

Is LoveKnocking at Your Door or Knocking you Around?

by Tula Tzoras



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MARS AND VENUS the eternal mystery! “Men like to be heard and women like to feel safe”

Relationships can be a mind-field. None of us escape the heartbreak of love. As human nature has it, most of us experience betrayal, deceit, judgement, control, the Shadow.

Some of us seem to be beacons for troubled partners with major issues like addiction or mental illness for example. We go into

rescue and find ourselves bereft at the end of it. Some of us attract people who cannot commit and wonder why. Some of us are in marriages resembling hell. There is arguing, misunderstanding, obligation, control, jealousy, sometimes even violence. This can wear at our self-esteem to such a degree that we begin to blame ourselves! Worse, these situations can render us powerless to leave. After all, perhaps we have children to consider.



Is that all there is? The answer is NO. Thankfully, the Law of Polarity dictates that every situation has an opposite and in fact there is a gift in both. All we need perceive is the silver lining and when we consider we are here and every experience contributes to who we are today, we can only be grateful!

Here are some quotes by Dr. Phil:

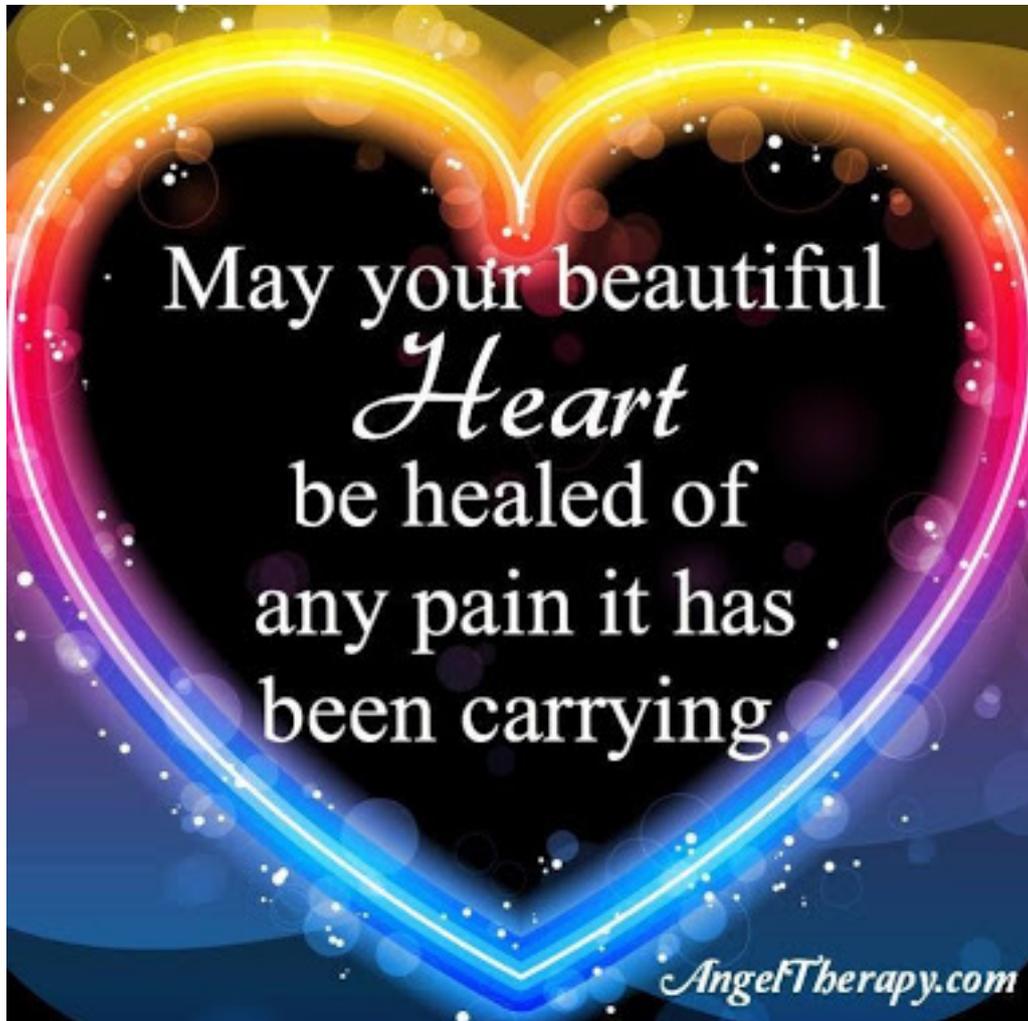
Awareness without action is worthless.

