



Identifying Your Relational Baggage

“Many people are good at seeing how much someone else needs to change but can’t at all see the holes in their own life.” There are many ways in which we bring blindness to our baggage in our different relationship stages. The 8 listed below are highlighted as conversation starters for you and your potential mate.

1. Single

- **Idealization of Partners:** Singles may idealize potential partners, focusing solely on their positive attributes while overlooking any red flags or areas of concern.
- **Comparison with Others:** They might compare themselves to others who appear to have successful relationships, leading to feelings of inadequacy or desperation to find a partner.

2. Dating

- **Projection of Expectations:** In dating relationships, individuals may project unrealistic expectations onto their partners, expecting them to fulfill all their needs and desires without considering their own shortcomings.
- **Blame-shifting:** When conflicts arise, daters may be quick to point fingers at their partners without taking responsibility for their own role in the relationship dynamics.

3. Engaged

- **Control Issues:** Engaged individuals may struggle with control issues, trying to mold their partners into their ideal image without acknowledging their own need for growth and change.
- **Fear of Vulnerability:** They might resist being vulnerable or authentic with their partners, fearing that exposing their own flaws will jeopardize the relationship.

4. Seeking Re-Marriage

- **Unresolved Baggage:** Those seeking re-marriage may carry unresolved baggage from previous relationships, projecting blame onto their ex-partners or expecting their new partners to compensate for past hurts.
- **Resistance to Feedback:** They may resist receiving constructive feedback or advice from others, viewing any criticism as an attack on their character rather than an opportunity for growth.

As you reflect on their own attitudes, behaviors, and patterns, you become more self-aware and are able to embrace humility, and a willingness to address the things that keep you from healthier and more fulfilling relationships grounded in mutual respect, grace, and accountability.