

Being Me While Being With You



"Hello there!"

We may or may not have met, talked, written or been exposed to each other before.

But, I wanted to share some thoughts on how 'Being With You' defines 'Being Me' during our moments together.

As we both come to this moment together, and bring our life's prior experiences, we must pick and choose...

...which scars do we expose

...how much we open our heart
...the size of emotional walls to erect
...to be friendly, rude, tough, timid
(insert a very long list here)

Once you and I both decide how we are going to treat each other, we then do the dance of mixing our offerings together.

You smile...
I smile back...
You look at my clothes...
I look at your hairstyle...

Then the words begin. "Hi Dave."
"Hi YOU!"
"How was your day?"
"Fine, and yours?"

Meanwhile, our brains take in everything we see in the other person. Are they tilting their head? Are they blinking too quickly? Did they use ALL CAPS, or a smiley ':)' at the end?



If we have met before, we both then start mixing our past into the current moment. You may say "Did you see that news story about ...?" But, my mind is thinking [Are you still upset about me not returning your email quick enough last time?] [You still friends with that guy who was rude to me last time?]

On the other side of our conversation, you may be hearing "Yes, I saw it. I can't believe what happened in ...". At the same time your brain is bringing up [I hope he forgot about that jerk who was mean last week.] [Did he not email me quickly because he doesn't like me?]

This mixing/melting of speech, thoughts and body signs can quickly change the moment from friendly, to stressful, or casual to seductive. We adjust continually to the other and they keep changing the moment by what they pick up in us.

I had a co-worker demonstrate this exact pattern during a recent department meeting. He and another had recently had a falling out of words/personalities, and during the meeting, you could see his shoulders tense, his eyes look down and more [peeee o'd] signs that he was not happy with the other. Even though nothing was being said directly to him, the inner thoughts of his brain and the involuntary bubbling up of the past was affecting how he was reacting in the 'now'.

He is not alone, I do it, you do it, we all do it.

How many times have we witnessed a person we don't get along with, treat us with disgust/rudeness, only to turn around, see someone they 'do' like and all of a sudden become the peach of a person with smiles, giggles and a pleasure in reactions?



What is amazing, is that if you acknowledge that those bubbles exist in your brain, notice them coming up, and realize their affect. You can more easily rethink what image you are placing on your eyes about the other person. Tell yourself... "yes! I really hated what that person was like yesterday, and I did not appreciate how it ended." But, then repeat to your self "However! That is not NOW. That is just a memory in the cells of my brain and only represents the moment if I allow. I am going to treat this person as though they are a stranger. I

need to see WHO they are NOW."

I have been using this approach for some years now and it is true, there are still times that the 'jerk' is still a jerk in the now and nothing changes. But, more often than not, if I start fresh with each person (old or new), in each moment, I can tell you that some arch-enemies have turned around to be some of my best supporters.

I believe this is true about the other person. What they picked up from me before, is not being shown now and so they react in kind.

The core of this change always revolves around me 'Being Me' while I am 'Being With You'. My changes, more often than not, changes the other as well.

Some of my art I chose for this article.

Smile: <http://timeforyourmind.com/davesArt/tfymArtIndex-578.htm>

Joy: <http://timeforyourmind.com/davesArt/tfymArtIndex-542.htm>

Yes, I'm Happy: <http://timeforyourmind.com/davesArt/tfymArtIndex-450.htm>