

Question: I'm hopeful I can ask the following questions with more clarity now that some time has passed since we last talked.

1. In the face of someone else being triggered by my actions and not being fully clear about what is theirs and what is mine, I find myself doubting myself and my actions as well as leaning towards feeling responsible for their feelings. How can I speed up finding my truth in that situation and feeling clear about what is mine in the face of their inner confusion (that may be targeted at me)?

2. If someone blames me for an issue that is clearly not mine, what is the best way to react?

3. I am finding myself quite angry right now with a few issues between he and I that are meandering on unresolved. Namely, he triggers my belief that he can be judgemental and dismissing of ideas that are important to me but not to him. As a result, he can appear to act rather passive-aggressive by saying something agreeable to me and then doing whatever he wants. We have processed it a bit together, he's said that he is doing this, but he's also said there is a lot coming up for him and he needs time before he can see his own part in it more fully. However, the issue continues for me because my issues around being dismissed get triggered easily in the moment by his actions and I'm finding it hard to figure out how to handle the day-to-day interactions. I'm quite worried that I've forgotten how to love him as this encircles me! I am also leaning heavily towards blaming him, wanting to run, and feeling very much in CB-memory - so much so that I almost feel like I've found the issue that is the exception to everything you've taught us (ha- ha - I know that's not true - but boy it's a good one!). It's actually helping just to type this out to you - however, if you have any insights at all on this one - that would be great.

Reply: Looks like that issue of being responsible for another's reality went home with you! Why, you might almost think it was an inside job!!

1. Doubting yourself is a reality to be forgiven - probably a very old one that will be one of those 77 X 70 issues. And of course, the targeting is going in both directions. "If you could just own mine and fix them - all would be well!" - insane idea! Confusion, remember, is a step in the healing process - the undoing of the old, mixes with the new and ends up with confusion.

2. Don't! To re-act is to do and act from the past and that is never appropriate! Act - consciously out of BEING! Forgive the reaction in you until you are just a space of Love - for yourself and him!

3. Your anger is a reality in the mind that has nothing to do with anyone who triggers it - it is an energy that needs to be forgiven. I suggest you watch the Co-Dependence to Inter-Dependence video TOGETHER. Worksheets around "being dismissed", "blaming him", "running away", "your CBM" and "worksheets not working". Worksheets, Worksheets, Worksheets!!! And of course, you can't LOVE him anyway! That is approval stuff! But you can forgive what in you takes you out of BEING - LOVE - and BE LOVE in his presence, no matter what he does! We hold you in our hearts!

Response back after reply: Wow - thanks so much for your feedback. I've reread your reply several times - it is so powerful to have your ideas reinforced when in the midst of being triggered and feeling confused. With others, we go far - true again! I appreciate your feedback and am taking it to heart - just reading it brought me to a lighter space and I feel more clarity about how to move forward and BE love.