

The Six Step Guide to Rebalancing Your Reality

Why We Do what We Do

People are always told to practice positive thinking, but it's not easy when your mind is constantly under attack by forces that are hard to control. They're neurological, they're primal, and there is absolutely nothing that you can do to override these emotions.

Certainty – the Need to be Safe and Comfortable

Safety, fitting in and mattering are all important to the human brain and for performing at home, at the office, and in your life. Uncertainty takes up the most part of our life, be it, getting into a good college, getting your first job, or knowing if you've found Mr. Right.

In other words, uncertainty is with us in every stage of our life. In relationships, when uncertainty escalates, the gap between communications widens. To deal with uncertainty, you have to understand the problem and then deal with it. This means assuring and reassuring your partner of your love. This will create safety, and the greater the feeling of safety, the more confident you'll feel taking risks and moving forward in life.

Variety – the Need for Physical and Mental Stimulation

Sometimes with time, relationships become predictable and simplistic. If you are starting to feel like a stock character in a second rate film, you are not alone. Keeping life interesting can be a challenge these days, with fixed routines and projects in the oven. This can also lead to people feeling as if they have fallen out of love with their partner. But it doesn't have to be that way.

Everybody feels the need for something new at some point of their lives, and it is perfectly normal. It's a palpable sensation, and those who refuse to accept this subconscious need are in denial. The problem arises when people start to seek it by creating new relationships instead of filling the void by participating in activities that would include their partners as well. So the next time you want to do anything, involve the person who means the most to you!

Significance – the Need to Feel Special and Worthy of Attention

Have you ever felt like punching someone? Well, that usually happens because we all crave acknowledgement. Everybody needs attention; some just need it more than others. The main reason

why relationships fail is because one knowingly or unknowingly makes the other feel insignificant, consequently rocking the latter's certainty level.

When a person doesn't feel significant to you it affects them in a negative way.

You may already know the kind of person your spouse is, but don't stop there... because there is more heart, more meaning, and more depth. It's just a matter of finding it!

Love & Connection – the Need to be Loved and Connected to Others

The proximity flame is something that people also refer to as the honeymoon phase of a relationship. You know, when you just can't keep your hands off each other. Many of you may have noticed that after this brief period of divine intimacy, the flame begins to dwindle.

First, it's the small things, like stopping to hold hands or standing just a bit farther apart from one another.

Staying connected is important and research shows that staying connected in a relationship has a lot to do with our happiness. In a nutshell, we all need love in order to thrive and do well in life, which is why developing close and loving relationships is important for all human beings. To keep the flame glowing you need to catch that swaying hand, hug, laugh and dance for no reason with one another.

Growth – the Need to Develop and Expand

The best life lived is one in which a person is able to make steady improvements in their quality of life and relationships. That is easier said than done because along with that comes setbacks, disappointments and everything in between. All of which are reasons which have shoved the best of people off the right track.

Apart from that, every person has different leading needs. Sadly, in the context of relationships, many couples struggle or simply fail to meet each other's needs, while trying to fulfilling their own personal goals. This could lead to, becoming a workaholic or spending too much time with friends. Whatever it may be, the key to being in a stable relationship and moving forward with one's own personal growth is to keep all sources where you meet your needs inside a relationship.

Contribution – the Need to Contribute Beyond Yourself

Relationships do not contain the seeds of deep disappointment because each of us contributes individually and in a unique way. In a way, we all make a difference. The point is, in a relationship, both parties matter.

Sadly though, often times, two partners have a "You go your way and I'll go mine, and we'll meet somewhere in the middle" approach. This does not help a relationship in the end, because both parties

may end up finding their successes outside of a relationship while their emotional cups run dry, which can make things real scary, real fast.

To prevent a relationship from falling apart, you need to focus on being equal partners. Share your dreams and fantasies with each other and even better, be a part of one another's dream.

Taking part in these sensations will allow you to transform your relationship into the most enjoyable and important thing in the world to you. Identify your needs and follow the advice presented for a stronger, healthier relationship.

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