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## Rebuilding relationships

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***Often, it's fear, not ego, that prevents us from attempting to resolve conflict.***

In a relationship I have treasured there has been a tear.

While in the aftermath of the fracture I nursed anger towards the person, it dawned on me slowly that perhaps it was not only the other person who had caused the rupture and I certainly had a significant part in the deterioration of our relationship. Once this thought occurred, there was a compelling need in me to want to reconnect, yet I hesitated and did not execute my intent.



People who meant well counselled me and told me it was my ego that was preventing me from attempting to restore the relationship. On reflecting I realised that this was untrue.

For every time I wished to re-establish I seemed to experience anxiety and fear at the possibility of being rejected and even fear that I might become defensive. Thus, while I do not disagree that it might be what is termed as ego, I actually think it is fear. Unfortunately, those who wish to help, and even I, never examine this feeling.

In acknowledging that it might be fear more than ego, I realise it gives me the energy to talk about it with myself first and then with the one whose relationship I wish to rebuild. While in discussing cause and reason we get caught in a web of intellect and thought, both of which are based most often on unexplored assumptions, sharing my fear is more real, a feeling that cannot be argued against and is in the present.

When I can confront this latent fear in me, I become unconditional in my acceptance of myself, and thus of the other; for what I do to myself I do to others. Talking through my fears also reveals my humanness and vulnerability, and elicits a similar response from the other. Rebuilding thus is less stressful and very relieving.

I am thus encouraged to ask myself, particularly when I dither in attempting to rebuild, if I wish to 'leave unfinished desires or fulfilled memories'.

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