

Pathwork on
Multiple Deep Relationships

Quotes from Pathwork Lecture 106 Sadness Versus Depression -- Relationship

35	<p>QUESTION: What about a relationship that changes? Also, what about seeking variety and flow? Is it a manifestation of healthy relating if a relationship changes and if a person wishes many relationships?</p> <p>ANSWER: This is again one of those questions that cannot be answered with a "yes" or "no." Both a changing relationship and the desire for variety may indicate healthy or unhealthy motives. Often it is a combination of both, though one side may be predominant. One must beware of oversimplification. The fact that a relationship changes for the worse does not necessarily indicate relapse or stagnation. It may be a necessary, temporary reaction to an unhealthy submissiveness, to the craving for affection, or to any other one-sided neurotic bondage. Before a healthy relationship can come into being between two people who have been tied together by a variety of mutual distortions, such a temporary outer or inner storm may fulfill the same balancing function that an electric storm or earthquake fulfills in nature.</p>
36	<p>Whether or not a relationship can become predominantly free and healthy depends on both parties involved. By the same token, a smooth outer relationship, apparently devoid of friction, is not necessarily an indication of its health and meaningfulness. Close examination of the ties and their significance is the only answer. One can never generalize. If two people grow together in any kind of relationship -- be it partnership, love, friendship, whatever -- they have to go through various phases. If they muster sufficient insight about themselves, and not only about the other, such relationship will become more securely rooted and ever more fruitful.</p>
37	<p>As far as seeking variety is concerned, that too depends on the real motivation. If variety is sought hastily, compulsively, due predominantly to reasons of fear, greed, and grasping; due to being unable to genuinely relate to any one person, and therefore supplementing this lack with a lot of superficial ties; if others are constantly sought as a safeguard against not being dependent on and deserted by those few with whom a deeper relationship exists, then, needless to say, it indicates unhealthy trends. But if variety is sought because of the richness of different human beings and of one's relationship to them in a free spirit, and not in order to use one relationship against the other, then it is healthy. Often, both motivations exist. But even in the former case, there may be a temporary necessity because of a reaction to previous withdrawal, and, as such, the seeking of variety may be a step toward health. A negative manifestation is often an indication that a positive transitory phase is occurring.</p>

42	<p>QUESTION: Isn't it sometimes much easier to relate to somebody one is not too close to? One is less critical ...</p> <p>ANSWER: Why, of course. This is just the proof that it is not a real relationship, but a superficial one. A real relationship means involvement. That does not merely mean looking at the negative aspects and currents. Involvement means the staking of one's whole being. A relationship of deep involvement is bound to suffer friction because there are so many unrecognized and unresolved problem areas within both parties. That is why each friction can become such a steppingstone if it is approached with a constructive attitude. Now with all that I do not mean that you should have only such deep relationships. This would be impossible and unrealistic. But there must be quite a few, all different, if you are to feel that your life is dynamic and fruitful.</p>
43	<p>To be more specific, I may add that unconscious expectations, claims and demands cause havoc in relation-ships. This is not because all expectations are necessarily "wrong," but because they smolder underground and cause a mutual strain as they clash with the demands of the other person. Apart from the fact that some demands are really unjustified and unreasonable, and they can only be recognized as such if they come to your surface awareness, even justified expectations will cause problems for you because of your unawareness of them.</p>