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Presents **MINDSET 2.0**

Theme :

BUSTING THE MYTHS OF RELATIONSHIP

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Concerns : Kings Routine



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MINDSET 2.0

TAGGED;

BURSTING THE MYTHS OF RELATIONSHIP

POWERED

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FIRST SESSION (DAY ONE).

Bursting the myths of Relationship

It's a very wide topic so please if you don't mind, try and pen down some points that is helpful to you and your relationship. Now I need you to understand that God created relationship to prosper and flourish but the devil has decided to influence the mindset of a lot with its ideology that had cause a lot of disadvantage. But I bring you good news today because help have come.

So don't panic, your relationship might not be working, life itself might be so hard for you but rejoice cause God gat you. Rejoice cause your help have come you are secured. This pandemic has done a lot to some of us, to some it had cause set back but I want to encourage you never to be discourage.

MYTHS!

Myth is a traditional story, especially that which concerning the early history of a people or explaining a natural or social phenomenon and typically involving supernatural beings or events.

Myths can also be explained as a widely held but false belief or idea.

We will be coming from the second point of view of what myth is.

Majority of us here had hold strongly to different myths which we have created god from. Some are holding unto some non realistic ideology that is unbendable. The moment a brother says Hello to a sister, she would go straight to a certain ideological questions that if its not pleasing to her, its a NO from her. Don't compare this with spiritual standards please.

We will be bursting out alot of relationship myth today and tomorrow God helping us

One of the strongest myths is believing that you aren't responsible for the success of your relationship. Please can you stop believing that lie you tell yourself? You are responsible because the more we keep putting the whole responsibility of our relationship to our partner, you are close to its end. And the most annoying part is we all keep blaming our partner even when the relationship ends.

You must take your relationship as a matter of seriousness (don't get me wrong; I mean relationship with Godly standards with principles guiding it is worth the fight). A strong relationship is not a product of WISHFUL thinking but of commitment in doing what is required.

Experience have taught me that successful relationship is not instantaneous but progressive which must be based on constructive drilling of the fundamentals.

As a child, you might not have known the important of alphabets until you began to make sentence with them. Likewise, in a relationship you might not know the value of what you are striving for until you have entered a marital journey which is working peacefully.

Our main goal is not entering a relationship or marrying early. No. But that we should have a lasting relationship or marriage. And if we want such a marriage, we must SOIL our hands to make it work.

THE SOILING

- **The Choice:** Love is a choice; we all have come to that understanding. The famous John chapter 3 vs 16 of the bible talks about it.
- **Appreciation:** We all are different and must understand that and make a constant decision to appreciate each other's differences.
- **Vulnerability:** Vulnerability holds the keys to emotional intimacy, it involves being honest with how we feel about our fears, what we need and who we need around us. You are truly vulnerable when you allow yourself to be truly seen by your partner.
- **Patterns of Compatibility:** I will explain further here because this is the main reason for unrealistic myths.

COMPATIBILITY

Compatibility is all about the way we FIT and sometimes we are not compatible at all and we can recognize right away, some times one of us is compatible with the other person while the other person is not compatible at all; I call that ONE-WAY COMPATIBILITY.

Now study the image below.



Most of us had seen or heard of this before!

One-way compatibility is like a CIRCLE in a SQUARE, imagine that you are the square and am the circle, I fit in to you and so you are able to touch all of my point, you complete me and it feels good, you are able to fulfill me because the circle fits inside the square but the square has edges that will never be touched so they have unmet needs.

And when they get in a relationship and you will hear them complaining that they don't fully feel satisfied while the other person is surprised because they are happy with everything. This moment brings discomfort and we end up forcing our partner to love us and by so doing, you will be trying to shrink the square to discomfort the circle and boom relationship that supposed to be, ENDS or better put, BROKEN.

But my heartache is that some of us keep going after people who they are not compatible with, which is very painful. If you are part of this kind of people, don't feel bad; I WAS there.

I invested my time following a virtuous sister who isn't compatible with me, she prays well, she has deep connective with God, we set Spiritual boundaries and we followed it but it was not working. We both try our best to make it work but it never seems to work. This broke my heart so deeply, that was when I ran in search for help and I stumbled through the corridors of an answer that delivered me forever.

Stay with me.... Don't leave me.

Then I discovered that I was chasing that relationship because it FILL a need for me; I tell people all the time that in your adult relationship you do one or two things.

