

The Relationship Report

Handbooks For Entrepreneurs

“The Great Relationship Report”

Xtreme Skills for
Busy People...

By Chris Walker

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CHAPTER 4 Solutions - The Relationship Detox

While we appreciate the beauty of our partner we stay attracted.

Beauty is in the eye of the beholder. What one person sees as beautiful another may call ugly. We are the projector, they are the screen. So, our heart opens to a relationship based on perception, and it can close just as quick based on perception. We see, interpret, translate and experience people based on our perception.

That perception is fickle. We can, with the flick of our fingers go from thinking our partner is a gift from the heavens, to thinking that we've crossed the path of a black cat, and been cursed into hell. It's a simple flick and that flick, if we don't know how to reverse it, can become the "norm" for our relationship.

We hear this crazy stuff all the time from divorced couples. They say, "how the hell did I ever see good in that bastard?" or "that bitch took all my money, next time I may as well go find someone I don't like and give them all my money." We get negative on people we would once have walked on broken glass to be with. That's how fickle perceptions are.

The first step in managing these fickle perceptions is to manage disappointment.

In ancient Buddhist texts, disappointment is considered one of the most spiritual and honest states of mind possible. The difference between the way those clever monks saw life and the way we see it

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is that: if we're disappointed then the object is at fault and our perception is right. The monks on the other hand see their perception as wrong and the object as perfect. To manage disappointment a monk simply changes what they think to line up with reality.

As one monk said, "You Westerners are funny, you want what you haven't got and therefore are always disappointed. We, on the other hand, want what we've got and are forever delighted."

Disappointment is a result of a mismatch between what we expected to be, do or have, and what we've got.

When we're disappointed in a relationship, is it because that person changed, or were we just blind to reality and now we're seeing it?

A significant step in moving toward a long term sustainable and great relationship is to embed in your mind that disappointment is an important and natural part of relationships. Get used to the fact that even the most perfect angel of a human being looks a bit different up close and personal.

Now what?

Once you've made that realization, you can choose to abandon the conventional outlook on relationships that results in an expectation that what we want is what we deserve to get.

Instead, you can practice the age old art of human adaptation. What we've got is what we need, and what we need is what we deserve. (please don't throw extremes such as violence and abuse in my face here, those are not matters for relationship - they are unlawful and come under different banners)

We adapt by taking something we don't like in our partner and learning to like it. Now, this is counter intuitive in some ways be-

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cause we're so conditioned to the idea of fighting for our rights, we can't see that criticising or wanting to change people actually depreciates them and makes the problems worse.

It can't be more simple, albeit counter intuitive at first but you can take anything you don't like in your partner, find where you do it somewhere in the seven areas of your life, learn to like it, and thereby adapt to it.

In separation counselling I say to people, "Love em before you leave em." It means, there's no use staying fixed in your expectations of a partner, leaving them because they don't meet your expectations and going to another relationship. The reason will become clear later, but for now, just know that what you judge you breed, attract or become. Frightening reality isn't it?

We can't change people. They are who they are. Our glasses can change, we can change our perception and with that there's growth and adaptation, but we can't change people.

Sometimes an expectation is built out of religious paranoia or fear, and even in this there is an opportunity for growth and adaptation. What you fear comes near.

You can keep a sense of beauty about your partner, no matter what. You're able to adapt as your eyes see more and your disappointments surface. In that way you can, if you choose, sustain that magic you felt when you first met.

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Stay or Go?

I get asked this question fifty times a week. Should I stay or go? And my answer is always the same. While you have to ask, the answer is stay.

We grow at the border of chaos and order. To the person who entered a relationship looking for a half life, the chaos is good cause to run away. That's human nature and with many relationships not bound by government or religious contract, the door is never very far away.

As a consultant for the past 30 years I've come to believe that there are no hard questions to answer, however, the wrong question is impossible to answer. In other words, if you ask me "stay or go?" I might be totally unable to answer so, it's the wrong question. Maybe the question is better put, "do I adapt or run, do I change my expectations or keep them and run to another relationship?" Now that's an easy question to answer.

