

Living in Rejection or Freedom?

We now know that the attraction "chemistry" between two adults comes from a "template" imprinted into your neurobiology (nervous and endocrine systems). This happens quite young between the interactions that have taken place between your parents and between you and your parents. This forms our attachment style. At the level of our attachment style, these unconscious memories have an impact each and every time we currently connect with others. A fundamental fear of rejection also unconsciously plays out during any attempt to connect today. Connection should be about a conscious choice to deepen the relationship and invest our emotions.

Unfortunately, sometimes the template we received from home is not one of reciprocal unconditional love. Sometimes we meet someone who feels familiar, like "coming home"! Sadly, "coming home" can sometimes have dire consequences; especially if you were raised by one parent with narcissistic spectrum traits and one parent who was submissive and developed co-dependency.

In a home environment, where neither parent has developed an authentic self and boundaries are distorted, it is most likely that a child will learn highly adapted coping and become highly sensitivity to disappointment. The likelihood that this child, through their own propensity to please, will themselves become prey to a narcissistic partner is very high. Moreover, as a human being's natural attachment fear of rejection is also conditioned in, a child will go far over their own boundaries so as not to disappoint another. Even if the relationship is very unhealthy or dysfunctional.

Are you lonely in your relationship? Empty inside? Yet frightened to leave? Are you in a relationship pattern of attraction and rejection? - get in touch soon! Are you the child or partner of someone with narcissistic traits or are you co-dependent? Do you allow emotional abuse? Do you quash your own needs? You don't have to give yourself away to be loved. See page "Co-dependency and Narcissism". You will gradually realise that what you thought was going to be the greatest rejection of your life actually turns out to be the greatest liberation! Learn what healthy is and love yourself first as the precious, unique person you truly are. Stop allowing abuse!

