



Dynamics

#1

Dynamics?

The Oxford Dictionary definition of Dynamics = “the forces or properties which stimulate growth, change or development, within a system or process”.

Therefore if we look at the forces that stimulate growth, change and development in relationships, there are many things to be considered.

Firstly, let's look at **THINKING!**

I believe that most people DO NOT THINK effectively each day, and if they do, it's normally about every day things such as money, a job, a car or the family.

Very few actually STOP and train their mind to THINK **outside** the square or to focus on a “**bigger picture**”. Either that or most are thinking about the past i.e. what they could or should have done or how what happened before may happen again.

Therefore most people (in my opinion) enter into a relationship with little consideration or thought about the following dynamics:

- Big picture, dreams & goals
- Wants & needs (in general)
- Life/Spiritual purpose
- Finance & assets
- Affinity and compatibility
- Levels of love
- Family situation & future wants
- Love of self Actualisation
- Habits and lifestyle

▶ (see examples in this chapter)

A common scenario is that two people meet each other, there is an initial attraction, they spend a lot of time together and fall in love.

After that, they do their best to make the relationship work.

- ▶ What are Dynamics ?
- ▶ Opposing Dynamics

- ▶ Just because you love someone.....
- ▶ What will you do differently?

The problem is: **“JUST BECAUSE YOU LOVE SOMEONE – DOES NOT MEAN YOU ARE COMPATIBLE WITH THEM”**

Why? Because everything in the universe has some form of balance. We have 4 seasons and each one has a purpose. We have hot and cold, black & white, male & female, young and old.

So just because you love someone doesn't mean the two of you will have the correct balance or dynamics to create a successful long term relationship.

Let's look at some examples of opposing dynamics:

Big picture, dreams & goals

If you have a big picture of wanting to be a millionaire and travel around the world, but your partner just wants to live in a cottage in the forest, eat organically and raise some beautiful children with you being home for dinner every night, the opposing wants will most likely break this relationship down within a few years. You may make it thru having kids, but when you are not coming home to help your partner with the kids and she is tired and exhausted, eventually she will go and find someone to help her plant the garden and play with the kids.

The situation above is no one's fault and there is no one to blame; it's simply two very different dynamics at play.

So many times people blame each other when all they need to do is STOP and THINK about the dynamics.

Another example:

With and without children

You may be single, never married, no kids and have done a considerable amount of self development and know yourself very well. You may have a house, car, pets, family and friends and you are ready to share this with another equal.

Let's say you meet a partner who already been married, has 3 kids, little possessions and is financially strapped due to child maintenance.

Both of you may fall in love and the first 3 months of the relationship work well as it's just the two of you involved.

However at the next stage the children are introduced into the mix. This of course brings many challenges. The single person has to start accommodating whilst the parent has to learn how to balance their time with the children and the new partner.

Whilst this process can be smooth, most of the time it isn't as there are so many new dynamics introduced.

After 6-9 months the relationship will either go two ways. It may;

1. Start to crumble or
2. Build a good foundation.

So lets look at why it may start to crumble;

At this stage it is most likely that the single person is starting to realize that their idea of a relationship is very different to the one they're currently in.

They may have wanted to:

- Get married & have kids of their own
- Travel the world with their partner
- Enjoy romantic bed & breakfasts
- Be spontaneous and adventurous

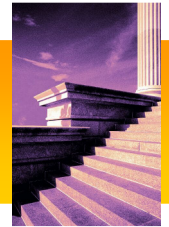
What happens next?

Literally something will trigger a light bulb moment and they suddenly start to look or reflect at their current situation.

They may become tired with some of the following issues;

- Financial – additional expenses
- Children – 3 other dynamics
- Playing the unofficial parent role
- The ex partner
- The lack of freedom

Opposing Dynamics



All of these issues are different types of dynamics. Each one creates its own type of energy and together they accumulate into one big dynamic.

Let's call it the family dynamic.

The **family dynamic** is what the parent of the children is well adjusted to. However the partner without children is not used to or adjusted to this dynamic so they will have to do the majority of adjusting and will most likely find it challenging, exhausting and extremely foreign to what they are used to.

Two completely different/opposing dynamics attempting to merge and find balance.

The person with the children has to adapt sharing their time with an additional person, whilst trying to balance the ex partner, the children's commitments and the finances.

There may also be problems with the partners ex partner and financially there are an extra 4 mouths to feed.

So there is a single person that is light, happy and has a smooth and easy life, now in a relationship that has dramas, additional expenses and complications.

The parent of the children may be loving the extra support and enjoy the feeling of having a family again

When you consider the dynamics involved, there are 3 dynamics from the children, 1 from the ex partner, and 1 from each person in the relationship, which equals a total of 6 dynamics to balance.

Therefore the person with the children is used to 5 of the 6 dynamics however the single person may not be used to any of them.

**Another example: (family wants)
Want kids and don't want kids**

Two people meet, they have the initial attraction, and they spend time

together, fall in love and decide to be in a relationship with each other.

However, one partner wants to have kids, the other doesn't.

The first three months (the impressive stage) of the relationship are normally good. Both people are enjoying the love and company from each other.

However as the person who wants children gets closer to their partner; their urge to want children will naturally tend to become stronger and they have to deal with this urge somehow.

