



UHV-I

Session 8

Fulfilment in Relationship – Trust

Resolving anger, irritation, fear...

Prepared by NC-UHV, AICTE in collaboration with UHV Foundation
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Interaction Before Main Session

Hear from participants about their exploration from previous day(s)

Q&A

Place some expected conclusions, find out if they also came to these/similar conclusions

7.1. Are you able to see that a feeling of responsibility toward the body is required for your health to be ensured?

- Share 3 instances from your life where your body became unwell due to lack of attention to the feeling of responsibility towards your body

7.2. Reflect on the program for health. Are you able to see the significance of the intake and daily routine?

- Share 2 instances from your life where you could have avoided getting sick by taking the right kind of food
- Share 2 instances from your life where you became unwell because your routine was upset

7.3. Is the topic of staying healthy necessary to be included in your education, in campus life?

- Suggest in what form it can be included in education by teachers, management... (counselling, courses, etc.)
- Suggest ways and means it can be implemented by you, other students, wardens... in campus life (in the student clubs, hostel, mess, canteen, health centre, etc.)



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Fulfilment in Relationship – Trust

Resolving anger, irritation, fear...

Introduction

In previous sessions we had explored:

- For human being, physical facility is necessary but relationship is also necessary
- **To live with fulfillment in relationship, right understanding of relationship is also necessary**

Check again if

- A. the unhappiness in our families, amongst friends is more due to lack of physical facility or
- B. more due to lack of fulfillment in relationship

The major issue in family and friends is that of relationship;

In order to live in relationship, it is necessary to understand relationship

Without understanding relationship, it is difficult to live with fulfilment in relationship

The most fundamental thing in understanding relationship is to understand the **feelings** (values) in relationship

We will start our exploration on harmony in the family in this session

Harmony in the Family

1. Relationship is – between one self (I_1) and another self (I_2)*
2. There are feelings in relationship – in one self (I_1) for the other self (I_2)
3. These feelings can be recognized – they are definite (9 Feelings)
4. Their fulfilment, evaluation leads to mutual happiness

Feelings in relationship:

- | | |
|-----------------------------------|------------------------------|
| 1. Trust विश्वास FOUNDATION VALUE | 6. Reverence श्रद्धा |
| 2. Respect सम्मान | 7. Glory गौरव |
| 3. Affection स्नेह | 8. Gratitude कृतज्ञता |
| 4. Care ममता | 9. Love प्रेम COMPLETE VALUE |
| 5. Guidance वात्सल्य | |

* the Body is used in expressing the relationship...



Trust

(FOUNDATION VALUE)

Trust (विश्वास)

Trust = to be assured (आश्वस्त होना)
= to have the clarity that the other wants to make me happy and prosperous
= दूसरा मेरे सुख, समृद्धि के अर्थ में है, ऐसा स्पष्ट होना

Now, let us explore this feeling of trust between two individuals

- You are the first individual
- Think of the other as someone in your family... close friends

And let us ask some simple questions...

Evaluating Trust – Between 2 Individuals

About Natural Acceptance

- 1a. I **want to** make myself happy ✓
- 2a. I **want to** make the other happy ✓
- 3a. The other **wants to** make herself/himself happy ✓
- 4a. The other **wants to** make me happy ?



Natural Acceptance – Intention

What You Really Want to Be

About Competence

- 1b. I **am able to** make myself always happy ?
- 2b. I **am able to** make the other always happy?
- 3b. The other **is able to** make herself/himself always happy ?
- 4b. The other **is able to** make me always happy ??



Competence – Imagination

What You Are

Doubt on Intention: Mistrust

About your Natural Acceptance

- 1a. I **want to** make myself happy ✓
- 2a. I **want to** make the other happy ✓
- 3a. The other **wants to** make herself/himself happy ✓
- 4a. The other **wants to** make me happy ?

About your Competence

- 1b. I **am able to** make myself always happy ?
- 2b. I **am able to** make the other always happy?
- 3b. The other **is able to** make herself/himself always happy ?
- 4b. The other **is able to** make me always happy ??

Natural Acceptance – Intention

What You Really Want to Be

Competence – Imagination

What You Are



About the Other

The other broke the glass!

The other is a born late comer!

If the other makes a mistake even once...

- I doubt his/her intention
- S(he) makes mistakes intentionally
- I have a feeling of opposition, get irritated, angry...
- I reinforce “The other is bad”, can not improve

About Myself

The glass broke accidentally!

I got late again, such a heavy traffic!

Even if I make the same mistake 100 times...

- I never doubt my intention
- I make mistakes by accident
- I have a feeling “I am special”
- I reinforce “I am good”. I do not make effort to improve my own competence

