

Transcending the daily negative events

In order to become more and more conscious and objective about our behaviour's schemes, you can do the following holistic exercise that you can practice right before falling asleep:

- (1) Firstly, with your eyes closed, in a state of contemplation, we let to unfold on the screen of our mind the "movie" of all events that happened during the day. With this occasion we will recollect as clear as possible all the important moments and all the related difficulties or problems of our relationship, that we encountered with the loved one;
- (2) We imagine, as clear as possible, that we are projected above our couple and that we contemplate it lucidly and detached from somewhere above;
 - We become thus aware that we detach ourselves completely from the respective situation.
 - We strive through evocation and remembrance to feel empathetically and to understand as well as possible what the other felt during the conflict. We also strive to notice if s/he maybe reacted emotionally to a certain situation that reminded her/him of a traumatic and painful situation from her/his past or present.
 - We ask ourselves then with all the objectivity and detachment (we are capable of) whether s/he really had a real motif to react this way, and whether s/he reacted really the way we have expected, based on our objective knowledge about her/him, her/his character, sensitivity and vision upon life and reality (vision that is obviously different from ours).
- (3) Right after all these, we look at ourselves lucidly and detached and we become aware objectively of the context the problem occurred in. As a result of this analysis we draw the conclusions. How do we feel know: weak, aggressed, indifferent, superior or inferior? In which kind of emotions we let ourselves to be involved in? Were the negative emotions the ones that dominated and manipulated us, or on the contrary, in that evoked situation we were the ones who controlled and transcended them?



This simple exercise allows us to become gradually aware of our own weaknesses and flaws and it helps us to control ourselves and to become more and more lucid, every time the negative emotions have the tendency to control us.

Practicing this exercise consistently, we will notice that when similar situations occur, we can surpass them, controlling ourselves lucidly and wisely, without being affected at all.

This efficient analysis is better to be done by both persons implied in the situation, every time when a serious problem occurs in the couple. This method, correctly applied, allows us to transcend rapidly and completely the respective tension. It also enables us to open the bridge of real love communication.

