

## **Get What You Want by Being What You Want**

*By Ingrid Bacci, PhD, CST*

It's common to approach our relationships with an attitude that says "I want intimacy," or "I want love," or "I want security." It's also common for many of us, consciously or unconsciously, to add another clause to our desires. That clause starts with one big word: BUT. "I want love, but will he/she give it to me?" "I want intimacy, but is the person I'm with the right person for me?" Like it or not, that one word, "BUT," is what so often keeps us from getting what we want. Why is this?

A simple law of the universe goes like this: you get what you give out. Put another way, like attracts like. Birds of a feather flock together. When you say to yourself that you want something – say love, intimacy, warmth, playfulness, etc. – in a relationship, but you wonder whether you'll get it, you automatically express ambivalence. You communicate, perhaps in your words, and definitely in your actions, that you are not sure whether you'll get the love, intimacy, warmth, humor that you are looking for, and as soon as you do this, you stop projecting the very qualities you look for in the other person. You equivocate about being warm, or loving, or funny, you withhold from your partner or friend the very thing you want for yourself. You make your own commitment conditional upon the other person proving that they're worth it.

Now YOU have become the problem. You are no longer just plain warm, loving, funny, etc. Allowing yourself to be warm, loving funny, becomes dependent on how the other person is. And believe me, the other person always knows this, even though he or she may not know it consciously. And unless that person is deeply secure with himself or herself, your communicated ambivalence will make him or her insecure. And so you will

guarantee that you won't get what you want. You'll get someone who makes his or her warmth, lovingness, sense of humor, dependent on how you are treating him or her! Guess what? Birds of a feather flock together. Like attracts like. Neither of you gets what you want, both of you get what you project, and both of you are at fault.

There's only one way, over the long haul, that you can get past this dilemma and get what you want. That is by BEING what you want. Do you want others to be honest with you? Then be honest with them. Do you want them to be playful? Be playful yourself. Do you want them to be kind? Be kind. Model what you want.

If you become in yourself what you want from others, does that automatically guarantee that you'll get it from everyone you meet? Of course not. But two things definitely will happen. First, you'll discover that you really can be joyful and happy within yourself, that it's in fact easy, that your happiness is not something that you get from others. It's something you allow yourself to own in yourself! Secondly, you will definitely and without a doubt draw more and more people into your life who manifest the qualities that you treasure, and that you develop in yourself. Like really does attract like, and your friends and dear ones truly are a reflection of yourself. So dare to become what you love. Make that your intention every moment of the day. And enjoy the results in the flowering of your own effortless joy!