

Relationship Pro-tip #626:

Ever wonder who your partner is communicating with on their phone or on Facebook or who their “friends” are and what they are talking about?

*Please stop that because it's none of your fucking business
-- and it is hurting your relationship.*

Modern society programs us to think of our partners as our possessions. We reinforce those thought patterns when we use phrases such “my wife” or “my boyfriend” to describe our partner -- “my” is the possessive form of I. That sense of possession is just-the-tip of a great lie that we use to try and make ourselves feel better – to try and fill that hole we feel inside. The lie goes something like: If I possess this thing of beauty or strength it will make me feel whole, complete, nourished, loved – or whatever thing you feel is lacking in you.

Please try to take a few steps back from that logic. It's the same lie told by every advertiser or marketer ever. No product, thing, cream, extract, potion or person will ever be able to make you feel better about yourself, only you can do that – and that's a choice. Advertisers want us to believe that we must have their shiny thing of the day in order to “be happy” – has that ever worked for you? How about when the first installment payment came due – are you happy now??

Please stop falling for that same tired bullshit in your relationships. Stop thinking of your partner as yours and agree in your head to give yourself to them in partnership instead. *Yes, really...* No partner can ever make us feel better about ourselves; yes we might choose to feel elation, happiness, a floating velvet cloud of kittens and *whateverthefuck* when we are in a relationship but those are choices that we make too.

We could also choose to be happy in our own skin, and learn to love ourselves so that we won't feel the need to engage in manipulative, cloying practices in our relationships in order to make sure that our little patch of heaven isn't threatened or feel the pull of that new shiny thing (It has taken me 50 years to figure this out though, it is not the easy path. The easy path is to stay inside your programming, keep lying to yourself about how “nice” you are and wondering why your relationships all crumble into distrustful manipulative messes).

You don't own any part of your partner, you don't own their communications, their friendships with other people or their thoughts. You don't even have any rights to know about those things. In a caring relationship each partner shares with the other willingly and openly, wanting the other person to know what's going on with them but only if there are no expectations of such. Everything that your partner gives you from a donut to a hug to the wink of an eye is a gift. You have no rights to it except as that, be grateful for the gifts you get instead of resentful for those that your ego thinks it is entitled to.

Also remember that one of the best gifts that each of us can give to any partner is to recognize when we might have fallen into our programming again (it's so easy) and strive to work ever more diligently to climb upward toward a life of lasting happiness.

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