

# Legendary Love. Module 3.

## Lesson 18. When Games Aren't Fun.

### When Games Aren't Fun.

Communication is about being honest with each other. It's also about the intimacy of revealing yourself to each other.

**When you share honestly and deeply, you will achieve an intimacy which binds you to each other in ways you didn't know was possible.**

Now that you know how to communicate with each other in a way which clears confusion, it's time to look at relationship games people play with each other. **These games block intimacy and distract you from the truth of how you feel.**

For a truly powerful and intimate relationship, you want to eliminate these games if they're in your relationship. If you see them in other relationships, identify them and be thankful you don't have them.

#### **The Blame Game.**

Do you know the difference between a failure and a mistake? A mistake is something you learn from and rectify by doing things differently in the future. A failure can be the same action as a mistake, but you refuse to take responsibility and, therefore, don't learn.

**It's tough to accept personal responsibility for your own difficulties and mistakes:**

1. **Facing your feelings can hurt.** Your feelings may range from shame to anger to powerlessness.
  - Although your feelings are real, your perception of what caused them may not be real. Is it a failure or simply a mistake to learn from?
2. **Realizing you missed the perfect timing results in regret** - regret that your action or inaction sabotaged the ideal job, writing the book you

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always wanted, or kept you from finishing school.

- Once you realize what you did, set a new goal and begin again, knowing that you can overcome the past.

**A quick way to recognize the blame game is when an excuse begins with, "If it weren't for you...."**

- **If it weren't for you, I'd have a fulfilling job.**
- **If it weren't for you, I'd have my degree.**

There are times someone or something else is to blame. "If it wasn't for being laid off, we would have paid our mortgage." Blaming someone puts you in a place of powerlessness. Now go deep within, access your personal power, and begin again.

### **Yes, But...**

A description of this game is, "I'm going to show you that I'm right and there really isn't a solution."

### **There are three actors in this game:**

- 1. A problem needing to be solved**
- 2. A person asking for help... but doesn't really want it**
- 3. A person or group who wants to help**

I wouldn't be surprised if you've played this game with someone. If you were the one giving a solution, you know how frustrating it can be.

If you were the one seeking a solution, it's time to discover that you don't need to be a victim.

### **Consider these ideas:**

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1. **This game is usually begun by someone who doesn't really want a solution.**
  - They have an unconscious desire to show what a hopeless place they're in.
  - They want to prove that the expert is wrong.
  - They have hidden fear of taking action and doing what's necessary to change the situation.
2. **There is a lack of understanding about the subconscious mind.**
  - If your intention is to not find a solution, your subconscious mind will support you by helping you come up with excuses.
  - If your intention is to find a solution, you'll have an attitude of openness and be ready to problem solve. Your subconscious mind will help you find solutions.

**The key to ending this game is in the hands of the one asking for help.** They will need to risk changing their mind-set from not wanting a solution to being genuinely inquisitive about what the solution is.

### **Person in the Middle.**

This is a simple and relationship-destroying game. The concept is simple. One of you finds someone to put in the middle of your relationship. Rather than sitting across from each other and using Reflective Listening, someone else is the go-between.

When you find that Mom, best friend, Dr. Phil or other advice giver has become a part of your relationship, it's time to ask them to leave. Instead, you sit down and do the hard and rewarding work of facing what's happening head-on. **You have the tools. Use them.**

**Destructive relationship games are any pattern which interferes with honest communication.** If your interaction leaves you feeling miserable and not

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knowing what your partner is thinking or feeling, you're in the midst of a relationship game.

You know what to do. Set a time with each other to do Reflective Listening.

### Summary.

Avoiding looking at your behavior and what's happening in your relationship results in relationship games. These games are patterns of behavior in which either one person wins, or no one wins. **The relationship certainly loses.** The solution to all relationship games is honest communication.

This has been a heavy module. There is one more heavy topic to discuss, but before you go there, enjoy the next lesson on fun games to play with each other.

But first, integrate this lesson by taking a few minutes to answer the following reflection questions.

### Reflection.

1. **What do you do which prevents you and your partner from talking honestly about what is happening in your life?**
2. **What does your partner do which prevents the two of you from talking honestly about what is happening in your life?**
3. **Set a time and date to sit down with your partner and talk honestly and openly about your life.**