, unmet or unrealistic expectations, sexual wounding, unfulfilled dreams and hopes, loss of connection to self, feelings of unworthiness or unlovability, uncertainty around dating, feeling stuck in relationship, disappointment in relationship, recovering from a break-up and more...

RELATIONSHIP & EATING PSYCHOLOGY

- **Relationship is a primary source of nourishment...**
- **When relationship becomes problematic for any reason, we can easily turn to food to symbolically “work things out”...**
- **So many people firmly believe their problem with food is all about food...**
- **Oftentimes, it’s simply about relationship...**
- **Or it has a strong connection to relationship**

DEFINITIONS

- **Relationship:** The state of connection between 2 people who are choosing to be in an alliance
- **Conscious Relationship:** The state of connection between 2 people who are choosing to be in a deeper alliance in a more awake, aware, growthful and transformational way

SOME CORE PRINCIPLES OF CONSCIOUS RELATIONSHIP...



CORE PRINCIPLE #1

Relationship Has a Higher Purpose



CORE PRINCIPLE #2

Relationship is Here to Help Us Grow



CORE PRINCIPLE #3

**Best to Focus on Our True Primary Relationship:
With Self**



CORE PRINCIPLE #4

For many people, we must focus on another primary relationship that we don't always acknowledge:

**Our relationship with a higher power,
or a higher code...**

WHY ARE RELATIONSHIPS CHALLENGING

- **It's hard enough to be in relationship with self...**
- **Relationship exposes our hidden inner world and the work we need to do on self, and with others**
- **Relationship is a function of our world. And the world can be quite problematic...**

TOXIC RELATIONSHIP BELIEFS

**An assumption that we hold about relationship
that's outdated, self limiting, ineffective,
and even harmful...**

TOXIC RELATIONSHIP BELIEF #1

**Relationship must fulfill
my needs & desires**

TOXIC RELATIONSHIP BELIEF #2

Relationship is here to save me...

TOXIC RELATIONSHIP BELIEF #3

I can save my partner...



TOXIC RELATIONSHIP BELIEF #4

When I am in the perfect relationship... then...

TOXIC RELATIONSHIP BELIEF #5

**I need to be someone else
to be loved and to be in relationship
(who I am is not good enough)**



TOXIC RELATIONSHIP BELIEF #6

All men are, all women are...

THE MOTHER FATHER CODE

- **There is an underlying code, a built in architecture, to how our parents live inside us...**
- The relationship we have with each of our parents may very well be THE single biggest hidden driver that we bring into our romantic and significant partnerships...

THE MOTHER FATHER CODE

- **Postulation #1:**
- **We are the natural and necessary continuation of our parent's unfinished business**

THE MOTHER FATHER CODE

- **Postulation #2:**
- **We model after our parent's relationship - consciously and unconsciously**

THE MOTHER FATHER CODE

- **Postulation #3:**
- **We enter into relationship unknowingly and automatically relating to our partner as if they are our opposite sex parent**

THE MOTHER FATHER CODE

- **Postulation #4:**
- **We are still living in our parents house and not fully available to be a true adult partner - as long as we are unresolved with our parents, angry, resentful and unforgiving of our parents...**
- **In other words, we are not yet full "adults"**

THE WAY THROUGH...

- The more we see how we are driven by our parent's dynamics, the more facility we have to choose how we show up
- The more we forgive and make peace with our parents for whatever reason - the more we can have a healthy relationship
- The more we see our parents as just people - a guy and a girl trying to figure stuff out, the better
- The more we "individuate" - the more we step into our conscious adulthood and empowerment

THE INNER WORK OF RELATIONSHIP

- **The paradox of relationship is that it's about what happens between 2 people, but it all starts within our own skin, and within our own heart and soul...**
- **Oftentimes, the best thing we can do for a relationship is to do work on self...**

THE INNER WORK OF RELATIONSHIP

- We must trust that inner work is **good**
- We must trust the invisibles, the hidden wisdom within our own soul that's guiding us into our potential...
- Inner work on self precedes outer victory in relationship...
- Inner work is necessary work...

