



# *the alchemy of* RELATIONSHIP

## 10 SAVVY TIPS FOR TRANSFORMATION

**1 COP TO THE CHARGE QUICKLY AND MOVE FORWARD.** Copping to the charge isn't an admission that the other person is right about the facts of the matter—it's the recognition of the other person's *experience of the matter*. Which is always true. When we cop to the charge gracefully and quickly, we free the relationship from the bonds of the past and create a pathway into the future.

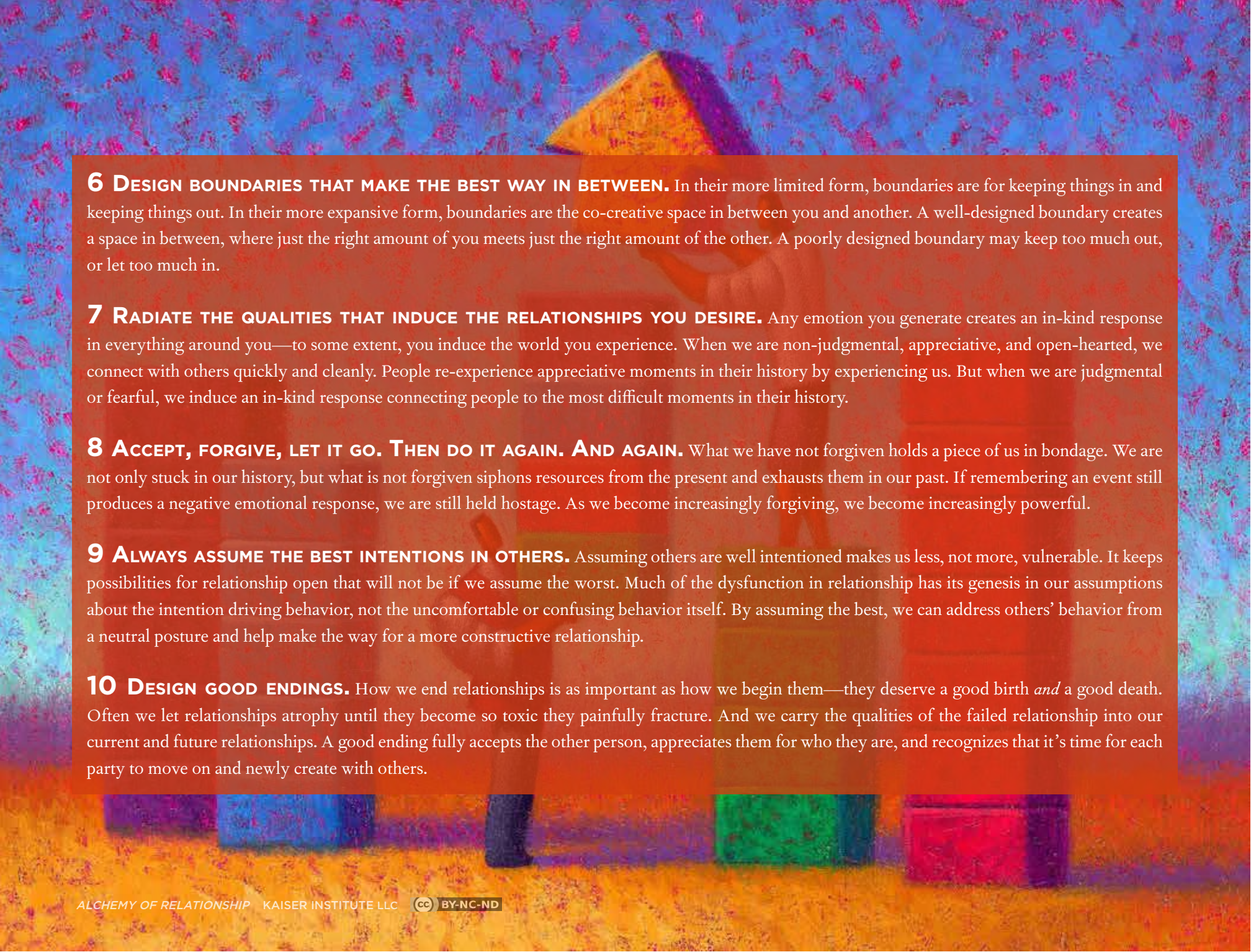
**2 OWN IN YOURSELF WHAT ANNOYS YOU MOST IN OTHERS.** What you find most annoying about other people is closely related to what you find unacceptable about yourself. This is your shadow—aspects of yourself presently out of sight. When you project your shadow onto the world, it warps your perception of what is really going on. A person predictably experiencing a lot of difficult people is often experiencing their own shadow. Because of this, their circumstance may change frequently and dramatically, but they will continue to experience a world they overshadow. When we recognize an aspect of our shadow for the first time, we bring it into our view where we can understand it, accept it, and transcend it.

