

# STOP SABOTAGING YOUR RELATIONSHIPS! 7 BIGGEST MISTAKES IN RELATIONSHIPS AND HOW TO AVOID THEM

## DAILY PRACTICE



the Wide<sup>TM</sup>  
Awakening

[www.TheWideAwakening.com](http://www.TheWideAwakening.com)

**Well, hi there!** So great that we are connecting, even if it is in writing. But hey, it's still a kind of relationship, right?

But it's different than being in a relationship with people who are close, like your sweetie, or your kids, or your family. This kind of relationship is much safer perceptively, because there is so much "stuff" that comes along with the perception of love. It feels sometimes like love should be enough to make our relationships work, but so often it isn't. That's because we have triggers, a history that affects us, protective mechanisms, and we never got taught the tools and skills that cause us to thrive.

We have been through our own journeys around the subject.

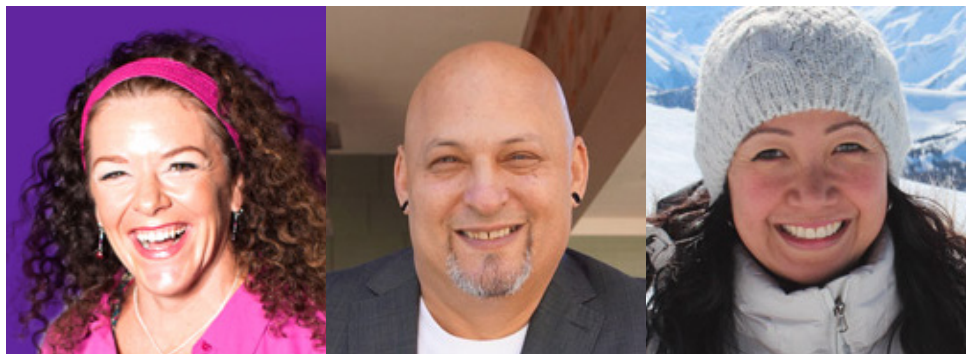
But once we decided that we were going to always let love win, we realized that we had to learn skills and tools that we didn't already have. It was very humbling. We also had to be aware of the mistakes we were making, and have alternative ways to deal with interactions that made us feel less than triggered or insecure.

It would have been so helpful if we had known in our 20's what we know now, about how to prevent crazy mistakes we had made; so much more love would have been possible!

It feels so good to be able to pay it all forward to you... no matter your age, relationship status, country, height, or ability to touch your tongue to your nose (LOL).

We truly hope that these insights assist you, and that you'll implement the tools that freed us, and expanded our ability to live in fluidity and expand love in our relationships.

With love,  
Jennifer, Adam and Jeannie  
And The Wide Awakening Team





# BIGGEST Mistake No.1

## TAKING CARE OF EVERYONE ELSE'S FEELINGS BUT YOURS

In my world, this particular mistake is known as “carrying.” Special loved ones in my life, to this day, still believe that motherly love is synonymous with worry, and worry is the simplest definition there is for carrying. Worry about somebody’s well-being, their finances, their happiness, or their future. The funny thing is that your body is the best guide you have. When you carry people, it tells you that you are off base from your most expansive path, by giving you symptoms in your shoulders and neck. Thank goodness it does that, or how would we know that carrying is unproductive. You might get neck and shoulder tightness, a headache, agitation, depression (because you feel powerless... which you should, because you are not in control of their life).

### **What happens in relationships when you make this mistake?**

When I have made this mistake, my sweetie and my step-kids will hear it like they are broken, and then need fixing. You see, carrying presumes that you have better access to other people’s guidance than they do. But your spirit is not flowing through their body. It also presumes that they don’t have the capacity to connect to their own guidance, which is very disempowering, and actually stops them in the long run from owning their happiness and their own journey. If you love someone, you really don’t want to do that, right? Thank goodness my sweetie won’t let me carry him... I’ve trained him well! LOL.

**What is there to do instead?** The greatest act of love you can give another is to let them have their journey. Ask permission first if you can give guidance, if you really must. Then ask the potential carry-ees how they feel about your guidance, and really listen to their answer. With children, the most powerful way to avoid carrying is to be an example of following your guidance, and then share with them stories of how you work through issues in your life, while allowing them to find their way. Ask them how they feel about your stories. Apologize if you have taken someone’s power away, and ask them to assist you in retraining yourself, by having them point out when you are trying to live their life for them.



# BIGGEST Mistake No.2

## GETTING TRIGGERED

Getting triggered occurs when you have a button, and someone pushes it. The mistake is that you think the person who pushes the button is the problem, not the fact that you actually have a button in the first place.

