

Are you stuck in a mess?

1 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=A-0ASXHCTWE](https://www.youtube.com/watch?v=A-0ASXHCTWE)
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SUMMARY

In relationships, focusing on who is right or wrong often perpetuates dysfunction. Instead, individuals should examine their own behaviors and choices to understand their role in the dynamics of the relationship and to break free from negative patterns.

- *Shift focus from blame to self-reflection in relationships.*
- *Ask how you are participating in the dynamics you dislike.*
- *Recognize your own choices and behaviors that contribute to dysfunction.*
- *Identify why you tolerate disrespect or poor behavior from others.*
- *Understand that breaking dysfunctional cycles requires personal accountability.*
- *Explore fears that prevent you from making necessary changes.*
- *Emphasize co-creation in relationships rather than victimhood.*
- *Use self-awareness to empower your actions and decisions.*

in relationships either with our children or our partners we typically get into a battle of well who was right and who was wrong who was correct who was incorrect well that is never going to solve the situation better questions to ask are how am I participating how am I showing up how am I co-creating the very Dynamic that I don't like for example if they are disrespectful well why do I stand for it why don't I use my

two legs and walk out of that situation or why don't I use my mouth to speak up ah that is more revealing isn't it or if they aren't cleaning up after themselves well then why am I if they are late all the time why am I waiting for them and so on and so forth the answer to our problems always lies in our own behavior how are we upholding the contracts of relationships that keep them in a

dysfunctional cycle the way to break out of dysfunctional Loops in relationships is to figure out our complete active participation our co-creation passive or aggressive so the next time you're stuck in a loop with your partner or your children stop instead of looking outward to blame them ask yourselves well what are my choices right now and why am I not executing them now you get into your

own fears and now you have work to do to overcome them