**3 UNDERSTAND WHY THE MOST DIFFICULT BEHAVIORS MAKE TOTAL SENSE.** Walking in another's shoes is more than just imagining what it would be like to be them. It's the total surrender of ego to fully *become as they are* for a moment. From this space, everything about their life makes sense—their decisions, their interactions with others, and even their vulnerabilities. Occupying this space, even for a brief time, creates a lasting bridge that allows you to design a richer, more informed space in between.

**4 RECOGNIZE NEMESSES AS ALLIES.** Every image has a figure and ground. The ground helps define the figure. Your nemeses help you understand who you are—they are a ground that helps define you. A nemesis illuminates all your edges—the places you feel unsure, uncomfortable, or vulnerable. A greater understanding and embrace of your edges expands your ring and allows you to thrive in an even larger domain.

**5 RECOGNIZE YOUR INSTINCT TO ISOLATE—AND THEN REJOIN.** When a relationship gets difficult, we may draw back and not only isolate ourselves from the other person, but from *everything else around us*. This disconnects us from all of our resources and relationships. It's important to step into the most difficult relationships and understand the issue is usually more about how people come together than it is about either of them individually.





**6 DESIGN BOUNDARIES THAT MAKE THE BEST WAY IN BETWEEN.** In their more limited form, boundaries are for keeping things in and keeping things out. In their more expansive form, boundaries are the co-creative space in between you and another. A well-designed boundary creates a space in between, where just the right amount of you meets just the right amount of the other. A poorly designed boundary may keep too much out, or let too much in.

**7 RADIATE THE QUALITIES THAT INDUCE THE RELATIONSHIPS YOU DESIRE.** Any emotion you generate creates an in-kind response in everything around you—to some extent, you induce the world you experience. When we are non-judgmental, appreciative, and open-hearted, we connect with others quickly and cleanly. People re-experience appreciative moments in their history by experiencing us. But when we are judgmental or fearful, we induce an in-kind response connecting people to the most difficult moments in their history.

**8 ACCEPT, FORGIVE, LET IT GO. THEN DO IT AGAIN. AND AGAIN.** What we have not forgiven holds a piece of us in bondage. We are not only stuck in our history, but what is not forgiven siphons resources from the present and exhausts them in our past. If remembering an event still produces a negative emotional response, we are still held hostage. As we become increasingly forgiving, we become increasingly powerful.

**9 ALWAYS ASSUME THE BEST INTENTIONS IN OTHERS.** Assuming others are well intentioned makes us less, not more, vulnerable. It keeps possibilities for relationship open that will not be if we assume the worst. Much of the dysfunction in relationship has its genesis in our assumptions about the intention driving behavior, not the uncomfortable or confusing behavior itself. By assuming the best, we can address others' behavior from a neutral posture and help make the way for a more constructive relationship.

**10 DESIGN GOOD ENDINGS.** How we end relationships is as important as how we begin them—they deserve a good birth *and* a good death. Often we let relationships atrophy until they become so toxic they painfully fracture. And we carry the qualities of the failed relationship into our current and future relationships. A good ending fully accepts the other person, appreciates them for who they are, and recognizes that it's time for each party to move on and newly create with others.