**What happens in relationships when you make this mistake?** When you get triggered in relationships, you will say things that you know you don't mean. You may also try to manipulate your relationship so you don't get triggered. The issue is that your partner will have a hard time knowing who you really are, because when you respond from being triggered, you are responding from Ego, not from your true self.

**What is there to do instead?** A good start is to let the other person know you are being triggered, and that you know it is coming from your past, or that it is the response of your Ego trying to protect you. Say it out loud, as it will then have less energy. Tell them that you are going to walk away and get neutral, so that you can have the conversation without reacting. Then walk away and get neutral. In the long run, I definitely recommend the permanent solution, which is to check out *Get Out of Your Own Way™ to Relationships that Rock* at [www.TheWideAwakening.com](http://www.TheWideAwakening.com).





# BIGGEST Mistake No.3

## NOT LETTING LOVE WIN

When you don't let love win in a situation, you are usually trying to be right instead of happy.

**What happens in relationships when you make this mistake?**

When you make this mistake, you generally are trying to feel safe, because you've been hurt before. You will set up expectations that your ego will think are brilliant, and toward harmony. But they are really about your protection. Your righteousness about expectations is from Ego, and when your Ego attacks, the other person's Ego needs to defend, and round you'll go in circles.

**What is there to do instead?** Validate the other person's ego, and assist their ego to feel heard with language like "I truly get how you could feel that way. Is there anything more?" or "I'm so sorry this feels so crappy right now, and I hear you." Watch how they soften. Seek to understand first, and there will be room for love to win, instead of ego.





# BIGGEST Mistake No.4

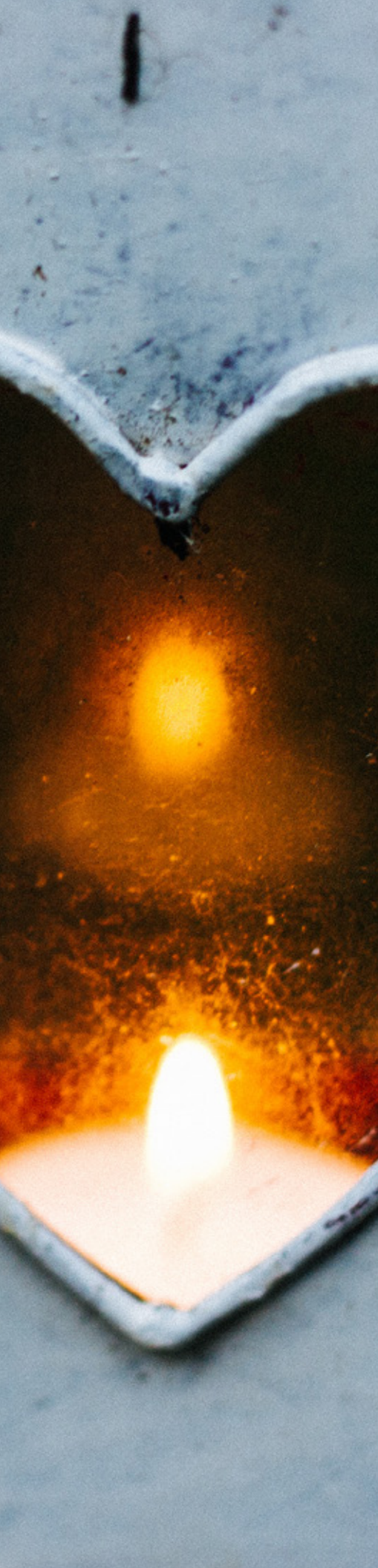
## NOT ASKING FOR, OR EVEN KNOWING, WHAT YOU WANT

My mom got cancer three years ago. For most of her life, she put everyone else first. Most would call her saintly, but somehow, it always bugged me. I asked her, “Mom, what have you not asked for from us that you would just love to experience?” Her answer was, “I would love to hear from you guys a couple of times per week.” Done. I was so happy that she honored her feelings, and that she was willing to ask for what she wanted. She’s happier now, and, of course, she healed.

What I realized from my experience with my mom, however, was that I, too, was constantly worrying about the lifestream and needs of my sweetie, and rarely asked for what I needed. In fact, so seldom did I ask for what I needed, that I could barely recognize that I had desires at all.

**What happens in relationships when you make this mistake?** My former husband (not my current sweetie), who knew more of what he wanted in life, started to dominate our relationship, and it ended very unhappily, even though we both loved each other very much. He was doing all the things that he wanted, and I was making sure I was not in the way of his wanted. But I lost myself in the process, and I resented him.

