



A Look at Relationships

by

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I am an expert in this area having spent more than one half of a century in relationship with one person or another. Most all failed for one reason or another. Why?

I will share with you the secrets to my outstanding catastrophes detailed in terms of principals so that the names of those foolish enough to have mated, mingled or married with me sometime can be spared the embarrassment and exposure.

Trust, Honesty, Clarity, Goodwill, Common Goals, Forgiveness, Truthfulness, Respect, Risk taking and the "Big three "L's," Lust, Like and Love.

Let's look at them one at a time knowing full well that my expertise as a failure came as a result of a blend of the above mixed together as fine as one of my famous "Goodfield" Martini's.

Trust

By trust I mean first dealing with the core issues within yourself that taints, taunts and causes trouble on all levels of life. I have found that if you fail to deal with these for whatever reason the quality of life will always suffer. How can you ever let go if you are questing the motivation, movements of meaning of another? How do you know if you have a problem in this area? Here is the answer to this question. All people do. All.

Life teaches us at one time or another, that we were foolish to trust. The extent, intensity and repetitions of this message is the degree to which this will be a fundamental issue in your life.

What should I do about the problem of “basic distrust?” Stop lying to yourself and stop projecting your issue onto other people. If you need to work on this problem you know it already so do it. This is especially true if you are in or just leaving a problematic relationship.

Honesty

Whoever said, “honesty is the best policy” made no reference to the price tag.

If honesty is a virtue then we live in a world of vice and iniquity. A peek at any newspaper or a glance at any television or a scrupulous look at your day will prove my point.

One of the first things I did in a budding relationship was to pretend to be better or more virtuous than I was. That was not hard in my case. The consequence of this of course was that my words were writing checks that my behavior could not or would not cash.

I have learned that as a principle I would rather be clear than liked. Is this a natural strategy? No. This realization comes with age and in my case a nose that is not as straight as it was when I started out. Look I am more interesting than I am nice. I guess it has always been that way. I am however, now a very honest person. I walked a lot of really fine lady’s down a primrose path that turned into a boulevard of broken dreams.

So is honesty really the best policy? Here’s my take on the subject. Sometimes you can get away with a lie even a BIG one. For example the person with whom you are involved with is having a relationship with

somebody else. The person is not having a relationship with you. He or she is relating to you through the false reality he/she sold you. My dad used to say, “You can’t build a castle on sand.” One thing is sure the gritty truth will eventually come out. If you want build that castle on solid foundation base it on truth and honesty.

For some people who do not chose this as a lifestyle, failure is a tick of the clock away and either denial or anxiety marks off the seconds. I have found out that if I am really me in the beginning of any relationship, regardless of what kind it is, and the person dislikes me it is fine. He or she is doing me a favor by communicating this to me. I will not waist my time or theirs for that matter. Next. As one of my favorite philosophers Willie Nelson say, “He isn’t not wrong, he is just different.” Tell it like it is, I have found it to be better that way.

Clarity

I have made my point and position clear in the last section. One last thought or comment on the subject. Why would someone choose to be vague or unclear? My personal and clinical experience leads me to believe that, when this is a lifestyle, there are a few reasons behind this strategy. One reason is that the person is fundamentally insecure and is looking to another to define themselves or their actions. Two is that the person has a hidden agenda. When this is the case grab your valuables and run, don’t walk to the nearest exit. Next NOW!

Rest me one more thing to say: *“Trust your process it will work. I’m still in process and trusting mine.”*

For more read [my books available](#) in paperback or e-format:

Relationships: A Survival Guide vol.1 (2012)

Including a relationship test.

&

Real Love: A Survival Guide vol. 2 (2015)

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