Choose well - Stop Loss

Another great key you'll experience in this report, and one that's transformed the relationships of many people, is the ability to choose well in the first place. Now for some, this choice is past, but it's important to state here that people do put on a front when we first meet them.

In particular depressed, unhappy or stressed individuals get happy, undepressed and relaxed because they find a new relationship, but after the shine wears off, their true colours might surface. In this instance its a real possibility that you are in the wrong place.

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In business we speak about stop loss. It means, stop investing, sink the cost invested and admit defeat before more investment is wasted. Relationships are not business deals and stop loss can be very painful in a relationship, but it is a real and important option. Sometimes we just find ourselves in the wrong place at the wrong time and admitting that, as quickly as we discover it, is a really important long term integrity.

Whatever that choice, staying attracted to this person is still important. Respect, appreciation and value do not have to be a part of any stay or go model. We can stay attracted to our ex partners for a lifetime. That's an authentic and beautiful humanity to bring to any human relationship.

So, choices aside, a commitment to make a relationship work must start on the premise that your attraction to your partner must remain a priority whether you want to stay or leave.

That's human communication as it is meant to be and it is in direct conflict with many western religious judgements of worthy and unworthy of love. That's the real starting point.

It's easy when someone does what you want. But 50% of the time in a relationship that is not going to happen. Can you adapt, stay in your humanity fast enough? Most people don't, they criticise their partner and start wanting to fix or change them.

Here's a great insight that helps many people in this adaptation process but please remember, we're not saying stay or go, we're saying adapt, evolve yabastard, get over it. Then you'll be asking and answering better questions than that. All human good qualities, the ones we're attracted to, have consequences. Let's see...

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Consequences

Human nature is often stomped on in the interests of good community and safe society. We seem to like certain things about people and call this lovable and dislike certain things and call this, unlovable. But beauty is everywhere in your partner.

It's one of my favourite exercises to do with couples and that is to ask them to write down a list of all the positive things they really like about their partner. This list can be quite extensive, especially for newly weds (and in that lies a tale of its own).

Now with this beautiful list all complete there's a great feeling in the room, everyone has written down all the good news, basically, it's a list of where their partner meets their expectation. We call this attractive.

Now, I ask them to write down the negative consequences of each item of the good news. Let's try a few:

| Good News | Consequences |
|------------------|--------------------------------|
| Smart | In their head a lot. |
| Creative | Not always practical |
| Sexual | Demanding and emotional |
| Driven | Sets high standards of support |

You can see this list could go on forever and it should. The great thing about the list is that everything people like about their partner on the left, produces exactly everything they dislike about their partner on the right. So, it's a great exercise to show that if we change the right hand column we kill the left.

(Some blank sheets at the back of the book for you to play)

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Now, this leads me to another important ingredient about attraction in relationships.

If you change to meet your partner's complaints, suggestions, ideas and recommendations for you, then you will sabotage your relationship. It works in the exact same consequential model as this last chart but in reverse.

| Partner Complains | Result |
|---------------------------------|---------------|
| Relax - lower your standards | Less driven |
| Less emotional - less demanding | Less sex |
| More practical | Less creative |
| Get out of your head | Boring |

If you comply with your partner's complaints you may just end up being exactly like them. Remembering here, that they were attracted to a smart, creative, sexual, driven person when you start to comply with their complaints, which are really the consequences of all the things they like about you, then, well you end up shooting yourself in the foot.

That's why it takes courage to be in a relationship. You can hear a complaint, but can you not take it personally? It's a vital key in allowing your partner their opinion, without sabotaging your own attractiveness. But I digress, this chapter is about staying attracted.

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The Relationships Detox

I did Yoga Kriya's for a few years. In this, you drink clear goo, until you pass clear p...

In a relationship where you want to remain totally attracted to your partner, there's a really important detox you can do once a year because there are some toxins that, if you have them in a relationship make it hard to hold a real appreciation for the beauty in your partner.

Detox 1. The Blame Game Detox

Here, a person blames their partner for the lack of attraction they feel toward them. They might say, "You put on weight" or "you don't do this or that." This is the poor baby victim head-space and it's a toxin. By not taking responsibility this person is depreciating their partner instead of appreciating them. The Goo to take to clear this out is really great not only for relationships but for life in general. It goes like this.