**What is there to do instead?** Keep a list in a journal beside your bed, entitled WHAT I WOULD LOVE IN MY LIFE. Every day, add a new desire, no matter what your mind says. You will start being vigilant for what your heart desires, which tells the Universe that you are interested in how you feel. Don’t get too attached to manifesting the desires; at first, just enjoy that you are having them!



# BIGGEST Mistake No.5

## ASSUMING THAT LOVE IS ALL YOU NEED, AND IGNORING AN EDUCATION IN RELATIONSHIP TOOLS AND SKILLS

It is really hilarious that in school we learn math, English, history, and so on, but the fundamental basics of being alive are completely missed; things like parenting, communication, mediation, and such. I wish I had known these tools when I was 15; it would have made life so much easier. With tools, we can resolve conflicts with grace, ease and flow, so both parties win.

### **What happens in relationships when you make this mistake?**

When we think that love will resolve all issues, we will be badly disappointed when we hit the real world. The amount of misunderstanding that happens in reality is at epic proportions, yet it is so unnecessary. When we assume love is all we need, and don't have tools, we start feeling doubt in ourselves, and doubt in love. That's because we don't understand that having the tools in our tool-box would simplify the process and make us feel confident in ourselves and love.

**What is there to do instead?** One great tool for this mistake is to follow my favorite paraphrase of the "Prayer of St. Francis": "SEEK TO UNDERSTAND INSTEAD OF TO BE UNDERSTOOD." Ask questions, instead of leaping into a self-righteous Ego fest. Understand the other person's perspective and reflect back to them with neutrality what you think they are saying. Ask them if you understood them correctly, and if they do not feel heard, then ask them questions until they do feel heard. Once they feel heard, they will be in their heart and the real conversation can begin. There are so many other tools... I wish I could tell you all of them here! But this is a great one!



# BIGGEST Mistake No.6

## THINK THAT YOUR PAST doesn't AFFECT THE FUTURE OF YOUR RELATIONSHIP

Have you ever heard someone say, "Awe, the past is the past... it's back there. I try not to think about it." So frustrating when you know the patterns that are playing out in their lives, and your relationship, are from the past. I'm sure you know that about yourself, too. We create protective patterns as a defense to anything that looks like it will negatively affect us, based on what we've been through before. I think you'll be surprised what my solution is, though.

### **What happens in relationships when you make this mistake?**

Recurring arguments, depression, conflict and frustration that never seem to be resolved. Often times we want to blame the other person, because we are so convinced that our feelings and hurts are justified, when in reality we have not dealt with the past. The past starts to cause issues in the present, because the issues seem much more amplified than they need to be; so, we think the other person has to change for us to be happy.

**What is there to do instead?** Create a picture, or a vision board, based on the kind of feelings that you would like to consistently have in a relationship. Allow yourself to feel those feelings. Do the personal work to resolve the patterns that conflict with your vision. We are experts at that here at The Wide Awakening... check out *Get Out of Your Own Way™ to Relationships that Rock!*



# BIGGEST Mistake No.7

## FORGETTING TO TAKE CARE OF YOUR OWN PHYSICAL BODY

I know that when I make other things a priority and neglect my own body (drinking water, going for a walk, taking breaks and long baths to ground myself), the people around me suffer. If I love them, I owe it to them and myself to love my body!

**What happens in relationships when you make this mistake?** You get tired, you get edgy, you get reactive, and you will have a hard time staying in your heart when things get tough. That means you will also be out of synch with solutions that live in the land of possibility. Those solutions are available only when you are in your heart. It gets frustrating.

**What is there to do instead?** Set your timer for 2 hours. I use my phone. Every 2 hours, get up and go for a 5 minute walk, make a healthy snack, hug a tree, dance to music or whatever it is that has you take a break from sitting on your butt. My sweetie and I schedule gym time together, that way we both support each other every day. We also have hobbies that we both enjoy in hiking and cycling. It's always great to find a buddy who will participate and keep you inspired. I know for sure that if mama ain't happy... well, you know the rest. I also know, it goes for papa and kids too!



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## 7 BIGGEST MISTAKES IN RELATIONSHIPS AND HOW TO AVOID THEM

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# DAILY PRACTICE

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**So, now what?** We recommend that you make a conscious effort to stay present to how you are feeling and you make it a daily practice to take the actions we suggested. Here's a short version you can print and post to help remind you of what you can do instead...

### **BIGGEST MISTAKE No.1** **TAKING CARE OF EVERYONE** **ELSE'S FEELINGS BUT YOURS**

Let others live their own journey. Ask permission first if you can give guidance, and then listen to how they feel about it. Tell your stories vs. telling others how to live theirs.

