



A Few Thoughts About A Valentine's Day Gift For Yourself And Others
by
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The goal of life is balance and *distrust* is one of the main destabilizers of balance

You cannot build a castle on sand. When you find yourself involved in a relationship where the foundation is unstable, instability will always follow and love will always be in jeopardy on some level.

When our balance is destabilized we as people compensate for that imbalance

There is no "better half" in a relationship. When it comes to love, two halves never make a whole.

Compensation for imbalance can lead to a new and better stability

It only leads to better balance and more stability when a person is open to the idea of being open to the idea of being open.

Compensation for imbalance can conversely lead to additional instability

If we look carefully the answer to most questions is in the question.

Discovering your own balance is key to mental health and good relationships

Finding balance is lost when you say I need not look anymore as I have found.

When we allow others to define our balance we will ultimately lose our own

Balance like mental health begins inside of ourselves and radiates outward and becomes a magnificent magnet that attracts and detracts needing daily adjustment.

Trust equates to vulnerability and openness

This is so true that many of us dare not take the risk to find this out in our own life.

When trust has been violated pain on some level will always follow

Inside, understanding, and openness are the key to healing and renewal.

Distrust covers pain but denies contact and vulnerability that we all need

Building a callus of protection may give some but, at the expense of the newness and vulnerability to like in the moment called "NOW"

Fear existing in the here and now – Anxiety lives on either side, the past or the future.

The key to love and stability is knowing that this is so, and having the courage to act on this truth every day of your life. It may not be the balance others see as right, normal, or even correct but, when you have it and really know it to be so - you have one of the greatest gifts any human being can have – Yourself