



## Overcome Relationship Repetition Syndrome (Creating Your Own Reality Series) (Volume 3)

*By Leslie Riopel*

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**PRACTICAL WAY TO UNDERSTAND & OVERCOME THE RELATIONSHIP REPETITION SYNDROME** Do you find yourself continually repeating the same kind of toxic relationship patterns? Do your relationships feed your soul? Is your relationship blissfully happy, loving, delicious, passionate, and filled with joy? If not, why? If you find instead that your relationship is filled with disdain, mistrust, anxiety, stress or jealousy, then you may need to re-examine why you're in it in the first place. Although the term Relationship Repetition Syndrome may be a new one to you – I'm sure that the idea of continuing to repeat the same toxic relationship patterns is certainly not a new idea for many of us. Love is one of the most challenging but rewarding emotions known to man, so it makes sense that many of us struggle with it. Overcome Relationship Repetition Syndrome is the third book in the Creating Your Own Reality series. If you have ever wondered why you continually repeat toxic relationship patterns, this book can enlighten you so you may find the answers you need. We sometimes revel in our pain and our toxic relationship patterns to the point that we begin to think a toxic relationship is perfectly normal. This book is not written from a doctor's perspective - it is written by someone who understands that thoughts become things. As a Clinical Hypnotherapist with a master's degree, Leslie Riopel has seen her fair share of people who continually struggle with one thing or another. As a woman she understands how challenging relationships can be, but she also understands how rewarding they can be. Just like the definition of insanity where one keeps repeating the same mistakes expecting different results, we often repeat the same toxic patterns in our relationships. For someone experiencing a pattern of dysfunctional relationships a good place to start to start is by looking at the relationship role models one had a child. Messages perceived by us as a child can have life-long consequences. The repetition of the same old hurtful patterns in your life only means one thing – it means that you have something to learn from the experience. Once you figure out the lesson, you can then move beyond it into a healthy, relationship that nurtures your soul. If the messages you received as a child were about abandonment, rejection, frustration, neglect, abuse or disappointment, you might create a certain set of circumstances as a child to emotionally deal with this. You

might for example cling to the hope that if you were only smarter, prettier, funnier, quieter, thinner or anything else, that you would finally win over mom or dad - or whoever it might be - until they finally loved you as you needed them to love you – unconditionally. As humans we tend to seek comfort in the familiar. Our desire to return to the past is so strong that we often continue repeating these hurtful destructive patterns into our adult life. This process is akin to peeling an onion – each layer that is removed reveals more clues and more of that raw inner surface. A lifetime of hurts and emotional turmoil sits within the energy of the heart – and in this book you can learn how each of the chakras can help you heal. The heart-healing self-reflection exercise at the end of the book can help you untangle the complex energy of the heart – leading the way to immense healing. Letting go of the pain and the anger and the resentments that hold you back can lead the way to a lifetime of love and healthy relationships that feed your soul. In the end, overcoming relationship repetition syndrome is a journey that starts from within. Doing these powerful self-healing exercises and this inner work is the most important step you can take towards a lifetime of love.

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## PRACTICAL WAY TO UNDERSTAND & OVERCOME THE RELATIONSHIP REPETITION

**SYNDROME** Do you find yourself continually repeating the same kind of toxic relationship patterns? Do your relationships feed your soul? Is your relationship blissfully happy, loving, delicious, passionate, and filled with joy? If not, why? If you find instead that your relationship is filled with disdain, mistrust, anxiety, stress or jealousy, then you may need to re-examine why you're in it in the first place. Although the term Relationship Repetition Syndrome may be a new one to you – I'm sure that the idea of continuing to repeat the same toxic relationship patterns is certainly not a new idea for many of us. Love is one of the most challenging but rewarding emotions known to man, so it makes sense that many of us struggle with it. Overcome Relationship Repetition Syndrome is the third book in the Creating Your Own Reality series. If you have ever wondered why you continually repeat toxic relationship patterns, this book can enlighten you so you may find the answers you need. We sometimes revel in our pain and our toxic relationship patterns to the point that we begin to think a toxic relationship is perfectly normal. This book is not written from a doctor's perspective - it is written by someone who understands that thoughts become things. As a Clinical Hypnotherapist with a master's degree, Leslie Riopel has seen her fair share of people who continually struggle with one thing or another. As a woman she understands how challenging relationships can be, but she also understands how rewarding they can be. Just like the definition of insanity where one keeps repeating the same mistakes expecting different results, we often repeat the same toxic patterns in our relationships. For someone experiencing a pattern of dysfunctional relationships a good place to start to start is by looking at the relationship role models one had as a child. Messages perceived by us as a child can have life-long consequences. The repetition of the same old hurtful patterns in your life only means one thing – it means that you have something to learn from the experience. Once you figure out the lesson, you can then move beyond it into a healthy, relationship that nurtures your soul. If the messages you received as a child were about abandonment, rejection, frustration, neglect, abuse or disappointment, you might create a certain set of circumstances as a child to emotionally deal with this. You might for example cling to the hope that if you were only smarter, prettier, funnier, quieter, thinner or anything else, that you would finally win over mom or dad - or whoever it might be - until they finally loved you as you needed them to love you – unconditionally. As humans we tend to seek comfort in the familiar. Our desire to return to the past is so strong that we often continue repeating these hurtful destructive patterns into our adult life. This process is akin to peeling an onion – each layer that is removed reveals more clues and more of that raw inner surface. A lifetime of hurts and emotional turmoil sits within the energy of the heart – and in this book you can learn how each of the chakras can help you heal. The heart-healing self-reflection exercise at the end of the book can help you untangle the complex energy of the heart – leading the way to immense healing. Letting go of the pain and the anger and the resentments that hold you back can lead the way to a lifetime of love and healthy relationships that feed your soul. In the end, overcoming relationship repetition syndrome is a journey that starts from within. Doing these powerful self-healing exercises and this inner work is the most important step you can take towards a lifetime of love.

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