Some may deny it and others may start to express it and start to apply pressure on their partner.

The partner who wants kids may initially think that their new partner will change his/her mind later down the track so they continue in the "hope" of this.

However if the partner who doesn't want kids, doesn't change their mind, the opposing dynamics will cause pressure, resentment and this relationship WILL NOT work!

Let's be real, we are not talking about a DVD that we rent, watch and give it back. Kids are a permanent long lasting dynamic that you don't give back.

AGAIN 2 OPPOSING DYNAMICS THAT ARE DEAL BREAKERS FOR BOTH PEOPLE! THERE IS NO WIN/WIN HERE.

Why would you continue with this relationship? It would mean that neither of you get what you want!

**Another example: (habits & lifestyle)
A smoker & non smoker! This in my experience and research actually becomes another deal breaker in the relationship.**

For a start the person who doesn't smoke generally has a different lifestyle. Non smokers tend to be healthy and focused in life. A smoker typically has poor habits and will tend to put an ice

coffee in the mix for breakfast and they obviously don't care about their health.

Again opposing dynamics. Destined for failure unless the smoker quits and even then the lifestyle habits are still significantly different

**Another example: (spiritual purpose)
One partner is spiritual, emotionally intelligent, well balanced and focused on their spiritual purpose. The other is skeptical, not very smart, scattered and lives day by day.**

The problem here is that the spiritual person who has learnt a lot more about life, them self and how to balance life, will spend a lot of time and energy in trying to help the other person achieve the same.

The other person may not listen due to being skeptical and may not even want to have a spiritual or balanced life.

One partner wants to pursue their purpose and the other doesn't even know or care about a purpose. Opposing dynamics? Ya think?

**Another example: (levels of love)
One partner wants the physical level and one wants a spiritual love.**

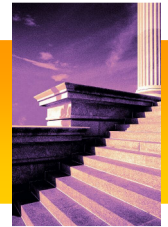
Someone who needs physical love is generally addicted to sex, can't get enough of it and they use it as a form of fulfillment. They are quite ego driven and looks and material items are very important. They will tend to have the urge to always hunt for sex.

Someone who practices spiritual love focuses on balance, harmony, their spiritual purpose and loves the person on all levels.

This relationship will definitely not work as the physical person will require sex constantly and the spiritual person will be focused on their dreams and their purpose.

Again opposing dynamics.

Opposing Dynamics



Another example: (Affinity)

Affinity = (dictionary def) a natural liking for and understanding of someone or something

Affinity in a relationship is a major dynamic that needs to be in alignment. Put simply this is the time you spend doing things together. It's the things you both like in common, like driving, playing sports, hobbies, your passion and your values.

If one person loves sport, wants to be outdoors, enjoys nature and likes to be active and the other person would prefer to play computer games, watch dvd's and sit on the couch as much as possible, this relationship will not last very long at all.

Again opposing dynamics.

By now hopefully you are starting to realize just how little thought you may have previously put into dynamics.

It's very easy to design a goal chart of your perfect partner and know what you want on a physical level however if you don't get the emotional, mental and spiritual requirements; you may have relationship after relationship and wonder why they don't work.

Chances are you've met someone with opposing dynamics.

Don't get me wrong, I'm not saying it's impossible to be with someone who has opposing dynamics however it won't be easy and it will require a lot of work and most like accommodating and comprising. If you are happy to do that, then I say "happy opposing to you".

Personally I've had at least 10 relationships with opposing dynamics and finally I got the lesson in regards to this.

Basically my best friend puts it in the nutshell. **"You need to be same where it counts and different where it doesn't"**.

I'm not saying you need to partner with your complete mirror becoz that would be boring. I'm saying that in my experience and from observing others, the less opposing dynamics you have the more likelihood of having a long term successful & fulfilling relationship.

Another example: (finance & assets)

One partner comes from a wealthy background, his first car was a Porsche and he's never wanted for anything. She comes from a farm has worked hard for every cent and had to share everything with 4 siblings.

Well you might think that the woman has scored here and indeed she has. The problem that will most likely occur is that she will not be used to the lifestyle. She may have a pattern of scarcity and she may save every drop of water and not spend money because she's never had it before.

He on the other hand may have 20 minute showers, leaves the hose on and buys another Porsche in a different colour just becoz he can!



He may want to fly her around the world, take her out to dinner and buy her nice dresses, but she is not used to this and probably won't feel like she's worth it because, 1. shes never had it and 2. She hasn't worked for it.

Eventually this relationship falls apart again due to the fact she's not used to receiving and resentment can arise to the surface.

However this can work if the person who's never had anything totally believes they are worthy of it all and they receive everything they are offered and fit into the lifestyle (like the movie pretty woman).

Questions.....

1. When taking a moment to STOP and think about opposing dynamics, what are 3 things will you differently in the future?

1. _____

2. _____

3. _____

2. Have you ever considered or thought about relationship dynamics before?

Yes/No

3. If you've been in this situation before, does it sound familiar? What was your opposing dynamic?

4. If you are single person and you meet a potential partner with a family are you ready to take on the family dynamics?

Yes/No

5. Do you know exactly what you want in a partner in regards to dynamics?

Yes/No

(If no go to dynamic chart pg ??)

6. What is the one thing that relates to you most about Dynamics?