Its either your partner is HEALING that DYSFUNCTIONAL TRUMA that you brought into the relationship by helping you to grow, stretching your abilities, helping you to confront those things so that you can create new healthy patterns.

Or your partner is a WOUND MATE to you allowing each other to constantly trigger that dysfunctional patterns that we are comfortable with

Yes, I said "WOUND MATE", that's what you are doing if you keep picking the wrong person, it is the recreation of the same trauma so that you can show up differently and because it feels familiar, you keep doing it even if you don't want to and because you feel you know this flaws from your past relationship and you think you can handle it, so you get comfortable.

For instance, your ex abused you emotionally then you meet another man who has the same behavior like your ex and you feel you can handle it and better still live with it. That is very dangerous.

Finally, I want to address a question that is absolutely in heart of many already.

How does it feel to always get attracted to the wrong person? Let me give this illustration:

What we do unfortunately is that we all walk out wearing MASK on the outside, and let say on the inside who you are is a soft, sensible, vulnerable person who is highly intimate, you need the affection and attention; let's label that PURPLE COLOR, but because you are afraid to be taken advantage-of as condition and experience have taught you that the world is a scary place and that people will take advantage of you if you let them, so you can not show the world your True self.

So let's say everyday you put on RED mask and this version of you that you show people is strong, hard, independent, it doesn't need anybody because you are protecting yourself, so if you walk out wearing a red mask who are you going to attract? I need answers please

Contribution: People that are looking for red color or red color themselves

Contribution: The weak, soft hearted, vulnerable who needs a partner that can make up their weakness

Good, so you're going to be in a relationship with people who are attracted to red but meanwhile your needs are going to be unmet because you are really PURPLE. And so you are going to stay in this relationship unhappy, miserable and unfulfilled because the person you should be with which should be attracted to purple will pass you by everyday cause you go out pretending.

To find someone who you are compatible with, you have to be brave enough to show up and not only will you be able to attract them but you can choose them because we are constantly choosing those we bring into our lives. Everything is a series of choice but if what you see out there does not resonate, you are going to choose from the candidate that are in front of you. And heart break is SURE except with the help on God

In the next session, we will look deep into the mystery compatibility.

It will be helping us not to fake any form of relationship that may lead to believing the unhealthy myths in our love life which in turn is destroying it. We will as well run through some of this lies that the society had made us believe and bursting and brushing some of the legend myths as God help us.

Wale Adenuga said and I quote that _"That 'giz giz' feeling you have during courtship or dating will never be enough to sustain your marriage!" And truth be told, He is so correct!

Relationship comes with tones of challenges; trust me I mean challenges your mental capacity cannot handle. Imagine you get a new Car and after few months or years, it develops any fault, you would have to go back to the one who understand how to fix it (The Mechanic). You don't take it to A Tailor!

Likewise, when your relationship seems to be nose diving, the only person who you should take it to is the one who orchestrated the Relationship in the first place. A Marriage or Relationship counselor would do little or nothing to a seemingly Toxic Relationship filled with myths. Go back to God who gave you that person. Regardless your religion!

Contribution: I believe most at times in relationships our partners portrait that character that might be a sign but we're so emotional driven and not sensible enough to pick up the signal

Speaker: That's the true and when those things began to show itself You will think she is not feeling it any more and quarrel starts

question.

Is it really good to portray how deep you love your partner? Secondly, what should be done when the love you give out isn't received?

answer:

1. Very good. That's why you love in the first place. Love is not Love until it's shown
2. You communicate. It's very important you learn each other's communication skill and use it well.

NO MAN IS STUBBORN!

Facilitator: I'll also like to add to the second question

You communicate your mind to the person, most people have issues in their relationship and don't voice out because they feel the other person should know, this is one big myth, be as clear and open as possible on your unmet needs and your rejected love...

Facilitator: Thank you so much for being a part of the first session. We have been able to look at some things today

- What a myth is
- some myths of relationships
- compatibility
- One-way compatibility.

SESSION TWO (DAY TWO)

Yesterday we off on mysteries and understanding of how we have created some ideology in our relationships that is to our detriment. Then we stumbled through "THE SOILING" where we outline some points

- The choice
- Appreciation
- Vulnerability
- Patterns of Compatibility, where we went through the psychology of compatibility as we saw the concept of "One-way compatibility" with the Circle-Square relationship analogy and how we are forcing ourselves to be compatibility with someone who we aren't compatibility with.

