

He Makes Me Feel So Stupid

Do you feel like the "dumb one" in your relationship? Do you find yourself trying to please the "smart one" and ignoring your needs and preferences? Are you uncertain about your own wishes? Is your focus what "he or she" wants and not a mixture of both of your wants?

When we find ourselves in a relationship such as I described above we need to ask ourselves 3 questions:

1. What do I believe about my own importance?
2. Why do I believe I don't deserve equal status?
3. What would happen if I challenged my "inferior" belief and accepted equal status?

It's not necessary to wallow in your past, but it is helpful to examine your past to determine the link between what you believed about yourself as a child and what you believe about yourself now. As adults we just grow taller and older, and hopefully, wiser. But frequently we still carry those old beliefs about ourselves - you know - the ones from our past when we were told what to do, how to behave and to just accept the situation.

If you feel your old "beliefs" are holding you back from a satisfying relationship and leading to your lack of self-confidence, please talk to a counseling professional who can help you explore your belief system and eliminate those negative messages you are sending to yourself.