### **BIGGEST MISTAKE No.2** **GETTING TRIGGERED**

If you know you are being triggered, let the other person know. Walk away and get neutral, so that you can have the conversation without reacting. We also recommend the permanent solution, *Get Out of Your Own Way™* to *Relationships that Rock* at [www.thewideawakening.com](http://www.thewideawakening.com).

### **BIGGEST MISTAKE No.3** **NOT LETTING LOVE WIN**

Be aware of your need to be heard. Paste sticky notes asking "Am I in my heart?" and, "Am I willing to let love win?" This is so powerful!

### **BIGGEST MISTAKE No.4** **NOT ASKING FOR, OR EVEN** **KNOWING, WHAT YOU WANT**

Keep your WHAT I WOULD LOVE IN MY LIFE journal. Write every day! Enjoy!

### **BIGGEST MISTAKE No.5** **ASSUMING THAT LOVE IS ALL YOU** **NEED, AND IGNORING AN EDUCATION** **IN RELATIONSHIP TOOLS AND SKILLS**

"SEEK TO UNDERSTAND INSTEAD OF TO BE UNDERSTOOD." Ask questions. Do you understand? Reflect back. Do they feel heard?

### **BIGGEST MISTAKE No.6** **THINK THAT YOUR PAST doesn't AFFECT** **THE FUTURE OF YOUR RELATIONSHIP**

Create a picture/vision board. Feel your feelings. Do your personal work. Lean on experts.

### **BIGGEST MISTAKE No.7** **FORGETTING TO TAKE CARE** **OF YOUR OWN PHYSICAL BODY**

**Get a buddy!** Work out with each other and support each other! Set your timer for two hours. Take a break and get moving!

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**Enjoy your journey!** Remember that your most rockin relationship is with yourself... so make sure you take time for you!



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## WHO IS JENNIFER?

Jennifer Hough is a speaker, alchemist, and author. She is a seer in the deepest sense, as she started seeing the world and individuals holographically. From here, she started creating experiential programs reflecting what she saw about human potential. Her unique superpower is to Activate the essence of who you were meant to be, such that your cells and biology upgrade to that deeper knowing. As this work unfolded, she discovered some paradigms that changed the face of how we relate to Awakening.

This Awakening process allows humans to transcend the need for analysis and to transmute hundreds of aspects of “stuckness,” in days instead of years. You will experience these shifts (get ready!) in *GET OUT OF YOUR OWN WAY™ TO RELATIONSHIPS THAT ROCK*, which will assist you in freeing yourself of old patterns and paradigms that are blocking you from experiencing harmony in every area of your life.



## WHO IS ADAM?

Adam Lamb orchestrates all the behind-the-scenes work in bringing TWA's programs and events to life. Adam has been with The Wide Awakening since 2012, often acting as the company's Chef on our retreats and Flight School trips.

He has honed his coaching and mentorship skills over 30 years' experience as a chef and hospitality professional. His speaking career was born from gaining freedom from a lifetime of trying to prove himself worthy. Following a conversation in which the right questions were finally asked, he has dedicated himself to paying forward to men and boys of all ages the freedom with which he now lives his life. Together, he and wife, Jennifer Hough, work to transform everyone they meet to understand what all is possible.

Find out about Adam's work at [www.AdamMLamb.com](http://www.AdamMLamb.com)



## WHO IS JEANNIE?

Jeannie Selda is the General Manager of The Wide Awakening and the Program Director for TWA's Flight School program. Jeannie has been on an Awakening journey of expansion for the past 15 years. This path has taken her on some of the most incredible journeys around the world; from swimming with the wild dolphins in Bimini to climbing the ruins of Machu Picchu, to kayaking with the humpback whales in Maui. Her mission? To emanate her light by leading by example for her 12-year-old twin boys and those around her of what it looks like to dance fully with what presents, to share what's possible when you leap into your life and to let your heart win over the mind.

Jeannie was immersed in the corporate telecommunications world for 15 years before her current leadership position at The Wide Awakening where she assists people to fly forward with their lives and activate the deeper truth of who they are. At TWA, she is affectionately known as “the Zookeeper,” because she is a key player at overseeing the business, it's staff and the people who come to play. Jeannie's passion lies in documenting the infinite beauty of this adventure and the freedom and fun of all that is possible through her camera lens.



## **5 Keys to Love & Be Loved Without Fear - So You Can Rock Your Relationships**

MAKE SURE YOU REGISTER:  
[www.thewideawakening.com/5keysrelationships](http://www.thewideawakening.com/5keysrelationships)

