

LESSON 5

PLANE OF POSSIBILITY

Reflecting on your current or most recent relationship, try to list a few areas where you felt there was a plateau. Often, these plateaus include beliefs like:

- "This is always how this part of our relationship goes."
- "He never wants to do x, y or z."
- "She always acts this way."

How do you feel about each of the plateaus you listed? Are there hurt feelings or emotions behind the rigidity?

Now, drop into the plane of possibility and imagine approaching your partner fresh, without any preconceived notions based on your history. How might things go differently? What could YOU do differently?