

# RELATIONAL LEARNING FOUNDATIONAL CONCEPTS

**1** I am where I am in life largely because of the **CHOICES** I have made.



**2** Most of these life-positioning **CHOICES** are made because of my **BELIEFS**



**3** The most powerful beliefs directing my **CHOICES** are the **BELIEFS** about myself. These **DEFINING BELIEFS** or **GOVERNING PARADIGMS** are:

- Usually simple
- Often constructed subconsciously in childhood from interpreting the meaning of interactions in my relationships
- Thought of as real, correct and unchangeable
- Expressed and validated within the exchanges in my primary relationships and the important interactions in my life
- Hierarchical in nature, radiating outward and influencing even mundane decisions



**4 THE PROBLEM:** When **CONTRADICTIONS** to my **DEFINING BELIEFS** occur, the resulting internal conflict causes:

- A split between my idealized self and its exaggerated opposite (the shadow)
- The manipulation of my perception into seeing the one and denying the existence of the other
- Duplicity in my exchanges with others in which I overtly validate my desired model and subvertly invalidate its opposite
- Orchestration of situations to discount, separate from or destroy contradictions
- Projection onto others the characteristics of my negative defining paradigm
- Investment of attention, promotion and resources in my validation efforts
- The relentless promotion of my idealized defining beliefs, hiding my real governing beliefs even from myself, resulting in:
  - Double-bind situations and poor discernment where I need it the most
  - Warping of a myriad of choices in an attempt to reconcile this conflict between my idealized self and my darker hidden self
- The **COLLAPSE** of my defining beliefs or governing paradigms



**5 THE SOLUTION:** Create a perceptual shift by making the **BELIEF-BUILDING PROCESS CONSCIOUS** (the core definition of Relational Learning), resulting in:

- Enhanced discernment and more accurate perception
- The discovery of the underlying rules that control the exchanges of life
- Skill at adapting to and gaining rapid insight into totally new situations or contexts
- Proficiency at pattern-reading and predicting the future
- The ability to adjust to and control the rapid collapse of invalid belief structures
- The ability to create new, more workable beliefs
- Transcendence of dysfunctional systems and double-bind situations
- Initiation of a dialogue with the language of life

## NOTES:

- The process of consciously generating defining beliefs is typically never taught in either the educational system or through life's experiences.
- It is easier to learn the process apart from contexts or situations in which the students have a vested interest.
- These foundational principles apply both to individuals as well as to groups.
- In the usually-understood way, beliefs are about God, money and spirituality, but Relational Learning also deals with beliefs about how life works or how to more effectively navigate through life's changing terrain.

**WHEN THE HEAD IS ON STRAIGHT**  
... the heart can heal

