

We often communicate to others and to ourselves about who we think we are. We assume that most of our experiences mold us into the version of who we are today. The truth is that often our development of ourselves is closer to coping with our trauma instead of developing a true sense of who we are and a deepening of understanding as to why we have become the way we are.

It is encouraged to explore who we think we are on a daily basis especially with our triggers and trauma responses. This type of understanding will help you develop a deeper understanding of the relationships in your life.

By the laws of attraction, every relationship we meet or are engaged in is a complete road map to our traumas. They mirror back to us what we need to heal within ourselves. The hard part is understanding your responses to relationships that cause emotional upsets within yourself. The emotional upsets are in complete relation to the unresolved patterns in the relationships you had as a child.

Any adult authority in your life who you were around would have a complete influence on who you are today and your “surfaced” developed self. I refer to this as a “surfaced” developed self because you have beliefs and stories that you have convinced yourself of who you think you are.

Examples of sayings that are belief systems keeping us in an avoidant state from actually healing and dealing with our traumas are:

“ I am stronger because I endured this experience.”

“ I am independent.”

“ I do not need anyone. I only depend on myself.”

“ That’s life. You have ups and downs.”

“ It is what it is.”

These sayings also keep us attracting the same type of relationships and then expecting a different response.

Step 1: To deepen your truth in understanding yourself, the first thing you need to ask yourself is:

“Why do I do the things I do?”

“Why do I say the things I say?”

“How does what I do or say make me feel?”

Step 2: What are your needs?

When you look and examine your relationships, are you projecting your trauma onto them?

Do you look at your relationships and see the “potential” in them and hyper-focus on them?

Do you defend the relationship even though the person is not living in the potential you have created for him/her due to your trauma?

Do you project the “unresolved trauma” from your childhood in your relationships?

Step 3: Start approaching your relationships with a new understanding of yourself. One relationship alone **can not** offer you all your needs. Can you start offering these needs to yourself? What would that look like? Can you accept the relationship for what it truly is vs. what you want it to be?

Step 4: With this new understanding of self, can you see how your needs are associated with needs not met in your childhood?

So, the real question is, what do you truly need as a healed version of yourself? And, what would shift in your relationships once you understood that for yourself?