DISCOVERY NINE

From

THE DISCOVERY ALBUM

By Erica Lowry
Based on Don Lowry's "True Colors"

Copyright Erica Lowry 2006

DISCOVERY NINE

What Colors we Dim and Brighten for our Partner, in the Twilight of Misunderstanding

Compromise is a part of any relationship. But over time, in our love relationships, most of us eventually find ourselves "brightening" our Palest Colors, and sometimes dimming our "Brightest" Colors, if even slightly, in order to protect something about our relationship. We usually do this unconsciously, over a period of months or years—it may not become conscious until it becomes grounds for ill-feeling toward our partner. Even then, most of us would prefer not to look at it, because it seems too challenging or complicated to understand and express.

Over time, this dimming and false brightening can become more than we're really comfortable with. Too much dimming of our Brightest Colors, along with too much brightening of our Palest Colors, is I think what undermines a normally happy, compatible relationship most. The little day-to-day compromises we make, most often out of love, may lead to too much time spent dimming our Brightest Colors and brightening our Palest Colors. What we're doing is denying ourselves the privilege of being fully who we are, and of ensuring that we meet our own needs.

The fact is, it starts with us dimming our own True Colors to ourselves, first. We say to ourselves, "Okay, I can do this for my partner—or for us, and it's no skin off my back, because this is one way that I show love—and I know that it's appreciated." This turns into, "Well, this isn't so much fun, but someone has to do it—and I hope that it's appreciated." And that finally turns into, "I really don't like doing this so much, and my partner doesn't seem able to contribute in this way, but it doesn't seem like my partner really appreciates this, either."

The reason that we do this is because we think that we are protecting something, in our relationship with our partner. Perhaps it's our partner's ego safety, personal peace, or career--or our financial stability, or the well-being of some other family member. We might even think that we are protecting the relationship, itself. (In some cases, we may be unconsciously bringing in old fears from childhood, that aren't actually warranted.) In the long term, by denying ourselves our own greatest strengths and needs, and by forcing ourselves to be who we are not, good intentions aside—we are doing a disservice to ourselves and to our relationship.

To discover what Colors you're dimming or brightening to an uncomfortable level, use the Discovery Sheets for individual partners, below. There are two identical sets of four sheets, for each partner in a couple.

First, fill out the questions in "Part A," on your own. When you're done, share what you've written with your partner.

Then, proceed to "Part B," to ask your partner the questions on those pages, and to take notes.

Copyright© Erica Lowry 2006 truelovestyles.com

TRUE LOVESTYLES® DISCOVERY NINE

"WHAT COLORS WE DIM AND BRIGHTEN FOR OUR PARTNER, IN THE TWILIGHT OF MISUNDERSTANDING"

By Erica Lowry

To discover what Colors you're dimming or brightening to an uncomfortable level, write down your answers to the questions in Part A, below. When you're done, share what you've written with your partner. Then proceed to Part B, to ask your partner two questions.

Part A. What Color(s) are you dimming in order to protect your partner, yourself, or your relationship?

_____

How is it that you dim those Colors, in your thoughts, feelings, and your behavior?

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

Copyright© Erica Lowry 2006 truelovestyles.com

What do you think you risk losing, if you shined those Colors much more brightly? What are you protecting?

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

What Color(s) are you forcing yourself to *brighten,* for your partner, or for your relationship—to an uncomfortable level?

_____

How is it that you brighten those Colors, in your thoughts, feelings, and your behavior?

_____

_____

_____

_____

_____

_____

Copyright© Erica Lowry 2006 truelovestyles.com

What are you afraid of risking, if you *do not* brighten those Colors that are not most natural to you?

Part B. Now, tell your partner what Colors you are dimming, and what it is you are trying to protect. Ask your Partner what he or she can *do,* to help protect what it is you are afraid of losing or harming, in order to help you to keep your own Colors shining bright. Take your notes, below.

Copyright© Erica Lowry 2006 truelovestyles.com

Now, tell your partner what Colors you are forcing yourself to brighten, to an uncomfortable or unnatural level. Ask your partner what he or she can *do,* to help protect what you think you're risking, if you don't force yourself to brighten your Paler Colors. Take your notes, below.

Copyright© Erica Lowry 2006 truelovestyles.com

TRUE LOVESTYLES® DISCOVERY NINE

"WHAT COLORS WE DIM AND BRIGHTEN FOR OUR PARTNER, IN THE TWILIGHT OF MISUNDERSTANDING"

By Erica Lowry

To discover what Colors you're dimming or brightening to an uncomfortable level, write down your answers to the questions in Part A, below. When you're done, share what you've written with your partner. Then proceed to Part B, to ask your partner two questions.

Part A. What Color(s) are you dimming in order to protect your partner, yourself, or your relationship?

_____

How is it that you dim those Colors, in your thoughts, feelings, and your behavior?

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

Copyright© Erica Lowry 2006 truelovestyles.com

What do you think you risk losing, if you shined those Colors much more brightly? What are you protecting?

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

What Color(s) are you forcing yourself to *brighten,* for your partner, or for your relationship—to an uncomfortable level?

_____

How is it that you brighten those Colors, in your thoughts, feelings, and your behavior?

_____

_____

_____

_____

_____

_____

_____

Copyright© Erica Lowry 2006 truelovestyles.com

What are you afraid of risking, if you *do not* brighten those Colors that are not most natural to you?

Part B. Now, tell your partner what Colors you are dimming, and what it is you are trying to protect. Ask your Partner what he or she can *do,* to help protect what it is you are afraid of losing or harming, in order to help you to keep your own Colors shining bright. Take your notes, below.

Copyright© Erica Lowry 2006 truelovestyles.com

Now, tell your partner what Colors you are forcing yourself to brighten, to an uncomfortable or unnatural level. Ask your partner what he or she can *do,* to help protect what you think you're risking, if you don't force yourself to brighten your Paler Colors. Take your notes, below.

Copyright© Erica Lowry 2006 truelovestyles.com