

♥ Snippets of Encouragement #299

Hello darlings

It is day 299 of Snippets of Encouragement, and I'd like to share a little story with you about how we communicate with one another and learning to ask for what we want.

As you know from Day 296's snippet, my partner and I have been hitting the trail in the early morning so she can do some training for her epic hike around the south coast of Britain.

On Wednesday morning, I awoke and didn't think I'd be able to walk a quick 10k with her that morning as my foot was swollen and incredibly painful. I sleepily told her I wouldn't be able to go and that she should wake me up when she returns and I rolled over and continued sleeping.

The next moment I felt her climbing back into bed with me and announcing that she was going to sleep for another two hours. "Well OK," I thought, but was quite surprised that she never went without me.

When she awoke later, she wanted to know if I intended to walk the rest of the week as I'd promised and "as you know I really have a hard time waking up so early and going by myself."

I assured her that if my foot recovered by the next morning that I would definitely go with her, but her comment remained with me for the rest of the day. What was she asking of me and what was she really communicating.

You see when she asked me if I'd go walking with her each morning, it was in the vein of her usual attempts to get me to move my ass. She is very sporty and always moving in some way, and I am less so. Therefore, when she usually asks me to engage in some physical activity with her, she usually adopts the attitude of the taskmaster, and I'm the long-suffering git who can't believe I've been hoodwinked yet again.

However, when I listened to what she hadn't said in that comment, I realised that she needed and wanted my help, but she had not asked for it; I was led to believe that she was "helping me." Her comment let me know that unless I went along for the walk, it's unlikely that she'd be able to get out of bed each morning and head out after dawn.

When I spoke to her about this in her mind, it was clear that's that what she wanted but I had to point out to her that she never asked me for what she wanted and if she hadn't made that vulnerable comment and I hadn't paid attention, I would never have known.

In our relationships, we each assume roles that we then feel an obligation to fulfil, and often we develop a style of communication in those roles that is not authentic or aligned to who we are or what we want.



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How often hasn't it happened to you where you tell the people you love something you think they expect to hear or you aren't entirely honest with them? We often expect others to know what's inside of our heads as if they're mind readers or great magicians.

Instead of honestly and directly communicating what we want, we use manipulation, persuasiveness, guilt, passive-aggressiveness etc. and none of these tactics brings us what we want. Oh sure we may temporarily think we've won the battle, but we haven't won the war, that's for sure.



Asking for what we want often requires vulnerability, which is highly uncomfortable for most of us. Letting another person see beyond our walls into the soft core of our inner desires requires a lot of strength and courage. When we ask for what we want honestly and openly, we are announcing that regardless of the outcome or answer, we love ourselves enough to be visible in the world, because that's what asking is, an exercise in visibility.

The only reason we don't make ourselves vulnerable in our asking is that we're afraid of being judged, denied or rejected. Think of all the times you've asked for what you desire, and others have found you lacking or wanting or too much to bear. It can be exceedingly hurtful to put yourself out there and then face rejection, especially from those you love. However, when we're able to communicate openly and honestly and allow ourselves to be seen, it opens up new pathways of intimacy and love in our lives.

I'm glad I didn't dismiss that comment from my partner and that I heard what she was telling me. It was good to know that she's not as strong and all-powerful as she projects to the world and that I could love her through supporting her training.

I encourage you today to allow yourself to be vulnerable and ask for what you want. Don't play games or hide behind double-speak, say what you want clearly, openly and honestly and give others the chance to respond. Communication is all about practice and training; this is a skill we master by doing, and to bring more connection and intimacy into our lives with others, we need to be willing to show our vulnerability consistently. Yes, that's friggen' scary, but think of the alternatives. Don't be afraid to ask for what you want, darling, perhaps when you do many blessings will flow into your life.