You're only lonely if you're not there for you.

Anger is nothing more than an outward expression of hurt, fear and frustration.

It's better to be healthy alone than sick with someone else.

You cannot be who and what you are unless you have a lifestyle, both internally and externally, that is designed to support that definition of self.



Tips for Transforming Relationships:

- ❖ If you have a willing partner, relationship counseling can be great for establishing boundaries and tasks to follow to better the relationship.

- ❖ If you are working alone, the work you do can shift the perception of your relationship and provide an example your partner may choose to follow.
- ❖ Build Trust. Trust is something we earn over time. A great way to build trust is to be true to our word, do what we say we will, show integrity. Another is to be honest; transparency is vital in a loving relationship.



- ❖ Listen. Listening is an Art, it is being present for the other person, quite different to hearing. Listening shows respect for the other's thoughts and opinions.
- ❖ Don't take things personally or make assumptions. It makes life a lot easier.
- ❖ Work on personal issues outside your relationship. Your relationship has a life of its own.
- ❖ Leave the past in the past. This may take some work.
- ❖ Take an internal inventory of your own habits and behavior. Develop Self- Awareness. This will allow you to see and take responsibility for your part in every situation.

- ❖ Realize that continuing the same behavior will give you the same results. Be open to change.
- ❖ Stay on your side of the fence. This means bringing the focus to the self and making it a rule not to Name, Blame, Shame or state your partner's reality. Stating someone's reality is telling him or her how he or she is feeling or what they are doing for example.
 - ❖ Own your feelings. Our feelings belong to us and though we may be triggered by events, we cannot blame others for them.
- ❖ Refrain from criticism. If something hurts your feelings, you can communicate how you feel in a constructive way, without lashing out. Feeling words are words like sad, scared, frustrated, angry, ashamed, lonely etc. If you express how you feel and leave it at that, when asked why, you may respond by saying "When you do this I feel that". It is not asking anything, it is letting them know and leaving the choice up to them.
 - ❖ Do not expect or ask someone to change. Love is accepting someone for who they are and who they are not. It is only at the point of something we absolutely cannot accept, relationships end.
- ❖ Find your joy! Stop focusing on what you hate and begin to focus on what you love. We are our attention. The happier you are within yourself, the less you are affected by others.
 - ❖ The beauty of self-awareness is that we begin to identify what is ours and what isn't. This way we can build self-referral, aiding us in becoming immune to outside poison.
- ❖ Find Gratitude and express it for the great things your partner does. This will inspire them to do more!
 - ❖ Begin to focus on your partner's good points.
- ❖ Recognize that we are all connected and our ultimate wish is the same. We all want to be loved.

- ❖ Practice regular meditation, visualizing your relationship, as you desire it to be.
- ❖ Always do your best, after all that's all we can do!
- ❖ Create your relationship as you would create a work of Art, it can be anything you like.
- ❖ Make a Commitment. The more we invest in anything, the more we get out of it!

It is said that leaders can only lead by example. With any luck your partner will be committed to a loving relationship and will choose to work with you. If not, practicing these tips will most likely inspire the other to reciprocate accordingly. When you have done your best, it will then be your choice to stay or leave the relationship. That will require some courage, which of course you will have cultivated working on your self-love.

The word "Peace" is written in a large, elegant, black serif font. The letter "P" is particularly large and features a prominent, sweeping flourish that loops around the top and left side of the word. Below the word, there are several decorative, light gray flourishes that resemble calligraphic scrolls or swirls, adding a sense of grace and movement to the overall design.

Tula Tzoras, is an Actor, Author, Speaker, with a successful acting career behind her, starring in several of Australia's top rating shows. Her extensive learning and experience in the Corporate Arena and Mindset realm make Tula a multi dimensional source.

Apart from acting, Tula studied psychology, emotional intelligence, conflict resolution, relationships, became a reiki master; a sponge for learning and growth, delving into inner child work, rebirthing, movement, expression and so on. With a commitment to overcome personal physical and emotional limitations, Tula also turned to alternative healing, actively keeping up a daily spiritual practice to this day. Tula loves Inspirational Seminars! the Landmark Forum, Dr. John Demartini, Chris Howard, Michelle Masters NLP, Jeff and Kane Seminars and the list goes on! She is a B.A graduate of Monash

University. In the corporate arena, sales, promotion, team leadership, event management and human resources form part of her experience. For more information, please visit www.tulatzoras.com