

Relationship Loops

Loops are defined as a series or process - the end of which is connected to the beginning. In relationships, these loops are based on what we witnessed or experienced while growing up or in our early relationships. We will re-play that loop in attempt to prevent pain, but in reality we are creating the very thing we wish to avoid. Keep this journal as a way to reveal what loops you may be playing out in your relationships - even the one you have with yourself. You may not be able to fill in all the questions or see the 'loop' at first but keep journaling. Clarity will come. At the end of each day, or when you feel you need to, take a moment to journal your interactions day. Your journal should include:

Time and Date	
Describe the behavior, actions, or conversation that occurred.	
Have you been here before? What happened then?	
Could this be a loop? What from your past might you be playing out now?	
How is this 'loop' serving or no longer serving you?	
How can you step out of or change this loop?	

Some loops are a normal part of relationships. Many are mirrors of learned behavior, past relationships, and our world view. How we talk to each other, our sexuality, financial decisions, and core values are examples of the daily rhythm of our connection with others. Most loops are comforting and supportive. However, they can shift in a negative direction when we start acting and reacting from patterns of behavior and beliefs that we subconsciously use to protect ourselves. These are not exclusive to relationships with your partner/spouse/significant other. They can be present in any relationship to some degree.

Some examples of negative loops that can result from these past experiences are:

- Difficulty opening up: you may not feel emotionally safe. There may be patterns of avoidance of having your opinions dismissed.
- Secrets are kept: this is a form of lying or relational dishonesty. Trust issues are at play.
- Lack of emotional support: Building off the first two symptoms above, you may withhold emotional support from your partner.
- Waiting for the other to change: You're unhappy about some behaviors and patterns. Rather than initiate a conversation, you tell yourself that your partner must change first.
- Fighting over "little" things: Rather than directly address major concerns, you chronically squabble over issues that feel minor.
- Loss of intimacy: From sex life to holding hands, it's started to fade

Each of these loops serve to sever the bond you have with your partner and confirm your belief that you are not safe, you cannot trust others, or you are not worthy of being loved. This is the subconscious belief that you need to change. You are deserving of so much more.

Ask yourself: What is that core belief or beliefs that are preventing you from having that deepest, most satisfying, and loving relationship you so desire? What behaviors do you exhibit that are affecting your relationships?

Speaking with a qualified professional and/or seeking couples therapy is recommended to help you both move out of the negative and destructive loops that are affecting your relationships.