

Volume 5 Issue 9

September, 2019



JOEL BRASS & ASSOCIATES LTD.

The Growing Edge

Don't Blame Your Partner: One Irrefutable Law of Love

As many of you know, a very deep personal and professional passion of mine is relationships. Specifically, helping two people in a primary relationship see their respective parts in its frustrations and breakdowns *before they press the delete button*. The motivation for this is autobiographical. Firstly, if it were not for somebody doing the same for me, I am absolutely certain that I would have drifted all my life seeking an ever more perfect mate and finding an insurmountable flaw in every last candidate. Second, I am wild about the pleasures and joys of family. If families can be kept from needlessly being torn asunder, I am all for it.

I also know first-hand that taking yourself apart in an unflinchingly responsible and honest way to see where the real barriers lay to your experience of true and lasting intimacy can be difficult and painful. Yet there is only one alternative, and that, over time, proves to be even more difficult and painful. It is to blame the other person; project the cause of all the frustrations and breakdowns of the relationship onto them; see yourself as their victim until you've had all that you can take; leave them; then begin the pattern all over again with someone new. Could a more foolproof formula exist for lifelong loneliness, alienation, confusion and dismay? I think not. When it comes to explaining the **real** cause of relationship breakdown this double-entendre maxim holds true: **"If you don't go within, you go without."**

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In working with a good many couples over the years, there are very few laws governing the primary love relationship that I can say have applied to every last one. Almost always in working with the psychological and emotional realms of being human, let alone two humans, there is an exception to every rule. Almost all relevant truths are such that the opposite of those truths is also occasionally true. What follows however is one law that has never yet failed to be true nor has it failed to *always* floor one or both of the protagonists: ***"In matters of primary relationship you are attracted to somebody who has approximately the same capacity and incapacity for true and lasting intimacy as you do. And it will almost always look to you as if you have the greater capacity."***

What are the ramifications if this law of love is valid? Perhaps the most obvious one, the one which cuts right to the heart of the matter, is that even though you may strenuously reject it, you are as ambivalent, fearful, blocked or disqualified in regards true and lasting intimacy as your partner. No that simply can't be, you say? You feel that you should get at least a B+ grade in your human relations skills while your mate should deservedly receive a D-? After all, he is the one who won't communicate, withdraws emotionally in any conflict and puts work far ahead of his relationship with you on his list of priorities? Yet deep, deep down how comfortable would you be if he really started to talk, and stay in conversations about real and painful things? Are you sure you would know how to react if he brought as much of himself to you as he gives to his work? She is the one who is bossy, moody and disinterested in sex, not you, you say? But hasn't it been easier for you to gripe and complain, pull away, and make her the relationship's only problem than to openly, honestly and vulnerably look at your role in her being these ways?

How about even more extreme examples? She's the alcoholic. It's her addiction, lying and manipulation that is the only obstruction in the way of a healthy and loving relationship? Ah... but who chose the alcoholic in the first place? Who has been around other alcoholics before her or other partners who, at the very least, have been self-absorbed and lost in their own inner worlds? He's had the affair, you say, not you? Ah ... but who chose a guy who had the potential to have an affair? What part did you play in the gap between the two of you which produced the affair in the first place? Are you sure, totally sure that you have been bringing real emotional (let alone sexual) intimacy to him? How about 100% commitment? And how about monogamy, in both spirit and in deed?

Can you see why it's so much easier to take little or no responsibility for the state of the relationship? To stay and brood for years or to righteously march off to divorce court claiming an assortment of the so-called "irreconcilable differences"? This, even if children, families and generations come apart at the seams.

The message bears repeating: ***If you don't go within, you go without.***

For those who do go within and stay within long enough, I have some encouraging news. As you take responsibility for being ambivalent, fearful, blocked or disqualified in regards to your capacity for true and lasting intimacy, your capacity for intimacy grows and grows! And guess what? The law that says you are attracted to someone of equal capacity still holds true! Be this with the person you are with now or the one waiting for you down the road, you will meet up with someone who is your perfect match!

Vancouver counselling office:

**Hycroft Centre
Suite 117 - 3195 Granville St
Vancouver, BC V6H 3K2
604-732-9091**

White Rock counselling office:

**1521 161B Street
South Surrey, BC V4A 9W3
604-535-4220**

www.joelbrass.com / counsellingbc.com

UPCOMING SEMINARS

HEALING THE ORIGINAL PAIN OF YOUR LIFE: THE INNER CHILD SEMINAR

Many of us are aware that we are stuck emotionally or spiritually somewhere in our journey through life. These stuck places may show up as unwanted and self-defeating behaviors or symptoms such as:

- unhealthy relationships
- relationship breakdowns
- an excessive need for money, position or power
- constantly seeking the approval of others and fearing rejection
- constant, unstoppable busyness
- workaholic tendencies
- loneliness
- explosive emotional outbursts with loved ones
- dependency on alcohol, drugs, sex or shopping as a mood-enhancer
- family strife
- low self-esteem
- depression
- eating and sleep disorders
- internet addictions

All of these conditions are expressions of a soul in too much emotional pain and fear, recycling it over and over again in the present day, often onto people and in situations that have nothing to do with the original wounds which produced it. This seminar will gently and powerfully escort you into some of the most formative moments, relationships and events of your early life so that you can identify the original source of your emotional pain and fear and learn how to heal and release it at its roots. It is my personal and professional experience that doing so can free you up in the present day to live a qualitatively new and fresh life and not just some re-enactment of your past.

DATE: SAT / SUN, OCT. 19 & 20, 2019

RELATIONSHIPS: THE WORK OF LOVE

In this seminar we examine ourselves as the perpetrators of pain. We examine the myriad flight and fight responses that we have employed to keep from our hearts and souls the very people we say we want to love, the very people who have committed the "crime" of loving us. This most certainly could include our love interest but we will also examine our relationship with our father, mother, sister, brother, son, daughter and past loves to discover the ego patterns that have run us and our relationships into the ground.

We begin to move from being baffled, righteous, or victimized by our love lives to taking 100% responsibility for the state that our most significant relationships are in. All of our dynamics and imposed barriers to real intimacy, committed love and monogamy are faced.

Only then can we discover and examine the components of a healthy, loving and mutually beneficial relationship. Only then can we discover that with courage, vulnerability, honesty and humility, we can begin to experiment with laying down our survival-oriented, fear based ego patterns and establish an entirely new base from which to interact with the people of our lives.

DATE: SAT / SUN, DEC. 7 & 8, 2019

**COST - \$275.00 + GST per person (deferred payment plan available)
bursaries available to those in financial need**

If you have further questions or would like to register contact:

**Catriona (seminar coordinator) at (778) 773-2726 or
email: seminarsjoelbrass@gmail.com**