List down all the ugly bits of your partner that you are not, I mean really not attracted to. Like this:

| Unattractive | |
|---------------------|--|
| Fat | |
| Grumpy | |
| Demanding | |
| Needy | |
| Selfish | |
| Pimples | |
| Lazy | |

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Ok, that was fun right? So you can list up to 3,000 (yes that's a real three thousand) negative things about your partner. They are human and have every trait and if you stay long enough your list will grow that long... trust me.

Now, the detox.

Take the list and in the right hand column put in the exact opposite quality. Now, don't complain, maybe your partner doesn't seem to have those opposites, that's not important right now. Go on just write the opposite... try it. (there's some blank sheets at the back of the book.)

| Unattractive | Opposite |
|--------------|----------|
| Fat | |
| Grumpy | |
| Demanding | |
| Needy | |
| Selfish | |
| Pimples | |
| Lazy | |
| | |

If you are having a struggle it's because we tend to become co-planar in our relationship with our partner: we only see them in one dimension, potentially that's most often at home. But if you expand the reach of your perspective, you'll see that your partner has roughly seven areas of life in which they function. Financial, social, career, health, family, mental and spiritual. So, they might be fat in the health area but really neat and trim in the financial management area. This is an extraordinary discovery. That absolutely every

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human being has two sides of that chart - called The “DETOX the BLAME GAME Chart.

Now, I’m going to push you to a new level of awareness that most people have never even dreamed possible right here in this little report.

Can you see the two sides of your partner? And are you willing to see that every partner has those two sides? And therefore do you love and respect your partner enough to accept the two sides of them but to focus your attention on the Opposite to the Unattractive?

So, if I am selfish, I must be kind - maybe not to you, but to somebody, somewhere, somehow. And what’s more, the degree of it, is exactly balanced. I can’t be more selfish in my life than I am kind, and visa versa.

This one DETOX is the single most powerful humanitarian realisation a human being can ever experience. No matter who it is, they have two sides. And they are equal. A terrorist focusses on one side and condemns, a lover recognises both (don’t want to be naive) but focusses on the good side. That’s how you stop toxin building up in your beautiful friendships and especially your relationships.

I’ve run this game with youth, with corporate CEO’s and most powerfully, with indigenous people who have confirmed that this is ancient teaching that comes right from the earth we walk on. Everything has a balance.

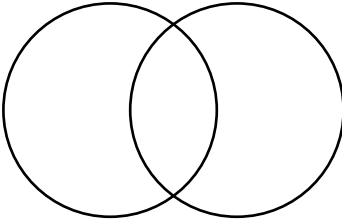
The one place it has not been welcomed in is fundamentalist churches who are determined to divide the world into acceptable and unacceptable human beings based on religious beliefs. That rubbish aside, to keep your heart open in your relationship seek the balance, focus on the good news: you’ll be in love forever.

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Detox 2. Get a Life Detox

Trying to fix, mother, father or change a partner. is more repelling than a trickster who wants to paint the world the colour they like instead of changing their glasses.

All of life is a matter of priority and relationship is right up there for most of us. However, there's an acute difference between being a partner and being a parent. Sometimes the lines are blurred and we start parenting each other - suckling instead of kissing.



In the diagram above there is a great and profound wisdom. This diagram is called the Vesica Piscis. It's great to look it up on Wikipedia.com. It represents the optimal overlap between any two bodies in nature. It explains the distance between stars in the sky, trees in the forest, molecules in an atom and you and your partner. The mathematics of this symbol are astonishing, however, right now in this report it is a great symbol that forms the basis of 'Get a Life Detox.

The area of overlap of these two bodies is 33.33333% meaning that the secret of a great relationship is 66.666666666% independence and 33.333333333% interdependence.

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Once a year, in the Get a Life Detox, it's a time to remind yourself that the key to remaining attracted to a partner, is for you both to do a reality check on the rest of your life outside the relationship.

66.66666666% of the key to a great relationship comes from being a great, happy, inspired individual outside the relationship.

There's no way around this.

