At our very core, we find that the problem is we think the world is outside of us.

We start with what looks like a work problem.

Then it becomes a problem with another person.

As we look deeper, we find that it is a problem with the relationship.

Looking deeper, we find that the problem is trying to fix the other person.

At our very core, we find that the problem is we think the world is outside of us.
Outside vs. Inside

Why is she doing that?

I wish he would stop.

That was a ridiculous comment.

Was she trying to offend me?

I wonder why that bothers me?

Where does my judgment come from?

I'm feeling competitive.

What is happening inside of me?
To operate from the inside-out means to observe the internal states that drive your response to the outside.
To recognize patterns means to say goodbye to both INNOCENCE and BLAME.

CAUSATION IS CIRCULAR
My emotional intensity is far greater than what the situation calls for.

I suddenly experience emotion for no apparent reason.

I thoroughly like or dislike someone.

Learning from Self-Inquiry when...
REMEMBER

Your experience is not what happens to you, but what you do INTERNALLY with what happens to you.
We judge ourselves by our **INTENTIONS**. We judge others by their **IMPACT**.

One small **PROBLEM** with this plan:

We **CREATE** the impact that others have on us.

**TO UNDERSTAND IMPACT**

We need to look at ourselves,

Not **JUDGE OTHERS**.

This is the hardest and most important lesson to learn.

~ Ron Short.
REFLECTIONS on LEARNING IN RELATIONSHIP

Looking INSIDE-OUT

Learning from PATTERNS

Learning from SELF-INQUIRY

Your MOST IMPORTANT Learnings?