This session we are going to start with "SIGNS OF COMPATIBILITY."

How do we know that we are compatible with an individual?

After the first session, someone asked me this particular question.

Now I began to teach him that there are a lot of signs to show or signs that we always see but we do not take them serious. What this signs are all about is "INTIMACY" and intimacy mean *INTO-ME-SEE*(as pronounced) which signify into my deepest most vulnerable part.

How well you know someone, how well is your partner showing up in those spaces and when they show you Who they are, do you line up with that person! That's what intimacy truly mean to me.

And with intimacy, some relationship rises while some relationship fall am so sure we want our relationship to Rise.

THAT BRING US TO THIS SIGNS OF COMPATIBILITY:



RISES

R STANDS FOR RELATIONSHIP INTIMACY

which is doing things together; so if I love going on Road trips and I Love sports but as my partner you don't love them that mean we both don't line up. Let imagine that as my partner you rather spend your time cuddling up, watching movie, then it means that we don't have high level of Recreational compatibility which is very important.

THE I STANDS FOR INTELLECTUAL INTIMACY

Do we feel each other? Can we have conversation that intense stimulation? Can we go from politics to sports, to world events, to history, to geography?

We know it is possible to not have this complete understanding of this things but can you enjoy it when I communicate these things to you? Or you will be like why do we have to talk, why can't we just be with our phones and be on our own? Must we talk? Well a lot of relationship ended because of this kind of mindset. Be open to learn new things.

THE S IS SPIRITUAL INTIMACY.

Do we both have same ideology about God?

If you are Christian, do you both believe in the person of the Holy Spirit? Or one person believe is a concept we just adapt from a teaching? You don't need to be a Christian, do you believe the nature of God and what God had done for the universe.

For a relationship to work, you both must have a unique and same ideology about God. Its fine for both of us don't have same ideology but is at least pointing to the kingdom of God? We should help each other in our Spiritual growth. Very important.

THE E IS EMOTIONAL INTIMACY.

Do we feel each other? Do I feel like you gat me? Do I feel safe and vulnerable or am I the _"Don't touch me"_ kind of person? Do we feel emotionally satisfy? Is my love language attended to? Does he/she know how to bring out the child in me to play? Does my love tank get filled when you are around each other?

AND S STANDS FOR SEXUAL INTIMACY.

Do we like the same thing? Do we light each others fire? Are we both into the same kind of experiential or we are both Conservative? Are we talking about how much sex we want, how often and do we show up for each others passion place? Talk about sex (if you are single or married), we grow up in an environment where sex is not taught and we just feel like we can have relationship that are successful?

No, we need to talk about this. Have an understanding of how you want your sexual life to be. Some do not believe that some sex style is necessary and some even say its a Sin. And in the other side of the pendulum, some love sex with different style and with out those sex styles they are not satisfy. Please talk about these thing in an open Place. We are adult and will be going straight to the point.

We have a lot of relationship or even marriage that ended because of issues like this and because the church and society have shy away from it, people are suffering from it badly. And Yes, you must not have the 5 signs complete; it is about how we FIT that matters.

If your spouse doesn't need these thing and your partner don't need them, then it's fine. But if one person needs it and you can't meet that need now we have an issue, we need to figure out how to get those need met or we go out looking for someone else who can fit in.

Barry Winbolt shared something in 2018 that I want us to learn from

He said that compatibility is a Term of Convenience.

But compatibility is not a quality, like body hair or skin color. You can't measure its presence nor bemoan its absence. Compatibility is a concept. Think of it as a verb, rather than a noun, something you DO, not something which IS.

Compatibility isn't denoted by a 'spark' when you meet someone. Any of those nice-to-have, fairy-tale reactions. True, it can happen, but just as some people say it was 'love at first sight' when they met their partner, there's a whole battalion of others who say that they didn't really like the person they eventually married, on first meeting. For them, love and admiration grew over time.

Leaving aside the small percentage of people who are incapable of forming or sustaining a relationship (and, clinically speaking, it IS a small proportion, and most of us never meet them), I guess there are some people who are genuinely incompatible because of their chosen lifestyle, habits, desires and so on.

But, taking compatibility as a concept it's easy to see that it has to be worked on. From this perspective, one could say that, rather than two people being incompatible it is more accurate and ultimately more helpful to say that they are unwilling or unable to work together in constructing a relationship that works for them both.

Some psychologist has generated a plethora of buzzwords that are really just get-out clauses.

