

The Biggest Single Blockage to successful relationships

Ray Slade

How easy it is to overlook the most significant thing standing in the way of being liked

It would be surprising to hear of someone who doesn't have other people in their life, with whom they struggle to get close to.

The kind of people who we like, in a way, but they are hard to really get to know. We can often feel as though we not talking to the real person.

We wish they could be different in some way, but we're not quite sure how.

Spot the real person

It's a bit like going to a circus or stage show. We laugh at the clown, his jokes and his antics, but we know that what we see on the outside is not the real person inside the outfit.

When we don't feel confident about what and who we are, we tend to wear some kind of disguise that we can hide behind. A disguise that we hope people will like better than our real selves.

That disguise can take many forms. It can be a mask that we hide behind, or it may take on a whole style of being, behaving and living.

Typical disguises that we put on can include:

- Pretending to know all the answers (I don't want to look stupid)
- Showing we are in control (I'm cool)
- Accumulating possessions, wealth or educational status (hoping you'll think I'm clever, wise or rich)
- Wearing of clothes that draw attention (hoping you'll take more notice of my clothes than my inadequacies and failings)
- Being the life of the party (doesn't everybody like people who are funny)
- Dominating the conversation (stops you from asking about me or my life)
- Putting others down (makes me look better)
- Making slightly sarcastic comments about others (makes me look better)
- Laughing at life (makes me look brave)
- Pretending to like others (makes me appear likeable)
- Doing all we can for others (hoping they will appreciate us)
- Being excessively helpful without being asked (I love to hear your thanks and praise)
- Always having an answer (makes me look smart)

These are just a sample of the many ways of being that any of us can adopt rather than be our true selves.

Why Can't we just be ourselves?

Simply because we either don't like who we are or don't believe we are good enough to meet other's expectations.

More often than not, these are beliefs that have been imposed on us by someone else.

Our Greatest Fear

... is that you will discover what I'm really like and will then look down on me, just like I look down on myself. I may lose you as a friend. I don't want to feel worse than I already do.

How does someone's disguise affect our relationships?

Quite significantly!

When someone is wearing a mask or disguise, it's very hard to connect with the real person.

"It's more than likely that very little of what I say will be the genuine me. After all, I'm trying to convince you that I'm not the real me."

It will be very hard to have meaningful conversation because we will never know when we are hearing the truth, or what are genuine personal thoughts and feelings.

In short. We never develop close or meaningful relationships with someone wearing a mask.



The problem with disguises

... is that most people recognise one when they see it. So, our game is up even before we walk out the door. Most of the time we humour someone who is acting a false life. After all, we don't want to make them feel worse by

exposing their charade.

It would be too scary to remove my mask

If that's what you think, you're in for a big surprise.

I just need to discover what and who I really am. When I learn the truth about what and who I really am, that I'm not just o.k. but genuinely an o.k person, I will begin to like who I am and have the confidence to be who I am... regardless of what others think.

When that happens, I no longer need to make out I'm not the person I think you're looking at.

Which simply means, I become a more genuine person to relate to.

If this sounds like you...

Check out what and who you really are.

You're in for a big surprise.

You'll discover you're far more than just o.k.

... without a disguise.

Things to read related to this

Book: **Identity & Uniqueness**, Discovering what and who I really am, Ray Slade