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LAUGHING KIWI ENTERPRISES

## Spring cleaning: Your Relationships

*By Krissy Jackson*

When we spring clean our homes we divide our things into one of the following five categories.

1. There's the rubbish that must go out immediately.
2. There is material to be recycled.
3. There are possessions that you know you should get rid of, but you are too attached to let them go. So you give yourself some distance by putting them in bags in your cellar or attic. If you haven't missed them by the following spring they're discarded.
4. Then there are those neglected objects that just need a little TLC to bring back the sparkle.
5. And finally, there are the treasures that are dusted off and put back in pride of place.

It's a good idea to spring clean our relationships, too, and for this task I use exactly the same criteria. Today we are going to look at Your "recyclables"

1. This is the probably the most difficult category. These are the relationships that are over, but ending them is going to take a little more diplomacy than just erasing them from your address book. Often these relationships are with partners, or are business colleagues.

2. If it's a partner, you know it's not working anymore, but you may not want to hurt the other person's feelings. The truth is that the longer you leave it, the more hurt they will be; you may be wasting months or years of their lives when they could be happy with someone else, doing something else, or living somewhere else. Remember, you may not even like them anymore, but out there in the world there is someone who will really love them.

3. Maybe you are afraid to leave because of possible violent reprisals. Believe me, I understand the situation, because I've been there. But deep in your heart you know that you must leave. Maybe you've been so emotionally beaten down you don't believe you have the strength to do this. If this is the case, I strongly recommend that you make a weekly appointment with a coach or even a psychologist or a while, to help you to regain your emotional strength and ease your way out of the situation.

4. Perhaps it's a job that is causing you stress but you're afraid to leave because you don't yet have another one. Be honest – this situation is exhausting you, it's time to do something.

## **Personal Relationships** - So why do we stay in bad relationships?

If we love ourselves we set healthy boundaries. It's only when we don't love ourselves that we let people into our lives who degrade us or put us down. Often we keep them in our lives because we are afraid they're all we've got; we fear that if we send them away no one else will be there to love us. We don't want to be lonely.

Unfortunately, this theory backfires. There is nothing quite as lonely as being in a relationship where you are disrespected and unloved. You could sit alone on a mountain listening to the crickets and still feel less alone because you are with the crickets. When you are in a bad relationship, even the crickets don't seem to want you around.

### **Remember:**

Sitting in your big cozy bed alone reading a book is enjoyable. Lying in bed with someone who has their back physically and metaphorically towards you is the loneliest feeling in the world.

Having a leisurely breakfast at home by yourself is a pleasure. Sharing breakfast with someone who's not speaking to you is soul-destroying.

Watching a movie on television after a long day is relaxing. Sitting at home watching television waiting for your partner who's out late again is isolating, and leaves you plenty of time to imagine the worst.

Sitting in the garden admiring the view is peaceful. Sitting in the garden because you've had another row is lonely and depressing.

Having a party with friends is great fun. Going to a party with a partner who will criticize your every move and accuse you of goodness knows what when you get home is hell.

### **It's time for a new perspective on your situation**

Sometimes it's hard to see how bad things really are, because you have become numb to life. You can't imagine a better world, or you are so worn down that you can't imagine being able to build a life on your own.

My personal experience is of staying in a relationship five years longer than I should have because of fear. After regaining my freedom, it took me a long time to stop being angry with myself for wasting the years between the ages of 32 and 36. Those should have been some of the best years of my life!

This can easily be said of a job or any other relationship which is draining your energy.

It doesn't matter if it is a partner, a work related situation or something else:

How many more precious years of your life are you going to waste?

1 2 3 4 5 6 7 8 9 10 more?

How long are you going to wait before you do something?  
(days, weeks, months...?)

1 2 3 4 5 6 7 8 9 10 longer?

**It's never too late to reclaim your freedom.**

Don't get me wrong. I'm not saying that reclaiming your freedom is easy. It may be one of the most difficult things you ever do.

You may lose some friends and yes, this seems hard, but if they desert you, be assured that they were never real friends anyway. It would be better to build new friendships than hang on to this kind of fair-weather friend.

If you are leaving a partner you may lose the support of their family, which is also difficult because they have become your family too.

In extreme situations, you may even lose your home or your job. But all this amounts to nothing if you can be free, happy, take back your self respect once again, and begin to build the life you really want surrounded by people who genuinely appreciate and love you..

Recycling relationships is a good thing. By removing a negative or toxic relationship from your life, you are freeing not only yourself but the other person. You are allowing both of you to make new connections, and giving yourself time to heal before moving on to a world of new possibilities.

You might be feeling low right now but you are an incredible, valuable individual with much to offer the world.

If you are involved in an impossible relationship I'd like to invite you now to take a few minutes to change your perspective about your particular situation. Spend some time visualizing, without fear, moving on and how this will benefit both you and the other person involved.

This is your life, don't waste even another year in a unhealthy relationship.