

THE COURAGE TO END THE RELATIONSHIP

As you just let go and drift deeper and deeper in pleasant relaxation, you are aware that there is a part of you that knows exactly what to do and how to do it. You now trust and rely on that part of you, your perfect inner mind, to listen and respond for you, to take over and give you the success that you desire. And as you drift deeper, your inner mind is aware of the decision that you have already made, the decision to end your relationship, to be free to discover and rediscover life in your own way.

You have weighed your decision carefully and as I am quiet for a moment, allow the reasons for coming to your decision to present themselves vividly to your inner mind. Your path is crystal clear.* PAUSE..... You have made your decision because you desire to live - to live a full, productive, and expressively enjoyable life, to enjoy the free expression of your own personality. You've discovered the real truth about yourself: that you are a unique and special person, that you are complete, whole, and secure within your self. You are your own best friend and perfect companion, your own nurturing parent and wise advisor. You now assume the full responsibility for the quality of your life, a responsibility that you cannot give to any other person. You realize that no other person can take the responsibility for your happiness or emotional security.

You realize that you are constantly growing and maturing. You are becoming aware of the strengths and abilities that have developed within you. You are feeling a sense of confidence in your ability to achieve the goals that you have chosen for yourself. You believe in yourself. You appreciate yourself and do good and kind things for yourself. You meet each situation as it comes with calm and quiet assurance. You are making contact with the center of wisdom and power within you, and you know exactly what to do. Whatever you say, whatever you do, is said and done with complete confidence and self-assurance. You walk with a spring in your step; your head is held high. You see the beauty of life around you. People respect you because you respect them and you respect yourself. You have confidence in your own judgment and you are honest and dependable. You can and you do move forward from one positive achievement to another. You are cheerful and enthusiastic. You attract friends easily because you are friendly, sincere, and honest. Your personal integrity is felt by everyone you meet. You are becoming free. You are now discovering the truth about yourself and the world around you. You are free to act. Your body is yours to direct in positive actions. Your inner power is yours to use creatively and aggressively in pursuit of your goals and dreams. You have the power to choose and the power to act. You are active, vibrant, alive and well, letting the power and energy of your inner mind surge through you as perfect ideas and creative activities. You believe in YOU. You are unique. Never before has life been expressed through you. You are important and special, with special abilities and qualifications. There are things for you to do that can and should be done better by you than by any other person. You live in such a way that you approve of yourself. You now know that

life is good and can bring every good thing to you. Through your imagination and creative thinking, you are now directing your life into full complete expression. You do what you are designed to do in the best way you know how. You love life and you express life in a wholesome and positive way.

You are now filled with a very pleasant feeling of strength and inner peace and you realize that you are capable of ending your relationships in a calm and rational way. You realize that any pain that may be caused from ending this relationship is only temporary and is bringing to an end the perpetual pain of living in an unhappy relationship that will someday end in deeper pain - leaving emotional scars. You feel good about your decision. You are giving yourself and your partner a chance to grow and you feel no guilt about doing what is right for you.

Now see yourself as you meet with the other person. This is a special meeting, a time to reach a full understanding. As you meet, you are warm and friendly, compassionate and loving. There is no anger or bitterness in you - your voice is rich and steady. You are honest and open as you say all the things you have wanted to say - leaving no unanswered questions. You are firm and strong as you lovingly say goodbye. You are grateful for the pleasant memories of shared experiences, for they have helped in making you the unique, interesting, and exciting person that you are now. Now, as your meeting ends, you have a feeling of warm friendliness, you embrace, say goodbye.....
Now turn and walk away, not looking back! You are free! You have freed yourself in such a manner that you feel your personal pride and self-esteem grow stronger. You have given a gift of mutual respect and shared dignity - know that should you meet in the future, it will be with replaced friendship. As you walk away, you are filled with a wonderful sense of personal gratification that comes from doing what is right and what is good for you. And you carry this feeling with you as you begin your new life.

You look to the future with optimism and anticipation. Each day is a new experience to be savored and cherished. You feel born again as you begin to enact your dreams and build new ones.

Picture yourself enjoying new friends, traveling, exotic vacations, attracting and enjoying members of the opposite sex.

You are independent, a self-directing individual and you realize that you do not need a relationship to feel complete. And any relationship into which you may enter in the future will be based on want and desire -never need or dependence.

You feel comfortable in the presence of others and you feel comfortable alone. You are aware that being alone is not being lonely, and you enjoy your special moments to yourself.

Each day you feel yourself growing, you feel more lovable, more interesting and you become more interested in others. You are a happy person, full of imaginative thoughts that pour forth constantly. People respond to your special personality and your warm friendliness. You know that giving and receiving are two sides to a single coin. You are aware of the confidence that you generate in others and it makes you feel good. You think of yourself as a warm, generous, and loving person. You easily express love and affection and you find it easy to accept love and approval. You like yourself because you are a friendly and giving person. You accept yourself as a unique and valuable person. You are open, honest, and direct in your relationship with people. You recognize that you are exceptionally talented and creative. This makes you feel good. You express your creativity in the interests and activities you pursue.

Forgiveness is your greatest virtue. You now release and forgive everyone and anyone who has ever hurt you or wronged you in the past. You bless them and you wish for them the very same good that you desire for yourself. You now forgive yourself for your mistaken attitudes and actions of the past. You now know that every mistake you ever made as you understand it, becomes a stepping stone to greater understanding and greater opportunity. You give the best of yourself and only the best of life comes back to you. You feel gratified and fulfilled to be the unique person that you truly are.

Now, I'm going to count from 3 down to 1 and then I will say the words "PERSONAL SUCCESS." This is the time to program your imagination with scenes that represent your personal success. This is the time that you can see yourself thinking, feeling, acting in that special way that means for you personal success. All right, get ready - 3, 2, 1 PERSONAL SUCCESS

With each passing day you become more and more aware of a feeling of personal confidence, confidence in the realization that each day brings you one step closer to your goal. Each day is a vital step in your problem-solving, in developing the motivation and courage to change your life, to move yourself toward your highest potential so that you now begin to enjoy a fuller, richer, more expressive life.

Now, as I count from one to five, carry with you a feeling - inner peace, personal power, of unflinching courage - that you will carry with you into every situation in life. Know you are loved and respected by all who know you - most importantly - by yourself. Now I am going to count from 1 to 5, etc.....

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