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April 3rd 2018: Who Are You Being In Relationship?

It may seem an odd question to ask, yet it's an important one: who are you being in relationship? Are you actually being your mom in the way you perceive, interact with and treat your romantic partner? Are you being your dad? Your grandma? Your uncle? And what about your partner? Chances are, they're also interacting with you from the place and patterns, perspectives and limitations they picked up from their own mom, dad, grandma, or grandfather. So what we end up with are two people who think they're in relationship with each other when really, they're in relationship with one or more other p

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