

WHAT DO YOU DO WHEN YOU ARE LOSING HOPE IN YOUR RELATIONSHIP?

The sky is beautifully blue overhead, the breeze is warm on your skin and the birds are all in fine form today! You feel your spirit lift as you appreciate the flowers that line the beds as you walk to work and you remember with pleasure the dinner you have planned the next night with some friends that you particularly enjoy.... life feels good at that moment and you are grateful.

As you walk down the steps your heel twists and goes flying along with your handbag, your balance and your dignity. You feel a painful wrench in your one ankle as you hit the floor and in that moment the lovely day dissolves and all you are aware of is the pain and distress you are in. Nothing has changed in the day ...it's still bright blue skies above, warm breezes and chirping birds but you are totally unaware of it all lying there in pain.

What has this to do with relationship and losing hope, you might well ask?

Well, it seems that when we are in pain whether it be physical or emotional, we become inward turned and self absorbed and we lose all sense of the good stuff around us. For a while all we are going to see is the danger of lying on the floor on a busy pavement...where the next treacherous steps might be and how unstable heeled shoes are!

In relationships when we are experiencing the pain of conflict and disconnection we tend to become zoned in on the pain and the awareness of the good stuff, the stuff that IS working in our relationships, fades into the background. Now this is a perfectly natural thing to happen and it is the brains way of keeping us alert to possible dangers around us so that we can take action to avoid the danger or pain.

The problem is when the pain highjacks the good stuff and we start to live in the world of fearfulness, scanning our world for the next pain to come our way. Metaphorically we can only see treacherous steps and faulty shoes wherever we look!

So how to stop ourselves losing the awareness of what is working in our lives?

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Try these simple strategies:

- Ask your brain to start noticing the good stuff about one particular thing. Give it the task of finding 5 things that you like about that person or thing. This is not about psyching yourself up to do positive thinking but rather bringing the balance back into the picture.
- Tell somebody one thing you like about them and how it makes you feel. 'I really like the way you are concerned for people around you...that makes me feel really motivated!'
- Be gentle with yourself when you keep noticing the negatives, after all your brain is just doing its job! Rather invite yourself to consider those lost treasures of all those positive things that are still there just waiting to be noticed.

As you try these strategies you will notice that your world, your relationships and your mood all seem to start improving and life starts to regain its sunshine.

Give it a try right now!