5 GOOD PLACES FOR WORK ON SELF

- **Being “right”**
- **Avoiding pain**
- **Withholding honest communication**
- **Victim consciousness**
- **Elevating how we do conflict and fighting**

3 KEYS TO SUCCESSFUL INNER WORK

- **Choose relationship as a path of growth**
- **Put yourself in the other person's shoes**
- **The more mature & conscious partner MUST lead the way...**

CONFLICT, FIGHTING ARGUING

- Time for a deeper understanding
- For a majority of people, conflict is inherently stressful
- Most people have never learned how to fight and argue in a good way
- Or we avoid arguing altogether and keep things bottled up
- Or our fighting simply never yields a good result
- Bottom Line: we need a new view of conflict

COMMON MISCONCEPTIONS ABOUT CONFLICT

- **Conflict is inherently bad**
- **Conflict should be avoided**
- **Conflict in a relationship means there's something wrong with the relationship**
- **Someone must be right, and someone must be wrong**

FIGHTING

- Most people don't know how to fight
- And we don't always know WHY we fight
- We need to learn the rules of engagement for a “good fight” -
- Fighting in a way that helps relationship, instead of hurting it
- It's most often the underlying issues we need to look at, not the surface things we're generally fighting about
- Fighting, by itself, isn't the real reason why couples break up

FIGHTING: A RE-FRAME

- **Fight FOR the relationship**
- **Fight FOR consciousness, for better understanding**
- **Let go of fighting to win**
- **Or fighting to prove the other person wrong**

ARE THERE SOUL CONTRACTS?

The assumption here is that there may be relationships that have a special destiny to them, that are pre-ordained, encoded in our soul's journey, and life then conspires to bring us together. The implication is that there's a greater wisdom driving our lives...



ARE THERE SOUL CONTRACTS?

Soul contracts can be about any kind of relationship:
with a child, parent, cousin, friend, spouse, someone
we know for a month,
or for a lifetime...



A SOUL CONTRACT CAN MEAN:

- We're here to learn some difficult lessons with our partner. A relationship that has some challenges and pain
- We're here to receive the goodies from each other and the relationship will be positive, expansive and generative
- It can mean a swirl of both - and it usually is...
- It can be a short term contract. Or a long term one
- It can be an "uneven" contract - meaning you might be serving them more than they serve you, or vice versa
- It doesn't mean we're "stuck" - it means we're given a role to play, and a destiny to fulfill...

POSSIBLE ELEMENTS OF A SOUL CONTRACT

- You feel a clear and overriding sense that you're somehow bound to this person by more than chance
- You have an invisible and inexplicable obligation to help this person, serve them, or love them in a specific way
- It seems as if the other person has similar feelings, or not...
- Others might think your choice is a bit crazy or ill informed
- Some describe a feeling of being "assigned" to the other person
- And it's usually not quite what we think...

SOUL CONTRACTS

- **Pick a person you believe you may have a soul contract with**
- **Why do you feel this way?**
- **What are you both here to experience together?**
- **To learn from each other?**
- **How are you here to serve them?**
- **How are they here to serve you?**

MORE THOUGHTS

- **IF you believe in such a concept as soul contracts, or are considering it, then the key ingredient here is respect...**
- Respect the full package of your relationship
- Respect a higher power
- Respect the mystery
- Respect your own inner knowing

SOME FINAL THOUGHTS

- **We must be adept at putting our own relationship biases aside**
- **We must be champions & cheerleaders for relationship**
- **We must listen not just to our client, but to the relationship itself**

THE SECRET SAUCE...

- **... to Success with Clients & Relationship:**
- Trust the wisdom of their journey
- Let go of any need for happy endings
- Uphold that whatever challenge clients face in relationship has a higher purpose, and that we have to work to get in alignment with that purpose
- Be unwavering in this commitment - to use our relationship challenges as a vehicle for our growth and transformation...

CONSCIOUS RELATIONSHIP

This is the end of
Conscious Relationship

Please go to
Teaching, Leading Presenting