"Incompatible" "Commitment-shy" "Resistant".

"Passive aggressive" these have seeped into our language.

We use them as shorthand and as if we know what they mean, when they denote very little beyond a negative judgement and an excuse to look no further. But will strongly advise that we shouldn't not end any relationship based on those factors. Any relationship can work when the two party determined to make it work.

With that been understood, let's go through few RELATIONSHIP MYTHS that is Paramount in our generation;

RELATIONSHIP MYTHS:

1. WHAT'S MEANT TO BE WILL BE, IT WILL JUST WORK OUT:

Relationships is a ship that need to be steered. Sure, you can just let the tide take you to wherever, but when you crash or sink, don't conclude the relationship wasn't "meant to be" because it was your mutual passivity and lack of effort that doomed it.

People tell themselves, "If I find the right person, it's smooth sailing from there." The reality is a lot different. You don't know a person until you've been with them for a while. Remember that in the beginning of a relationship, you're both putting your best foot forward. But eventually your flaws start to show, and your partner has to learn how to deal with it. Recognizing that all relationships take work will keep you from feeling disappointed later on.

2. I AM IN LOVE; I DON'T NEED TO KEEP ANY FRIENDS

This might be true if both of you are massively co-dependent but assuming you're not, one person asserting this to his or her partner is either an attempt to control that person or just sheer ignorance about our basic psychological need for friendship and community.

You need your space, am not talking about third party, am simply talking about you being allowed to be free to keep your connections close.

How do we do it?

Imagine as a guy you have known this lady for close to 2 years as she had been your friend then because you ask her out to be your Lady, she would gladly say yes, then will tell you to lock up all form of communication with your friends knowing fully well that she was a friend before she became your lady (YOUR CHOICE)

3. NO ONE NEED TO KNOW THAT WE ARE IN A RELATIONSHIP.

Well, if that works for you then its fine but I totally do not support that ideology. Let know the different between Private relationship and Secret relationship. A private relationship is that people knew that you guys are having a thing but you do not give anyone RIGHT to influence your affairs with your partner so you keep mute about how the relationship runs.

A secret relationship is one who no one knows about at all. In this form is easy to cheat on each other.

4. IN A WORKING RELATIONSHIPS, WE DON'T NEED TO ARGUE.

One of the most consistent and established research findings in all of psychology is that what matters is not if couples argue but how they argue.

Productive arguments are those that avoid escalation and result in resolutions, problem solving, and mutually agreed takeaways for dealing with similar situations more productively in the future. Most couples should learn how to argue productively and practice the relevant skills if they want to change how they deal with conflict.

Conflict do not show your weakness alone, it also reveals your strength and tendencies. All couples have differences, and fighting is not a sign that you're with the wrong person. Any relationship without any argument or fighting as some called it is boring. Is like dating someone that will YES to death. You do bad thing, YES! You apologize, YES! You don't apologize, YES!

That kind relationship no da Sweet at all

5. HE/SHE SHOULD KNOW EXACTLY WHAT GOT ME UPSET.

Wait, is that even possible? Except with the help of the Holy Spirit which we aren't ignoring; aside that how do you expect them to know especially if you have unbearable mood swings.

Although many of us assume our partners should be able to read our minds, science has yet to prove the existence of telepathy even among long-term couples.

Yes, your partner can probably tell that you are upset but they've probably done a thousand things to upset you, so figuring out the *EXACT* one is almost impossible.

That is why we always encourage communication. Just telling them why you're upset will save you both time and aggravation. You will your babe telling you that, "you know what you have done to me, just apologize"

6. LOVING YOUR PARTNER'S WORST QUALITIES.

Truth be told, some people have habits that are slightly disgusting and impossible to LOVE, Very impossible. Fortunately, loving your partner's poor qualities and habits is not necessary at all. Instead, simply accept them and learn how to shrug them off and minimize their importance would go along way knowing fully well that you both are from two different background.

Let's take for instance you are from a home where mummy call Daddy by his first name but your spouse comes from a family where daddy refer to mummy as babe. Now two of you are together and she mistakenly call you by your name or ode, or any other insulting name that it's Normal to them in their family. You don't get angry with such person. You should understand and try to communicate with him or her.

7. HE/SHE WOULD KNOW WHAT I NEED, NO NEED TELLING THEM:

Is your partner a mind-reader? It's up to you to tell him or her exactly what you need to feel loved. Communicate your love language with them, let them know it. For example, if you want physical connection and attention, tell your partner what that means for you.

