

Advice on Baggage in a Relationship

By Estelle Roberts 2015

Can you give me any advice at all that can help me say the right words to one of my daughters?

Very difficult situation because when she is in the state that she is in, she is totally closed off and to a great extent it doesn't matter what you say, it will just pass straight over her head. She does need to visit on a continual basis a professional who is capable of dealing with people with her condition. Do not feel inadequate because that's what you feel is it not?

Yes.

Because you feel that you should be able to solve the problem and unfortunately there is only one person who can solve her problem and that is herself. It is something within her inner demons that keeps rearing its ugly head. But it's not all one-sided. She made a very difficult choice with her partner because her partner has a tendency, not thinking that it is causing a problem, but pressing buttons which accentuate her negative responses, accentuate her feeling of inadequacy and he does not have the tools which are really required. So therefore your love and your prayers should go to him as well because he needs to change the way he reacts and responds to her situation because it is making her situation worse rather than better sometimes. Against that, the majority of times she is a lot better off with this partner than she would have been with many others. But with your daughter, she does jump into relationships with both feet all the time does she not?

Oh yes.

She has a tendency to need love, need assurance and therefore she puts forward a false demeanour when she is initially within a relationship. But then her demons come forward and the true nature of the person comes to the forefront and therefore the individual that they have connected with are not capable of coping with this "change of nature" should I say. Do you understand?

Yes perfectly.

And we don't know really what we can do to help her but we will continue to try my friend. It is something that as a mother is very difficult is it not?

Oh yes.

Yes, we just want to pick them up and smother them, rather than mother them.

I think I've got to the stage where I just want to shake her actually.

That sometimes does just as much good. Maybe if you shake her, her brain cells might change into the right direction.

Yes.

I don't think that that will occur but it's a good thought.

In any relationship always remember that other people have what you affectionately call on the Earth Plane 'baggage' and that baggage is something that doesn't get unpacked until further down the relationship so to speak. Do you understand?

Oh yes.

But don't look at that as a negative. That is something that occurs in all relationships and it is how we cope and deal with these situations that either make or break a relationship long-term. That's what you found is it not?

Yes it is.

You can have all sorts of issues but providing you come to terms with them in the best way you can then that is the nature of whether you will have a successful relationship or not because none of us on the Earth Plane are perfect beings. None of us are lacking skeletons in the cupboard so to speak. So because we have skeletons in our cupboards do not expect other individuals to be lacking in that area.

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