

# Healthy Relationship vs. Entanglement

(Partners)

(Adversaries)

## YOU

*Wholeness*

## ME

*Wholeness*

**Persona**

*Guided by  
Fear &  
Narrow-  
Mindedness*

**Essence**

*Guided by  
Love &  
Open-  
Mindedness*

**Essence**

*Guided by  
Love &  
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**Persona**

*Guided by  
Fear &  
Narrow-  
Mindedness*

**Beliefs  
Thoughts  
Feelings  
Actions**

**Beliefs  
Thoughts  
Feelings  
Actions**



## WE

**Healthy  
Relationship  
(Partners)**

**Villain  
(Control)**

**Entanglement  
Drama Triangle  
(Adversaries)**

**Victim  
(Give Up)**

**Hero  
(Distract)**

**Reveal Your  
Deeper Truth**

*(Take 100%  
Responsibility)*

**Reveal Your  
Deeper Truth**

*(Take 100%  
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## You & Me

### AS INDIVIDUALS

Each of us are 100% responsible for creating our own wholeness:

- ◆ Nurturing a healthy Intellect, Emotions, Body, and Spirit
- ◆ Cultivating our own Self-Love
- ◆ Embracing our own Self-Worth
- ◆ Claiming our own Self-Authority
- ◆ Living in concert with our own Life Purpose and expressing our creativity, talents, and gifts
- ◆ Manifesting our own Intentions and Milestones

## We

### IN HEALTHY RELATIONSHIP

As whole individuals, each living from our Essence, we have chosen and committed to be partners on the journey of life:

- ◆ Guided by a shared vision for our relationship
- ◆ Manifesting agreed upon intentions and milestones
- ◆ Living as equals
- ◆ Keeping clear agreements
- ◆ Standing for our partnership
- ◆ Embracing all communication as an opportunity for growth

## Essence

### GUIDED BY LOVE AND OPEN-MINDEDNESS

I live in a state of ease, flow, connection, and genius expressing these Essence qualities:

- ◆ Deliver Appreciations
- ◆ Loving Touch
- ◆ Collaboration
- ◆ 100% Responsibility
- ◆ Impeccable Agreements
- ◆ Authentic Speaking
- ◆ Resonant Listening
- ◆ Emotional Literacy
- ◆ Loving "What Is"
- ◆ Creative Expression
- ◆ Clear Requests
- ◆ Gratitude
- ◆ Generosity
- ◆ Openness to Learning
- ◆ Curiosity
- ◆ Revealing
- ◆ Supportiveness
- ◆ Stand for Partner's Wholeness
- ◆ Authenticity
- ◆ Commitment

## Persona

### GUIDED BY FEAR AND NARROW-MINDEDNESS

I live in a state of stress, stuckness, and stagnation and expressing these Persona qualities:

- ◆ Perceiving Attack
- ◆ Expressing Blame and Criticism
- ◆ Withholding/Concealing (thoughts, feelings, actions)
- ◆ Withdrawing and Stonewalling
- ◆ Being Contemptuous
- ◆ Controlling
- ◆ Defensiveness
- ◆ Resisting "What is"
- ◆ Feeling Entitled
- ◆ Complaining
- ◆ Being Jealousy/Envious
- ◆ Competing
- ◆ Being Stingy
- ◆ Emotional Ignorance
- ◆ Using Listening Filters
- ◆ Arguing
- ◆ Avoidance/Indecisiveness
- ◆ Addictions & Diversions

**Note:** This model is designed to support your understanding of *Healthy Relationship vs. Entanglement* and the role that you play in its creation. This is not an exact science. For example: 1) There are some Personas that are actually healthy and supportive, most of which are not included on this Persona list. 2) Occasionally using a persona is a healthy thing to do - at least temporarily. 3) It is possible to have one foot in Essence and one foot in Persona. 4) You can be in *Healthy Relationship* in some aspects of your life and in *Entanglement* in others.

## Entanglement

### DRAMA TRIANGLE

When you leave your *Essence* and move into your *Personas*, you abandon being partners in a *Healthy Relationship* and become adversaries in the Drama Triangle of *Entanglement*. Instead of addressing the real underlying issues, you engage in your old childhood behavioral patterns of Victim, Villain, and Hero. Born out of your childhood wounding, your patterns emerge from the limiting beliefs you formed about yourself, others, and the world around you. Entanglement perpetuates your childhood wounding and reinforces your limiting beliefs and behaviors. From this you repeatedly manifest the same types of stressful and limiting scenarios you experienced in the past.

## Reveal Your Deeper Truth

### TAKE 100% RESPONSIBILITY

Your ticket to get out of *Entanglement* and back into *Healthy Relationship* is to *Reveal Your Deeper Truth*; express what is going on with you that has absolutely nothing to do with your partner. **While moving and breathing you communicate:** Your body sensations, feelings, what do I want for myself/for my relationship, what am I responsible for (thoughts, feelings, actions), how does this drama remind me of my childhood, what can I appreciate about myself and my partner. (See the *Revealing Your Deeper Truth* tool for full instructions.)

## Questions for Exploration

What percent of time do I currently spend being a partner (in *Healthy Relationship*) vs. being an adversary (in *Entanglement*)? What does true partnership mean? Do we have a true partnership? If so, in what ways or in what aspects of our life? Who do I want to be in partnership; how do I want to show up? What is my level of commitment to my own development so that I live a satisfying life and am able to show up as a true partner? How willing am I to support my partner in being his/her best self? How can I do that? How would he/she like me to do that? What is my level of commitment to this relationship? Am I fully "in" or do I have one foot "out"?