Maybe it's a hug at the end of a date or long call on the weekends, let them know. Well some still feel its awkward asking you for something he/she knows you need

Then let me teach you how to say it.

When you need something, simple say "It would mean a lot to me if" and filling in the blank with whatever you need to feel loved and supported. That would help!

Thank me later

8. ALL MEN ARE PRONE TO CHEAT.

Lol, how many men have you dated?

The truth is you see that lady who is saying that to you, most times is waiting for you at the other side to pick your man when you leave him.

This myth is endlessly supported by the media, so it's no surprise that a lot of us fall for it. But the reality is not that all men are cheaters, and buying into this myth can have negative consequences for your relationship. You'll be less trusting of your partner and constantly waiting for the other shoe to drop. If you want a solid bond, you have to trust your significant other and communicate if you have concerns about his fidelity. It isn't always easy, but it's important to be open and honest with one another.

9. LOVE IS ENOUGH.

We all grow up with a story that taught us that Love is all you need to sustain a relationship. But if you're caught up in that myth, you're not going to take the responsibility required to create a great relationship.

You have to be ready and willing to work for your relationship. It doesn't just happen; it takes effort and determination. Love is not oh, you need more.

You need MONEY to be romantic, no relationship will sustain with only Love even Jesus Christ taught us in _John 3:16a, _ it says, "For God So Love the world that He _GAVE_ his only begotten son". Now after a deep love that our heavenly father had for us, he still needed to GIVE!

If you don't have what will you give? At least you don't have much money but at least have A Vision. My beautiful sisters don't say Yes to any Man who do not have anything to offer. Money you do not have! Vision you do not have! The sister will ask, where are we going then you say "Don't worry trust me". TRUST YOU? Have something to offer.

Sisters have something to offer too, Sex is not what we want we want ladies that have Brain and know where there are going. Women are multipliers, If I bring Vision, you should bring an agent of multiplication, If I bring money you should bring an agent of multiplication.

This will take us to the last Myth

10. SEX WILL KEEP HIM/HER:

How many people has that work for please? Give me their names let me ask for how they did it!

Some sisters will even go to an extent of getting pregnant for a man just so he could stay with her. The best you will be, is a Baby Mama full stop. Its been proven over and over that Sex before marriage is a sin.

We know but we just don't want to take heed to the word! Something you will do after 5 minute you will hate yourself or sex mate for doing it. To me, in a godly relationship, Sex is only Sex when its done in a context of Marriage.

We hear people saying at least when you want to have sex, have Safe sex, How? Why do you need to protect yourself from something that's God's own idea when you can clearly wait patiently through the help of God to enjoy it?

My most heartache is believing that you will loose your relationship if you do not provide for some of his/her sexual needs. See let me make it clearer to you, Sex will not keep anyone, no one will ever stay with you because of Sex, if you have a contrary opinion, don't worry you will grow up soon!

Choose Sexual Purity today you will see how you would live a stress free life in your relationship.

Facilitator: Another myth in conjunction with this sir is how will I know if they are good in bed or sexually compatible in marriage if we don't have sex before we marry.

May God help us to keep ourselves for the purification of his use. Yes, and many have become sex addict and others are slaves to masturbation because of that

How many people do you think you will sleep with to get satisfaction? Truth is the more you sleep with people the More your appetite increase. You can't get enough in sex!

Question

If these factors should not be a reason to end a relationship, what are those things that should make one leave a relationship? how will I know it's time for me to leave a relationship?

Answer;

I will advise you never think of living a relationship!

Why will we start a relationship when we know we will be leaving it! The only reason you should leave a relationship is when is contradicting Amos. 3:3, "Can two WALK together except they be agreed?" Aside this I can't say.

That's why it advice that we get into a relationship with a Believer and not just a believer, A GOD FEARING ONE! Because at every point, it can be handled under God! When I said God fearing I was saying someone who hears God and respect him. Someone who have a relationship with God.

Something happened to a female friend of mine who was passing through a lot in her relationship. She almost Left the relationship but a night we prayed for him and because he had a relationship with God, God visited Him and he Lost his peace, He ran to Minna Niger state to apologize, now they are engaged

Another question is;

A broken relationship is better than a broken marriage a myth

Answer;

A marriage is a relationship too. EVERY relationship should be taken seriously for it to work including dating relationship. Believing that myth above would not make you take it seriously.

_ END _

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