Sometimes we put massive pressure on our relationships in order to get a life for ourselves. The consequence is toxic and we soon lose attraction.

In each of those circles, which represent an individual life, there are seven areas of life. Relationship is just one of them. The other six: Spiritual, mental, financial, career, health and social life are not independent of relationship, however, they determine the health of the individual who comes into a relationship.



Sometimes people find a relationship in order to escape the other six areas of life. Then there's a really intense dependence on the relationship and that makes all people attractive for the first few months then clingy and vulnerable for the rest of the time.

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A person might be mentally depressed or financially threatened or confused in their career, so they find a relationship to help make them feel better. But the Vesica Piscis determines that a couple can only affect 33.33333333% of each other's lives. So, that strategy causes loss in attraction between partners. Every time.

I've worked with so many entrepreneurs whose business has become far bigger than they ever dreamed, and subsequently they've lost their inspiration for the other six areas of life, they have the money, career social life, health in a state of maintenance, they get bored with life, they lose their inspired vision and so, they start focussing more and more in relationships, sex and affairs. I've witnessed the best of relationships collapse because entrepreneurs flattened out, got conservative in their life and turned their whole life drive into their relationship. That's a lot of energy to focus on people, a lot of expectations and demands.

So, once a year, sit down and check your life balance. Look at each of the seven areas of life and ask, "What would I love to BE, DO, HAVE in each of those areas? Don't stop asking that question until you have it nailed down. If you find yourself saying, "I don't care, or I already got what I want, or I don't know. Go to the back of this report and do the vision quest - or come with me to Nepal and get your Inspiration back. Otherwise BOOOM your relationship might be the price you pay for complacency.

Detox 3. Address Your Stress Detox

Hyperactive, running too fast, overly ambitious? Over driven people avoid intimacy, they have seagull relationships because they fly in, poop, and fly out.

Stress means we don't turn up. A stress detox is not a week in a health camp or a massage on a Saturday. That's a ridiculous notion for stress management. No athlete would train all day without recovery periods, and no wise entrepreneur burns themselves throughout the week without recovery. And, more important, no self respecting partner sits around waiting for an entrepreneur to sort out their stress levels so they can have some intimacy in between caffeine hits and emergency phone calls. That's toxic.

To stay attracted, you need to turn up for it.

If you turn up for love then the whole foundation of your relationship is solid. Love has to be at the core of your connection to your partner otherwise your relationship will be uninspiring.

Turning up for love is a skill. Many people do it by accident but that's hit and miss. There you are, picking your nose at a party and bingo, you're in love. Goodness knows how you did it or why.

Three years later the two of you are sitting there wondering what happened. It felt great, it was great, where did the love go? Perhaps that "bingo" was more infatuation than love. Now infatuation can evolve into love, but not without dedication, time and effort.

Love happens when you stop. Actually, it's always there but spin - mind noise, stress, expectations, emotions and a whole swag of stuff fogs our experience of it. So, if we don't know how to "STOP" we can't turn up in love, we'll be waiting for another accidental nose

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picking moment when it just happens again. Maybe next Christmas and maybe never.

The Address Your Stress detox is a potent and critical skill both for sport and good intimacy.

If we can't stop talking, thinking, worrying, comparing, judging, expecting, needing, wanting, hoping, wishing then we can't turn up and if we can't turn up, why are we here?

To demonstrate what turning up really looks like. Imagine someone sneaks up behind you and lets a huge fire cracker go off right beside your ear. BOOM... now, where are you?

Are you worried about your dinner? Are you thinking about ten minutes before or after this moment? Are you thinking about some proposal? Are you reading the paper? NO you probably wet your pants right here and now. And that (minus the unfortunate loss of control) is called turning up.

I'm not recommending that you do that fire cracker thing but we do need to acknowledge that it's getting harder and harder to turn up in a healthy state of mind and that's why so many relationships are getting toxic. The world still spins once a day, but we seem to be doing that at twice the speed. And relationships are paying the price.

Our heads can start spinning - thinking, thinking, thinking and they are hard to turn off. That might be a great skill elsewhere, but in a relationship, it doesn't lead to accidental nose picking moments or deliberate a fire cracker in the ear moments - it leads to lost intimacy and disaster..

