

## 4 - R elationships

## **Relationships are that which you have some kind of a connection or association to**

We often think of "relationships" as being with the people, places, or things *outside* of ourselves. This is because we live in a world where the outside of life gets a great deal of attention, and the inside of life, not much at all.

And yet, our inner life is the place where we spend so much time. It is actually the place where - from layers of ideas, choices, and actions made in the different eras of our lives - we end up with relationships to what's in both our inner and outer world.

This is what makes how we relate to ideas, choices and actions *inside memories* such an important area of exploration.

We bring awareness to relationships within all of the various Facets of Story inside our memories in order to create opportunities to:

- Release whatever isn't working for us
- Focus instead on what's helpful and important
- Actively choose the meaning we give our relationships