

## Truth or Duty – What Do You Choose?



Done, finally at home! Totally exhausted, tired and drained, you let yourself fall onto the sofa with a deep sigh. The only thing you can think about now is a good glass of wine, a warm shower and a relaxing evening watching a series with some snacks for your soul.

With your eyes closed, you can already see yourself curled up in your fuzzy blanket with a small bowl of chocolate, a bag of chips and your beloved Montepulciano, immersed in the gripping plot of your favourite series.

But then your sweetheart's voice snaps you out of your reverie: "Your mother is on the phone. It sounds urgent." Only reluctantly, you open your eyes and reach for the phone, which your partner holds out to you. "Mom, how are you?" you hear yourself ask, as if from far away. After a seemingly endless time, in which your mother tells you her experiences of the last few days down to the smallest detail and in which you have only reacted in monosyllables, she asks you when you think of visiting your father and her again. You start stammering, looking for excuses, justifying yourself - and at the same moment you can't believe what you're saying! Did you really just try to justify that you have your own life, with priorities, obligations, plans and desires? Did you actually promise to go to your parents' house on the weekend that you wanted to spend in peace with your sweetheart? Out of a sense of duty, at your mother's insistence, just to have some peace and quiet *now*?

You tell her goodbye, put the phone on the coffee table and pull the covers over your head.

"Earth to my darling, may I come in?". You hear your partner's soft voice and his humorous undertone coming through the blanket. With his hands, he carefully reaches for your hands before slowly lifting the blanket from your face. He leans forward and gives you a kiss. Very quickly you feel that his kisses become more passionate, more intense, longer. How much you would like to return his kisses with the same passion and love. But all that is going on in your mind at this moment is that you really don't feel like having sex right now. Your day has been long enough and you just want your show, your wine and your chocolate. As if from far away, you feel your partner's hands on your body. His lips gently touching you, his words, gestures and feelings clearly expressing his love for you. You pause for a small moment, just before you reach for his face as tenderly as possible, hold it gently. Then you push him away from you slowly. "I really had a horrible day at the office. You know, Alex bombarded me with tasks again and now the conversation with mom. My head just feels empty and pounding. I would love to, but I'm just totally exhausted. I want to enjoy sex and really be with you as well."

Did you really just say these sentences to your sweetheart? The person you love more than anything? Just to you have your peace?

Why do you fall into the trap again and again and try to hide, rather than communicating your own needs? Instead, you give in or get out of the affair with white lies and little excuses?

## TAKE ACTION FROM YOUR CENTRE!

Take a moment of silence when you are alone and stand up straight. Plant both your feet firmly on the ground and feel inside yourself. Where do you feel strength and real power? Where do you feel really at home in your body, calm, in your centre? Feel this place and then breathe there. Breathe in deeply through your belly button and out through the top of your skull. In and out. On the next breath, breathe in through the top of your skull and out through the soles of your feet into the earth.

Can you feel how you are connected to the ground? How your feet feel heavy and solid on the ground? Like a tree rooting into the earth to stand firm, upright and aware of all weathers and at the same time connect with the energy.

Now breathe back in through the soles of your feet and out through the top of your skull. Give the power of your breath the strength to the universe and open yourself to the energy that flows back into your body through it. Take five conscious deep breaths with this technique.

How do you feel?

## BECOME AWARE OF YOUR LIMITS!

Don't be angry with yourself if you hide behind a white lie or an excuse not to say that you don't feel like visiting your mother on the weekend or that you are just too tired and lustless to have sex! Be especially mindful in such moments. Ask yourself: "Why don't I want to go to my mother this weekend? Why do I want to watch my favourite show tonight instead of spending romantic hours with my sweetheart?" Be completely honest with yourself. Write down what needs you have for your weekend off and your binge watching evening on the couch. Let it all come and write everything down as they come to your mind, without censorship or judgment.

What's on your list?

## COMMUNICATE YOUR NEEDS AND DESIRES!

Look at your list: what needs have you noted? What qualities do you associate with them? Do you need peace, solitude, relaxation, free time? Do you long for space, acceptance, appreciation or respect? Listen very carefully. Be careful and feel what your needs are, what qualities you truly want to live. What do you need?

As soon as you know clearly what you need deep inside to live a happy, fulfilled and fulfilling life, communicate these needs.

Pick up the phone again and call your mother. Tell her that you want to have time for yourself this weekend, that you need peace and quiet, and that you are looking forward to spending time with your beloved.

Take your sweetheart once again in your arms and make it clear to him why you need a cozy evening on the sofa and why you just don't feel like having sex with him.

Don't be afraid of rejection, incomprehension, quarrel or injury. Get in touch with your inner power centre, your inner compass. Act and speak completely from this centre. You will notice that you convey and even radiate the clarity, strength, authenticity and calmness that you hear in your inner self wonderfully! Rely on your feelings, your intuition and choose to live in a mindful, present and clear way.

Even if it seems unusual to you at the beginning - maybe presumptuous, egoistic or even exaggerated: the longer you meet yourself, your needs and your loved ones with this clarity, authenticity and strength, the more clearly and naturally your individual qualities will solidify in your life. And at that moment, you will feel that you have already begun to realize your very personal WHY, your life vision, in a meaningful, passionate and present way!

## CHANGE YOUR MINDSET - CHANGE YOUR LIFE!

IN

## YOUR HEART SPACE

REFUEL - REFLECT - STRENGTHEN - BE

#heavyload #vielbelastung #mentalhealth #mentalegesundheit #mentalload #mentalebelas-  
tung #compatibility #Vereinbarkeit #mindset #lifecoaching #burnout #depression #worklife-  
balance #selfefficacy #Selbstwirksamkeit #Selbstfürsorge #selfcare #Selbstfokus #selffocus  
#emotionaleerschöpfung #emotionalexhaustion #mindfulness #Achtsamkeit #selflove #selbst-  
liebe #weitblickcoaching #belana