Sometimes people turn-off their head spin by spinning it in the opposite direction. They use distractions like the TV, Ipod, a few beers or a round of golf. So, in between spinning to the right and re-

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laxing to the left with play, the relationship gets a fleeting moment, a morsel of attention.

Recovery on the Run for an entrepreneur is the same skill we use to fire an arrow at a target. In that time you'd concentrate on the moment, the bow, the arrow, the target. You wouldn't be talking about last week's tennis match or thinking about tomorrow's business presentation when you shot that arrow, would you? You would be focussing on where you want the arrow to land. The issue is one of being present, being in the moment, not re-living the past or worrying about the future, It is a matter of living here and now and focusing on what is really important. Turning up right now - in the moment - not distracted.

In the Address Your Stress Detox, your partner needs to be the target of your entire focus for at least 10 minutes a day. Now you might say, "I already do that." So, that's perfect, but in that ten minutes are you listening without thinking. Are you doing compassion, putting yourself in their shoes, feeling their feelings, tasting what they taste, experiencing what they experience.

It's not so easy as people think, this turning up.

Turning up in your relationship basically means falling in love with your partner each day, ten minutes a day, or anytime you choose.

That's what turning up means, just for a few moments here and there you deliberately and perfectly fall back in love with your partner. Again and again and again.

In sport, turning up means being in the zone. In business it means being inspired. Learning to turn up in your relationship is the easiest of the three so why not start there? It benefits all areas of your life.

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Don't wait for sex or the weekend, birthdays, valentines day or annual holidays. Turning up each day involves learning to turn off the "all about me" mind and turn on the "all about you mind."

That's one of the most powerful outcomes of meditation. The great meditators sit in caves for years to learn it, and here you are, cutting through the fog doing it in the real world of your relationships.

Learn to listen with all your being, that's compassion and the ultimate Address Your Stress Detox.

I think this is why people love to kiss. Because when you kiss on the lips you really turn up. You can't talk, it's a part of listening.

If you haven't got a partner to turn up with, practice with a tree. Listen to a tree with all your senses.

In our old house my partner and I used to leave the TV on. So, one ear would be listening to the TV the other to each other and the other ear, the inner ear was probably listening to our own inner voice rattling away, spinning and thinking.

What makes a person feel loved? It's when we turn up.

When we turn up our partner gets turned on. When we turn up 110% they feel totally met, completely accepted, totally embraced. It makes them tremble at the knees. That's not a bad result of a Detox and it takes just ten minutes a day. What better investment could there be?

Detox 4. Getting Off Your High Horse Detox

Unfinished business makes it hard to be really open to the whole breadth of relationship and therefore almost impossible to stay attracted to our partner.

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Let's say you went through a recent divorce. Your partner really pissed you off and so, gratefully you move on. Now what?

What happens if your current partner does anything that remotely reminds you of all the things that caused you to so angrily dislike your ex? All of a sudden you'll be on red alert, and if that behaviour pops up, you'll shoot it.

Relationship terrorists can also carry a lot of baggage from past experiences into their current relationship. That's a sure breakdown in real communication, and a guaranteed loss of attraction.

So we need to flush any of that old crappy mindset down the toilet so we can enjoy and celebrate getting a whole lot of new crappy mindset in this relationship, rather than just repeat and repeat old stuff.

It's an important point. There's always going to be crappy stuff, the only question is whether you dredge up the same old, same old garbage for the whole of your life, or find something new.

I think nature prefers we process the old and move to the new.

Here's the process. Now, I usually help people through this process in a workshop, and so, I want you to be really compassionate with yourselves here in this detox. Play the game, have fun with it and do it a few times on a Friday night in bed. It's a hoot.

So, the first thing you both need to do is to get off the high horse. What's that mean?

Well human nature usually wants to define our personality by separating us from others. It likes to say, he's that, I'm this. It's the old primal competitive spirit. So, with that we get on soap boxes and start defining ourselves by how much better or worse we are than someone, in particular, our partner. This is the high horse.

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Getting Off Your High Horse Detox

Step one, the good news.

