

Relationship Postures Part 3

Transcript

00:00:05 Announcer

Are you tired of chasing perfection and always feeling like you fall short?

00:00:09 Announcer

There is a better way.

00:00:11 Announcer

Welcome to the pop coach life.

00:00:13 Announcer

With your host, Sharon Smaga.

00:00:15

Where we are pursuing.

00:00:16 Announcer

The art of purpose over perfection.

00:00:19 Announcer

She's going to turn what you think you know on its head and help you discover a life filled with meaning.

00:00:25 Announcer

And joy.

00:00:26 Announcer

So buckle up, buttercup.

00:00:27 Announcer

Because here comes Sharon.

00:00:42 Sharon

Welcome back to purpose over perfection or pop coach life.

00:00:48 Sharon

It's good to have you back.

00:00:49 Sharon

We've been working on relationship postures and if you've been watching, you've already seen.

00:00:56 Sharon

Relationship posture one and two, and the videos I did for that, the podcast, and so I'm just going to do a quick review again of.

00:01:05 Sharon

The four postures? Pardon my glasses. The blessing of middle-aged is needing readers so so the relationship postures we've been talking about. One is you count. I don't.

00:01:18 Sharon

The second one is I count you don't count.

00:01:21 Sharon

Three is I don't count.

00:01:22 Sharon

You don't count and four is I count you count and we've already kind of gone through posture one and two.

00:01:29 Sharon

The problems?

00:01:31 Sharon

What's the payoff that we get stuck in those and sort of talking about?

00:01:37 Sharon

What are some ways to make some change there where we're recognizing we're in one of those?

00:01:42 Sharon

And healthy posture.

00:01:45 Sharon

So posture 3 today.

00:01:48 Sharon

I don't count.

00:01:49 Sharon

You don't count, so I've not seen value in either one.

00:01:52 Sharon

Of us.

00:01:53 Sharon

And the problems that come with that is I probably am treating myself and you poorly.

00:01:59 Sharon

I don't see or give value to either one of us, and if we're in this kind of dynamic together, we engage with the world from a very what I would call.

00:02:08 Sharon

Value less perspective.

00:02:11 Sharon

And make ourselves victims. We might reinforce one another's victim stance, and there's probably a tendency to externalize instead of problem solve.

00:02:20 Sharon

So kind of blaming the world and blaming other people and feeling less than or, you know, I can't get anywhere or we can't get anywhere as a couple.

00:02:30 Sharon

We just.

00:02:31 Sharon

Aren't ever going to.

00:02:33 Sharon

Get where we want.

00:02:34 Sharon

To go or be successful and by success.

00:02:37 Sharon

That can be a.

00:02:38 Sharon

Variety of different areas of life and relationship.

00:02:41 Sharon

It's similar in some ways to posture one, I think, but it's almost like this doubling down effect if we're both engaged in this posture together.

00:02:50 Sharon

So it can be really enmeshed in that sense and that's not completely about enmeshment, but I think that's a typical dynamic and the way it kind of shows up is it's.

00:03:01 Sharon

US against the world.

00:03:04 Sharon

And we aren't.

00:03:04 Sharon

Probably aren't going to challenge one another so.

00:03:06 Sharon

So we might kind of sit with our spoiled pudding in the cup complaining about it, but we're not likely to challenge either one.

00:03:16 Sharon

Put it down then and go make some fresh pudding, if you will go out and try something different to problem solve or change the circumstance.

00:03:26 Sharon

The reward I think that can come with this is we're not accountable.

00:03:30 Sharon

Can avoid risk?

00:03:32 Sharon

I definitely don't have a partner that's, you know, if we're engaged in this, we're not going to challenge each other.

00:03:36 Sharon

Again, to take risk or make change.

00:03:39 Sharon

So and and we may kind.

00:03:43 Sharon

Of tell ourselves well if.

00:03:44 Sharon

I if I change that, I'm going to leave my partner behind.

00:03:48 Sharon

So it kind of lets us hide, I think a little bit you know so again and that US against the world thing that can play out in these relationships that might actually feel powerful, right because you know.

00:03:59 Sharon

Baby, we're taking on the world together, but in that we're actually losing now.

00:04:05 Sharon

And I think it can also because of that give if you and I are in this posture, we may have a really false sense of intimacy and closeness.

00:04:13 Sharon

That isn't true and just me.

00:04:15 Sharon

It's just.

00:04:16 Sharon

We see the.

00:04:17 Sharon

World as a common enemy that we are fighting.

00:04:20 Sharon

So it gives.

00:04:21 Sharon

Us that sense of closeness, which can kind of camouflage right, that there's a payoff in that if we don't know another way to get those needs met.

00:04:29 Sharon

Again, you're going to if you're noticing the pattern when we come to the, then how do we change it?

00:04:36 Sharon

It's very similar for all the postures, what I'm postulating for change is very similar for all the 1st 3 postures.

00:04:46 Sharon

So again, you're going to want to explore and develop a stable sense of your own value and worth that will also allow you to see your partners you're going to want to develop self-awareness.

00:04:56 Sharon

Take ownership of your own thoughts and feelings, right?

00:05:00 Sharon

Instead of blaming other people for how you feel, learn and implement healthy boundaries yourself.

00:05:05 Sharon

Stop blaming others or your partner speaking out of self respect.

00:05:11 Sharon

UM.

00:05:13 Sharon

And I would also say for posture 3 more specifically, it's important to label your insecurities and fears.

00:05:21 Sharon

Stayed out loud.

00:05:23 Sharon

Our secured insecurities and fears it's something.

00:05:27 Sharon

We all have in common.

00:05:30 Sharon

If we can't label them, if we won't acknowledge them, they have more power.

00:05:34 Sharon

And if we won't speak them out loud with people we trust, they absolutely have greater power in your life.

00:05:40 Sharon

So speak them out loud.

00:05:42 Sharon

Find somebody that feels safe, that can encourage you to feel safe enough to just speak out and label this stuff.

00:05:52 Sharon

And don't use your partner as an excuse.

00:05:55 Sharon

To avoid growth.

00:05:58 Sharon

So quit hiding behind them.

00:06:01 Sharon

Had a very lovely.

00:06:02 Sharon

Relationship many years ago in my life and and it wasn't until that relationship was over that I realized in some respects.

00:06:09 Sharon

I was using them as the excuse to not step out of my comfort zone and take a risk, and that wasn't fair to me, and it wasn't fair to him.

00:06:19 Sharon

So we can all learn from this stuff.

00:06:21 Sharon

OK, so there are some thoughts on that again.

00:06:26 Sharon

Think about these.

00:06:27 Sharon

If you're engaging in any of them, the you count.

00:06:30 Sharon

I don't count.

00:06:31 Sharon

I count you don't count.

00:06:33 Sharon

I don't count.

00:06:33 Sharon

You don't count.

00:06:35 Sharon

This is really important because these are what we would consider unhealthy relationship postures.

00:06:39 Sharon

The 4th and final one I count you count.

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We'll talk about and obviously that's the more healthy relationship posture.

00:06:47 Sharon

For the goal posture, if you will, this is kind of the.

00:06:51 Sharon

This is the kind of thing we want to strive for in relationship with one another, so I hope this has been helpful.

00:06:56 Sharon

Thanks for taking the time to listen and again check out my podcast.

00:07:02 Sharon

If you're listening to this, you've already found me.

00:07:04 Sharon

Check out the website if you haven't found that yet at pop coach dot life and this is Sharon.

00:07:11 Sharon

Smuga take care and have a great day.

00:07:13 Sharon

Bye bye.

00:07:19 Announcer

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