



Love Bytes

Relationship coach Olga Sheean shows you how to create healthy, loving relationships—from the inside out

Relationships can be tricky things. When they work, they can nourish and fulfill us in wonderful ways; but when they don't, they can cause tremendous heartache and resentment. We often see them as problems but they can actually provide valuable insights and solutions for many of our personal challenges.

In this and forthcoming issues of *Balanced Life*, I'd like to show you how that works and how your relationships—good or bad—can lead to self-discovery, healing and personal empowerment. In the process, you can learn to love, accept and connect with yourself and your partner more deeply than ever before. And, if you are not in a relationship, you will learn how to attract your ideal mate.

Change your mind, change your life

Doing this may initially require a mental shift or a leap of faith. But once you see how it can work for you, it will hopefully become a natural part of your life.

Here's how it works. Your subconscious (working with the forces of the universe) is extremely powerful in bringing you what you need. It is like your own personal radar system, always on the look-out for situations and relationships that provide opportunities for growth. It does this very effectively with what I call our 'missing pieces'; these are essential formative qualities, such as acceptance, trust, support, respect and validation, that we needed in childhood in order to be complete, but did not get. These 'missing pieces' lead us to make certain subconscious assumptions about our worthiness or 'lovability', which have a huge impact on the quality of our relationships—and on how much love, money or recognition we can allow in.

Our missing pieces cause us to attract partners with similar missing pieces so that they can mirror our subconscious negative beliefs about ourselves. Once you understand how this works, you realize that it was all a set-up from the start, with each relationship being perfectly designed to help you progress along your spiritual path.

This is why we often see recurring patterns in our relationships. We may keep attracting abusive partners, for example, or needy individuals who leave us emotionally drained. Our subconscious is just doing its job—attracting the partner who will perfectly trigger our deepest issues so that we can (with sufficient self-awareness) address them, resolve them and move on to what we ultimately want. It is only by filling in our missing pieces that we can make ourselves complete. Once we do that, we automatically attract a similarly complete partner.



Once we fill in our 'missing pieces', we automatically attract a more complete and loving partner.

Filling in your missing pieces

Think of your current or last relationship and ask yourself what emotional qualities you would have liked to get from your partner but did not. Your answer may be support, acknowledgement, trust, honesty, open communication, commitment, intimacy or any other expression of love.

These are your missing pieces (since your partner will always reflect what is missing in you and vice versa). Being aware of your missing pieces will help you to make sense of your relationships. If, for example, acceptance has been missing, then your relationships are unlikely to have been deeply loving or unconditional. If respect was missing, your relationships may have been emotionally or physically abusive in some way.

For as long as they remain subconscious, your missing pieces can stop you from having the very qualities you seek in your relationship.

Find practical ways to fill in your missing pieces—in yourself and in those around you. If acknowledgment is missing, for example, make sure you acknowledge yourself whenever you do something well, and catch yourself when you put yourself down—in your mind as well as out loud. Go out of your way to acknowledge others for who they are and what they do—particularly if they do not acknowledge you. If commitment is missing, look at the ways in which you do not fully commit to yourself in your own life. Do you take good care of your body by eating well and exercising? Do you avoid making decisions that might tie you down in some way? Do you try to be the best that you can be by exposing yourself to new opportunities for learning and advancement? Now ask yourself how you might not have fully committed to your relationship and look for practical ways that you can start to fill in this missing piece. And remember the payoff: once you fill in what's missing in you, you will start to attract partners who are also more whole and loving. You will start to get more out of life in general, while attracting new opportunities to practise your newly acquired qualities.

The power of no

As you practise filling in what has been missing, be sure to say "no" to whatever is not working, or is not healthy, for you. Only by rejecting compromises and neediness can you have the kind of relationship you want. By saying "no" to whatever is not good enough, you automatically open the door for something better to come in. The 'upgrade' comes from inside. Whatever you subconsciously consider yourself to be worthy of receiving is what you will get. Enhance your internal self-worth by filling in your missing pieces and the quality of your relationships will be similarly enhanced. The new standard you have set for yourself will begin to be reflected back to you in your everyday life and magic will start to happen.

E-mail olga@olgasheean.com with your relationship dilemmas. Responses will be printed, space permitting.

Olga Sheean is a Vancouver-based relationship coach and author of *Fit for Love—find your self and your perfect mate* (available via her website, www.olgasheean.com and from Banyen Books). Tel: 604 638 0772 or 604 999 8429.