TRANSFORMATION TO GENUINE RELATEDNESS

"There is no such thing as a psychological relationship between two people who are in a state of unconsciousness."

Carl Jung

Each person must become more fully an individual before there can be a transformation of the relationship. A marriage can only be at the level of the two persons in it.

THREE NECESSARY STEPS:

1) The partners must assume responsibility for their own psychological well-being.

2) They must commit to sharing the world of their own experience without reproaching the Other for past wounds or future expectations. They are to endeavor to hear, without feeling defensive, the experience of the Other.

3) They must commit to sustaining such a dialogue over time.

"We can never love our partner's otherness unless we have a good sense of what it is to be that person. Perhaps love is really the capacity to imagine the experience of the other so vividly that we can affirm that being. True conversation aids this kind of imagining and is the antidote to narcissistic preoccupation. Personal growth is not narcissistic as long as it seeks the fulfillment of one's potential and grants the same right to the other."

James Hollis
The Middle-Passage