

Relationship Remedy

Dealing with Continuous Relationships

Lindsay Kenny, EFT Master



Whether your relationship challenges are with your spouse, life partner, your children, boss, siblings or friends, there is a relatively easy way to turn them around. If, for whatever reason, you can't or don't want to leave the relationship, then you can at least significantly improve it.

If you're willing to do this simple process, trust in it, and be amazed as the positive results unfold then proceed. If you want to keep complaining about what a rotten *whatever* that person is, then this process is not for you. Remember, if you keep doing what you've always done, you keep getting what you've always gotten.

- 1. Clear existing anger, frustration resentment,** or whatever emotion toward “object of your discord” by tapping on it. Start with Reversal. When the intensity toward the “object of your discord” has dropped to a zero, test the results by trying to get upset at him/her.
- 2. Write out all of the things you want in a partner** (do not make this about the person you're upset with, however). Simply make this about what you want in a relationship. All statements should be stated in the positive. Such as:
I want acceptance and love
I want to be respected and appreciated
I want peace and harmony
I want affection and romance
I want to be heard and understood
- 3. Make an Appreciation List** of the good qualities of the “object of your discord” Tap on those things you appreciate about him/her.
- 4. Make a Wish List** of what you want and expect with this type of relationship (not with the difficult person but with your ideal person in this role). For example, important qualities might include acceptance, encouragement, unconditional love, open communication, non-judgmental support...
- 5. Tap on the wish list...**not for the person to change, but for the qualities of an *ideal* person in that role. Such as:

- ◆ *I want and deserve kindness, acceptance and patience in a boss.*
- ◆ *I want and deserve a husband/wife/significant other who respects me, who is affectionate, supportive, a good listener and empties the dishwasher every day.*
- ◆ *I want and deserve a friend/sibling who honors our secrets, who keeps commitments with me, is there for me, and accepts me unconditionally.*

Again, in this process you're not referring directly to, or about, the person with whom you are upset. Instead of complaining about what you have and don't want, you are simply telling the Universe what you want to attract. When you complain or focus on the negative, you only create more of it.

Now, tap on the aspects you want in your relationship (this is different from the ideal person; love, acceptance, fidelity, honest, open communications, etc. No need to do a set-up. Just tap as you say each positive statement. Feel the emotions of how it will feel when you get what you want.

- ◆ *I am attracting my ideal life partner*
- ◆ *I love that he/she is so loving, attentive and kindhearted*
- ◆ *I'm so grateful to have this wonderful person in my life*
- ◆ *I deserve the love, attention and support he/she gives to me*
- ◆ *Thank you Universe (or God) for allowing me to have my ideal mate*

- 6. Make a list of the things you would like to improve about yourself.** Focus on the things you believe your ideal mate would expect in his/her partner; i.e. Patience, support, unconditional love, acceptance, loyalty, etc. **Then tap on correcting any attributes where you fall short.** For instance, if you're impatient, tap on becoming patient. If you are judgmental, tap it away and choose acceptance. Still angry? Tap it away!