



Exercise: The Ego's Use of Compromise and Sacrifice

1. Are you willing to look with Holy Spirit at the areas where you compromise yourself in your relationships? Make sure to look *with Spirit* so there will be no self-judgment, just a quiet observation. If you feel judgment or self-blame then it will be the ego doing the looking.
2. Can you do your own radically honest self-inquiry on how you might compromise yourself in relationships? Often the ego is obsessed with a particular relationship "role," mistaking the role itself for Love. It then plays "god," taking on a superior and false sense of responsibility. Take parenting for instance. The "need to be needed" often fuels this particular error.
3. This insidious dynamic (false responsibility) is a destroyer of trust. Trust is invested in the ego and fear, while being withdrawn from God/Love and the one we profess to love. When we mirror to a child that we don't trust them they take this in and usually grow up with a profound sense of distrust in themselves which causes all kinds of suffering.
4. Let me share a radically honest account from a dear friend of mine (with her permission). I feel that many people, especially women, will identify with her revealing confession.
5. When she and I met she had no idea about Holy Relationship. All she ever knew were the destructive patterns of special love. Thankfully, she sees her old obsession with self-betrayal and has literally done an about face. Here is her account of her history with the ego's version of "special love."
6. "As I hurried about doing and bringing everything for everyone, the world told me how amazing I was. I was told how I was like Wonder Woman - how endlessly "giving" I was. This was the addictive "hit." This was the "high" that I lived for. I didn't really see others for who they were, and I didn't seek to join the Spirit in people. And the reason was because I was too busy looking for how I could get them to approve of me, to need me and approve of me.
7. Next, I got to store up all these "credits" against those I had done so much for, so that I could hold it against them when I began resenting them for not doing likewise for me. They didn't stand a chance. I had framed them the moment I set out to "help" them! They never asked for my assistance, I just *did*, and went overboard, already preparing the future attack in the form of, "Poor me, look at all I do for *you* and how I get nothing in return." It's very effective because by the world's standards I *was* being loving and generous. In truth it was full out attack."
8. Make a list of the people and areas in your life where you compromise yourself and have thought you were demonstrating Love. These may include listening to or engaging in activities against your true preferences, such as meaningless conversation, sleeping together, home duties, sex, shared finances, or maybe you sacrifice your authenticity with reluctance to speaking about your spiritual path, or with trying to "keep the peace," etc.



A MANUAL FOR HOLY RELATIONSHIP - EXERCISE
The Ego's Use of Compromise and Sacrifice

9. With radical self-honesty, *why* do you compromise or sacrifice? If the answer is that you compromise yourself because you fear hurting the one you love, then please go deeper.
10. Ask yourself then, what does the ego seek to get as a trade-off for your sacrifices? Recall that any kind of sacrifice always seeks a pay-off. What are yours in each of the areas?
11. And lastly, if you were to come clean and decide to withdraw your patterns of sacrifice, what do you fear you would lose? What or who may be threatened?
12. When we compromise our Self for other's egos we give in to "ego-stroking" which is not Love, but attack. What could you lose if you joined with Spirit to forgive yourself and decide to be more Self-honest? What could be threatened? If a relationship appears to be threatened by one or both aligning with their inner guidance, then it was not Love that joined them, but fear.
13. This is why applying the *Seven Keys* in relationships is imperative if we really desire to shift from specialness to Love as a Holy Relationship.