Here we're going to get off the high horse by finding where we are the same as anyone else we choose to nominate, but I'd recommend you do this the first time with an ex partner (someone you still have anger or infatuation about) as the target.

The table below is step one.

Getting Off the Positive High Horse - infatuation leveller.

| 1. Trait | 2. W..I.H.T | 3. Neg 1 | 4. Neg 2 |
|----------|-------------|--------------------|--------------------------|
| Nice | p,k,t,j, l | Not totally honest | Hold back, swallow anger |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

In column one list all the good personality traits you like in the person you are dealing with.

In column two list the initials of all the people who would say you have the same traits as column one.

Column three write at least two negative results for others that we do what we do in column 1.

Column four write at least two negative results for ourselves that you do what you do in column one.

Now you are half way off your high horses...

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Step two in the game of getting off your high horse: the bad news.

| 5. Trait | 6. W.I.H.T | 7. Pos 1 | 8. Pos 2 |
|----------|------------|-------------------------|--------------------------|
| Mean | e,d,f,g,l | Strength, Self-aware | S a f e , independent |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

In column five list all the bad personality traits you dislike in the person you are dealing with.

In column two list the initials of all the people who would say you have the same traits as column one.

Column three write at least two positive results for others that they get from what you do in column 1.

Column four write at least two positive results for ourselves that you do what you do in column one.

Now you are well way off your high horses...

This can be a great game. There are some blank sheets at the back of this report.

Detox 5. Your Stress Is Not My Stress Detox

A couple who are caught up reacting to each other are going to snowball their stress and kill their intimacy. Their tension will sacrifice all that is special by trapping the ego in an emotional tug

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of war. The harder one person pulls on their emotional strings, the harder the other will react. They will, in the beautiful ambition to help each other in love, undermine their whole capacity to live what they deserve together.

Somebody has to stand still in a relationship to let the other person spin. There will always be one person spinning, stressed or flustered and in these times the other partner has to love them enough, to be vigilant enough, to stay still.

When you feel stress in your partner try not to react to it, try not to jump in and fix it, simply reconnect to your 110% Stop and let them spin, affirm: “Your Stress is Not My Stress.”

Releasing a person to have their stress is sometimes frustrating. They disappear off the radar for days and weeks, but if we react, if your stress becomes my stress, we turn a few days of compassion into a month of yo-yo relationship.

Intimacy comes in many forms. Deep intimacy is a wordless, action-less. So, by not reacting, we hold intimacy at least in our heart, and just wait for the spin to slow down to enjoy it in other ways.

I describe it like this. If a person stands in the middle of a room and swings a metal chain around the room, you’ll soon learn to stand outside the reach of the chain. That’s the “Your stress is not my stress” process. So, the more stress they have, the less sexual intimacy we can have because that stress is, like the metal chain, determining how close we can stay.

The, “I can fix your problems” intimacy means we run in and try to stop the chain, block it, or even get hit by it. But if the person swinging the chain doesn’t learn to stop swinging the chain, if we are always rescuing them, then they’ll keep causing the stress. We

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can't change that by running in and grabbing hold of it. Control doesn't work.

What works is being inspired regardless. It's almost ambivalence, a space where you become unaffected by their drama. You simply say, "Your stress is not my Stress." People complain to me that this is really unsupportive, and I don't mean to imply that we stand back and don't lighten the load for our partner, but we don't get emotional, we don't get stressed or reactive, that's the point.

It is so important to hold this loving stillness in relationship. If you start reacting to your partner reacting to somebody else reacting to somebody else who is reacting to global warming, you've just made your relationship a complex catastrophe instead of a sanctuary from which some real change could take place.

Reacting to reaction is a rebound effect. The weird part about this is that when I tried to help my partner reduce her stress, she felt judged and therefore unloved. The more we react, the less loved our partner feels, so, then they react, which in turn causes us to react, which in turn makes them feel less loved. It's a cycle that's best not to start and one that, if there's children involved in the relationship, they'll probably feel responsible for.

The ultimate awareness is to understand that people cause their own stress. And that's part of the support and challenge balance that is life. If we don't react, then nature will, in the right time, teach.