

Searching for Your Soulmate?

by Greg Mooers

Be honest, do you really know anyone that has found that perfect person? The reason we want to believe in soulmates is because then we don't have to be responsible to develop the skills that make relationships work. Or, here's the one that confuses me, "I found my soulmate, but they're already married to someone else." And what is to become of those who divorce their soulmates? After all the fuss and feathers have settled, I remain convinced that finding one's soulmate is fantasy! Soulmate seekers are looking for a pill in the form of a person, fulfillment from the outside-in. Such a concept directly violates the laws of evolution. My experiences coaching hundreds of partners (in business and marriage alike) have convinced me that great relationships are not found, they are created.

Consider Einstein's "Theory of Relativity", which proves that two objects can only "relate" to their differences, and therefore the greater there differences, the greater the potential for relationship. It's the same for people. We are intrigued by the unique qualities we see in another, but after becoming intimate, we eventually experience the urge to change them. Whatever happened to learning to "relate" in a relationship?

Americans grow up programmed with very particular fantasies – especially about relationships. Movies, books and television all led us to believe that somewhere out there was lurking a Tom

"happily ever after". This concept paralyzes our evolution by promising shortcuts that end up being a long painful detour. Eventually either evolution has its way with us (we learn to develop relationship skills)

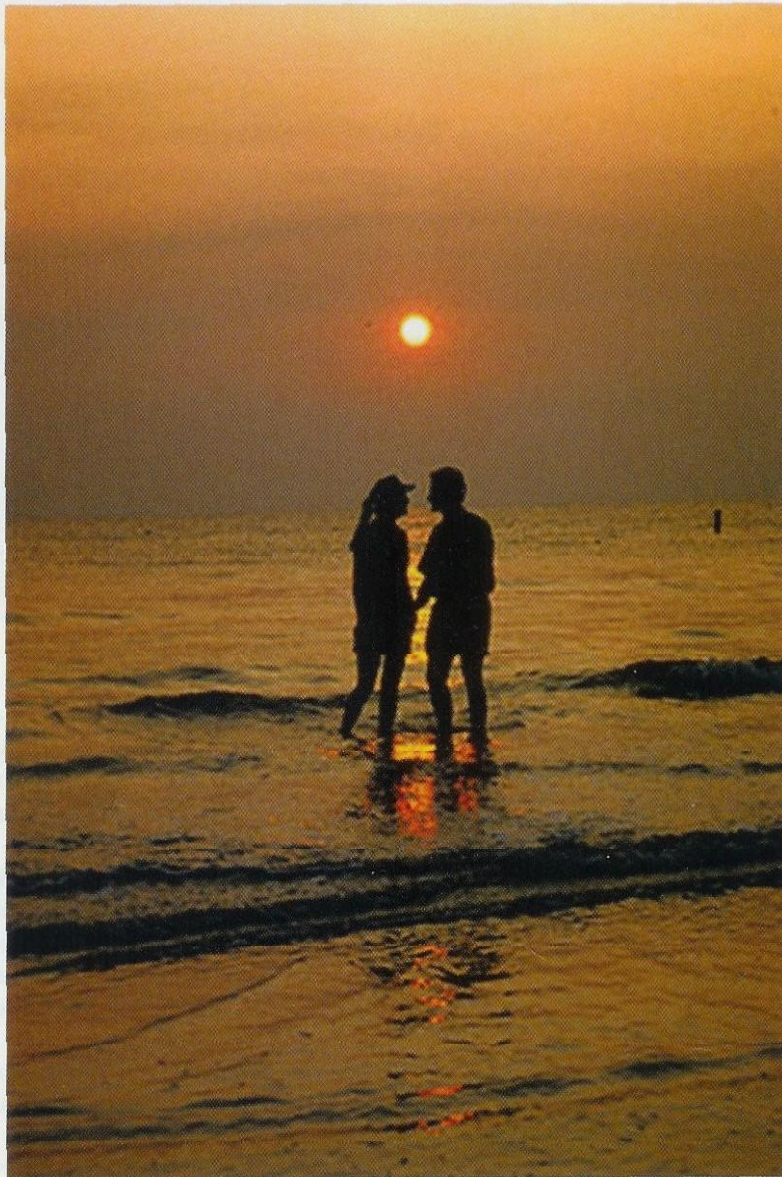
or we keep looking for a square peg to fit in our round hole.

Another reason we believe in soulmate is because we were programmed by such media mythology. The net results of such a sustained fantasy-search is either pathological self-absorption or classic co-dependence! Your choice!

If you are at the point in your life where you are ready to take responsibility and learn to CREATE meaningful relationships, read on. If not, there surely is a singles bar not far down the street! But first, let me give you some statistics that are truly sobering. More than 64 percent of California marriages will end in divorce; 76 percent will remarry; 57 percent will divorce again; 34 percent will remarry a third time; and 90 percent of third marriages will NOT end in divorce, however, 30-40 percent of all murders are spousal murders. It's an interesting learning curve, isn't it?

Now, let me tell you what really happens in relationships — at least in

the vast majority of couples I've counseled. The truth is this — 100 percent of marriages end in divorce! Let me explain. Each person in a committed relationship



Cruise or Meg Ryan who was desperately looking for just us, and when each of us found this mythical Mr./Ms. "Right", we would begin the Disney dream of living

has a vision of who they think their partner is. (Imagine this vision as a little cartoon character in a bubble over their head.) Also, your partner has a fantasy bubble of their ideal partner floating over their head! This fantasy character is someone they have probably known since they were five years old or less. So 30-year-old "Jane" gets into a relationship with 30-year-old "Dick" and one year later she starts thinking about marriage. However, she's had a fantasy relationship in her head with her perfect "prince". So, waddya' think? Is "Jane" marrying "Dick" or the prince of her girlish dreams?

Here's how it usually plays out. Once the honeymoon is over, "Jane" tries to reconcile the differences between "Dick" and her mythic prince, but "Dick" won't change. "Jane" has a problem. If she chooses her prince, then she'll divorce "Dick" because he wasn't "royal" enough. But if she sticks with "Dick", then she has to let her fantasy lover go. What a conundrum! In California, 65% of first marriage partners choose their fantasy and 35 percent choose to stick with the person they actually married. But either way, there's a "divorce".

3 TOOLS FOR RELATIONSHIPS

1) Here's a tip that will help you more than you could possibly imagine: If you want to get to know the person you're really with, **pay attention to**



their actions, rather than what they say. People's actions are generally congruent with their deepest desires and feelings and will tell you where they're headed in life. So, if "Dick" keeps telling you that he loves being with you, but continues to spend more and more time with the boys, chances are good he's still courting his fantasy – whatever or whoever it is.....

2) Have you ever tried to change somebody else? How did it work out for you? If you're like most people, you know that the harder you try the less people change. So, clear your mind and answer this question, **"If you absolutely, positively knew your mate was not going to change at all for the rest of their life, what would you do tomorrow?"** Write down the answer and call me, I'll tell you what to do with it.

3) If one chooses to "divorce" their fantasy rather than their reality, here's a tool to immediately strengthen a relationship. Every time I use this with my wife, we grow deeper in love. Ask your mate **if they would please give you a list of the 10 things they have always dreamed of having in their mate.** Put a few of these on your to-do list for Valentine's Day.

I am author of "Learn Your Heart Virtue", and I teach Learning Annex classes, if you want more tips on relationship building, Contact us at: www.LifeCamp.com