



12 THINGS NO RELATIONSHIP COACH WILL TELL YOU

4 WILL BLOW YOUR MIND



These are the most common relationship questions which my clients, friends, acquaintances and people I spend time with ask me about.

There is not only one answer to these questions however the answers derive from over 24 years of inner work. Without inner work the answers would be very different. Inner work is fundamental for optimal results in any relationship. It means looking within yourself – to own and understand where you are part of the problem.

The foundation of The Projection Model ('TPM') is 'to know yourself'. If you do not know yourself then there is an impossibility of accessing your potential and fulfilling your purpose. With TPM you are one projection away from creating the best version of yourself and closer than ever, to finding out who you are as well as ultimately being all you can be.

Relationships are as fragile as a mirror. Once a mirror is broken it is very difficult to put the pieces back together wherever the mirror breaks the lines where it was broken remain. Once you can see that it was you who broke the mirror - that, no one has ruined you or your life; cheated on you; been horrible to you; put you down or taken advantage of you.

Once you have this experience it will change everything within your relationships. Resentments disappear and creating new ideas becomes a natural process, which is very liberating.

When you can see your projections (a projection is something that you throw onto someone else, something you do not want to own) in your relationships, you can start to see things from a completely different perspective.

Having a different perspective allows you to naturally express and communicate exactly how you want to be in your relationships.

#1 Can relationships be fixed?

Yes, and for this to happen, you must be willing and open to see and action things from a very different perspective. If you go BACK without introspection there is no chance of anything being fixed. If you are not willing, there is nothing wrong with this, you just can't complain about things not working out, own it and accept where you are.



#2 Can a relationship work after a breakup?

Short answer is yes.

Anything can work, but the question is: are both parties willing to look at their part in the breakup?

This could be painful for all involved. Work things out together honestly and authentically as well as being respectful to each other's individuality – this is key. But most people misuse the key or don't know how to use it.

To be honest, very rarely does this happen because most people would be unable to listen, let alone accept what the other is saying to them. This is because our resistance to listen is usually driven by a projection. In this example, projection means getting rid of something you don't like about you, by throwing it out onto the other.

#3 Can a relationship last forever?

No forever isn't real. If you mean a lifetime together, then yes, you can have a lifetime together.

My parents have been married for 67 years and together for 69 years and they are both still going strong and very much together as a couple. However not everybody can or wants to achieve this. So, the answer is very personal to each individual.

It is important to understand what the intention and purpose is for wanting a lasting relationship?

Think of the projections you would have if you thought you would have a lifetime together with someone. And then think about what if you only had this moment with someone, would your projections be different without the pressure of time.

This will give you a tremendous insight into your relationships and how long they are likely to last.

#4 Can a relationship work after cheating is involved?

Yes, however self-development and inner work would be vital for the relationship to really work.

If you both continue the relationship, without looking inward at what really happened, it will be a disaster. Most likely it would happen again and again.

When you look at 'cheating' from a different perspective, the cheating usually starts by you cheating on you. Think about it...

Your projections are very powerful and if you are unaware of them, you are for sure cheating yourself out of a very creative way of relating.

If you try to make a relationship work without addressing the root cause of the breakup, the same things will happen again and again. Only it will happen in a shorter space of time.

#5 Why do I feel unhappy in my relationship?

Happiness is intrinsic. It is a state of being that comes from inside you. If you are not happy within yourself then it is impossible to be happy in a relationship.



Often we think happiness comes from being with another, this is in fact a projection onto them, usually an expectation that someone else can make you happy when in actual fact, happiness is when there is no desire for something from anyone else, only gratitude for what is.

What or who makes you happy can change from one moment to the next. Enjoy when you feel happy. Who knows how long the feeling will last?

When you feel unhappy, understand what is going on for you, are you caught up in projections, comparisons or expectations?

#6 Why am I such a control freak in my relationship?

Being a control freak in a relationship means you are living at the bare minimum – scared, fearful and self-obsessed. You miss life and could have many regrets settling for safety and the mundane.

When you are willing to go into the unknown, giving your full commitment this becomes an expansion, an opening - it's called love.

Being a control freak is the opposite, it's a contraction. It means you are holding back and living in fear of being hurt. Fear in this context means one of two things: either we have made up a situation and it is not factual - False Evidence Appearing Real; or we are projecting from a bad past experience that has not been understood and addressed.

When you are in this state of fear you can never experience the magic of relating.

#7 Why am I so critical in relationships?

Relationships are like a reflection of what we can't see within ourselves, they are like a mirror. So, if you are critical with yourself then you will be critical in your relationships and vice versa. Expectations originate from your conditioning (learned behaviour). Criticism continues when we have expectations that are not fulfilled by the other, and when this happens we tear them apart.



#8 Why do I want more from my relationships than I give?

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#9 Is there such a thing as true love?

Yes, but it is momentarily. Once you have experienced the feeling in that moment, what a moment it is. You will never forget it.

Most people, read poetry, books or listen to songs that talk about love being eternal, in fact it is the exact opposite. Only death is permanent. Life is change and flow and this is why love is momentary - relish it.

#10 Is accepting someone being horrible to me damaging in a relationship?

A lack of self-understanding is the most damaging thing in all relationships. We carry childhood or life traumas which lie dormant until we find a partner that we love and trust. Then it brings out the monsters in us - our inner demons.

We tend to put up barriers, which is learned behaviour to protect ourselves. Rather than address our demons, we project it onto others. We are damaged goods in one way or another and relationships are a brilliant opportunity to look deep within ourselves, accept what you cannot change and create the person you want to be in relationships.



#11 Is it important to have a sexual relationship in my partnership/marriage

There is a specific answer for each individual. In general, this question can only be answered by the couple involved in the relationship. Many relationships work with sex; many relationships work without sex; many break up because there is some issue with sex.

If you understand the fundamentals of sex, it can make all the difference in your sexual relationships.

Here is a brief explanation: sex is your life force; sex is a natural phenomenon. It is very simple. The head is not the centre for sex. When sex enters your head it causes confusion as it is unnatural, abnormal and pathological. When you think about sex, then you fantasize about sex, which leads to an unsatiated state. It is not reality.

Sexuality also refers to sex entering the head. It is a form of repression. If sex remains sexuality, it is valueless, mechanical and becomes a burden for you. The longer sex is meaningless the more challenges arise with sexual relationships. Consider it differently.

Nature is capable of fulfilment. Because you are made from sex, you can turn your sex energy into love. Love takes you to another dimension. It will open up your life, especially your sexual experiences and relationships to offer fulfilment.

To experience love - understand the differences between sex and sexuality; accept sex as a natural phenomenon; respect and communicate.

#12 Is it ok to have many partners in my relationship?

There is no right or wrong way. It is only what each individual can live with. There are many open relationships, which work for many individuals and couples. Equally many partners can create havoc when more than one person is involved in a relationship. It is an individual choice. Who says its right or wrong?

Each person is a world unto themselves. A complex mystery with a long past and eternal future. Love is very rare in its truest form. Relationships are usually based on our conditioning - what we learned from those around us as children, tv, films, education system and it varies

in every culture and religion. It is never real, meaning created by you from a natural source, your own experience. It is usually the opposite.

A great way to grow and become mature is when you decide to create what you want in life and in your relationships.

Always remember that pain is a great awakener and pleasure is a great tranquilliser.

BE ALL YOU CAN BE

Veronica Leigh

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