

## Parallel Learning Technology

### RELATIONSHIPS

Relationships are the most important part of our lives.

Relationships are how we learn about ourselves and how we relate to the world around us. Relationships are part of every aspect of our lives.

We have intimate, family, friendship, fellowship, social, and business relationships. We engage in various combinations of relationships.

We are husbands, wives, mothers, fathers, sons, daughters, sisters, brothers, friends, partners, bosses, employees, teammates, peers and colleagues to each other.

Relationships are how we learn about all the different dimensions of ourselves. In fact, if we did not have relationships, we would have nothing to which to compare ourselves. Let's look at an analogy.

***Suppose you had been created out in space floating around all by yourself. Suddenly, out of the corner of your eye you see a meteor.***

***At that moment you would know something about yourself. You would know that you are something, because now there is something else to which you can compare yourself.***

***As the meteor gets closer you learn even more about yourself. You notice that you can move and wiggle around and the meteor is motionless.***

***As it comes even closer, you reach out and touch its surface. The Meteor is coarse, hard, and cold. You are smooth, soft, and warm.***

***You and the meteor are different and from these differences, you discover yourself.***

If differences are not viewed as things to judge right or wrong, then relationships become a wonderful journey of self-discovery.

- If we learn that we are “different but equal” to others, life is balanced and fulfilling.
- If we learn to be judgmental and distrusting of differences, life is out of balance and self-defeating.

What determines the direction our lives go—towards balance or out of balance? The answer is two-fold. The quality of our lives is determined by **what happens to us** and **what we do with what happens to us**.

The 80/20 rule says that 80% of the quality of our lives is determined by what we do with what happens to us; while only 20% of life’s quality is determined by what happens to us.

How we deal with life is determined by the patterns in our perceptions, attitudes, thinking, and behaviors:

- Perception is all about how we see the world
- Attitude is all about how we see ourselves
- Thinking is all about how we reason and feel
- Behavior is all about how we relate to others

To a great extent, the quality of our perception, attitude, thinking, and behavior patterns is the result of what we adapted to and learned as we passed through 5 stages of relationships:

- Childhood
- Adolescence
- Transitional Passage
- Adult/Independent
- Adult/Interdependent

If we live from... the adult perspective of equality, the attitude of self-truth, the thinking process of love, and the behaviors of personal power...the quality of our lives is ever deepening.

If we live from...the childhood/adolescent perspective of inequality, the attitude ego, the thinking process of fear, and the behavior of control... the quality of our lives is always less than what we want.

**(Concepts and excerpts: Creating a Team Culture Through Empowerment, Chapter 1)**