Doubt on intention is a major reason for problems in relationships



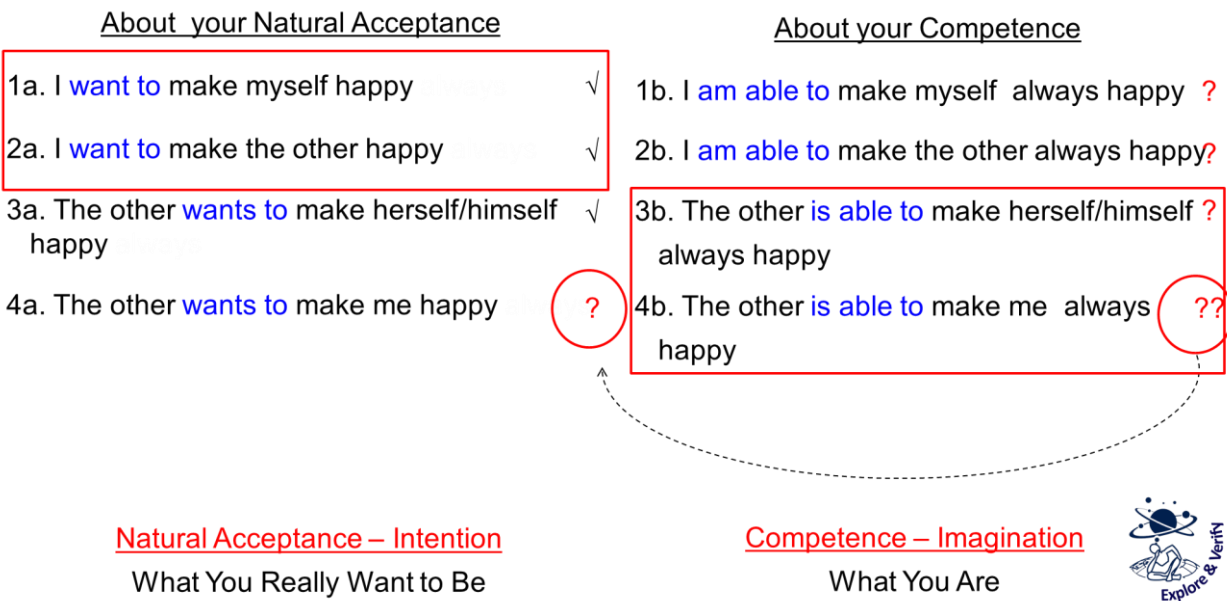
Common Mistake in Relationship

I evaluate myself on the basis of my intention

I evaluate the other on the basis of their competence

I doubt their intention. I assume their lack of competence to be their lack of intention
→ I feel opposed to the other, I get irritated, angry...

I may not speak to the other for days... or even breakup the relationship... One may have lost many good friends like this...



Doubt on intention is a major reason for problems in relationships

Self Reflection

If you have unconditional, continuous trust on intention (natural acceptance) of the other and if the other is lacking competence, what will you do:

- | | | | |
|--|---|-------------------------------|-------------------------------|
| a) Try to improve his competence
(and also improve your competence) | } | Trust on Intention → Response | |
| b) Get irritated | | } | Doubt on Intention → Reaction |
| c) Get angry | | | |
| d) Have a feeling of opposition | | | |



How many persons, in your family and friends, do you have trust on intention (natural acceptance) – unconditional, continuous?



This is fundamental. Trust on intention is the foundation of relationship

You can get an idea of the state of your understanding about relationship from this exploration...

Trust: To have the clarity that the other

About your Natural Acceptance

- 1a. I want to make myself happy
- 2a. I want to make the other happy
- 3a. The other wants to make herself/himself happy
- 4a. The other wants to make me happy

✓

✓

✓

✓

About your Competence

- 1b. I am able to make myself always happy ?
- 2b. I am able to make the other always happy?
- 3b. The other is able to make herself/himself always happy ?
- 4b. The other is able to make me always happy ??

Natural Acceptance – Intention

What You Really Want to Be

Competence – Imagination

What You Are

About the Other

The glass broke by accident
The other got late again

Even if the other makes the same mistake 100 times...

- I am clear about his intention
- I know the mistake is due to lack of competence, not a lack of intention
- I make effort to help improve his competence with a feeling of affection

I know that “he may have difficulty understanding... and also, I may have difficulty in explaining...”

About Myself

The glass broke by accident
I got late again

When I make a mistake even once...

- I am clear about my intention
- I know the mistake is due to lack of competence, not a lack of intention
- I make effort to improve my own competence (I am willing to learn)

Trust on intention is the starting point for mutual development



Resolution of Concerns in Relationship

By understanding trust... I have the feeling of trust in me

I can see that the intention of the other is the same as my intention

I can see that the competence may be lacking in me also, not just in the other

I begin to see the strengths of the other, not just the weaknesses

I can see that it takes time for me to develop my competence, and it is the same for the other – thereby I redefine my expectations, become complementary

I am able to relate in a more natural manner with the other. I discuss more freely, share more openly...

Anger, irritation, opposition in me reduces...

Sum Up: Trust, the Foundation of

Trust is to be assured that the other intends to make me happy and prosperous

It is the foundation of relationship

I can see that the competence may be lacking in me also, not just in the other

Anger, irritation, opposition in me reduces...

I start working on developing my competence first and become a help in the development of the competence of the other

About your Natural Acceptance

- 1a. I **want to** make myself happy ✓
- 2a. I **want to** make the other happy ✓
- 3a. The other **wants to** make herself/himself happy ✓
- 4a. The other **wants to** make me happy ✓

About your Competence

- 1b. I **am able to** make myself always happy ?
- 2b. I **am able to** make the other always happy?
- 3b. The other **is able to** make herself/himself always happy ?
- 4b. The other **is able to** make me always happy ??

Natural Acceptance – Intention

What You Really Want to Be

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What You Are

Trust on intention is the starting point for mutual development



Home Assignment

8.1. How many persons, in your family and friends, do you have trust on intention (natural acceptance) – unconditional, continuous?

You always make effort to improve mutual competence

(your own competence as well as the competence of the other)

rather than getting irritated, angry or having a feeling of opposition

(even for a moment)

8.2. In case you get angry/irritated:

- Do you feel happy when you get angry? And when you express your anger?
- What is the outcome when you express your anger? Is it mutual happiness?
- What is the reason for your anger? Is it the other or you?

8.3. Talk to 2 close friends you may have lost, due to lack of trust. Tell them you have realised the difference between intention and competence... and that you want to reconnect. Write down their response or reaction – you may like to share it in the next session



Questions?