



The Possibility Path™ for Relationships

A Life Coaching Program based on
The Possibility Path - Book One: Beyond

“Bringing Possibilities to Reality”

STEP THREE

COCOONS AND WINGS

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INTRODUCTION

Growth is a critical part of life. From birth to death, we keep growing.

It seems so linear as we grow up. Physically it is. Mental, emotional, and psychologically? Not so much. It is one of the most difficult aspects of interpersonal relationships. From friendships to spouses, jobs and coworkers, to even our relationship with people in power, how we grow affects every part of our physical world.

It is a survival skill.

The hardest part about relationships is that all this growing involves more than just you. Being in a relationship means you are with and interacting with someone else. Other people will grow at different rates and in different directions than you will. How do you keep a relationship going when everyone is growing in different directions? Cocoons and Wings.

On the Possibility Path we talk of Lions and Butterflies.

Lions are people who fight change. They refuse to grow with you and will fight you at every turn when you attempt to grow into new possibilities. Butterflies are people who grow with you as you grow and change, making your Garden of Life a more beautiful place to live.

Here's the tricky part.

Growth is not a linear path. It is a twisty twirly stop and start where people grow and change at their own time and their own pace. We may want other people to grow at the same pace we do. They do not. People will find their own way in their own way. There is an Ebb and Flow to relationships. Sometimes we are really close with people. We work with them. We live with them. We spend a lot of time with them. We are newly married or working on a project together. We are close. Sometimes we don't see them for years. Sometimes they Cocoon and hide away.

They live in denial or are just too busy to do inner personal work right now. When people Cocoon away from us it can feel like abandonment or rejection. Understanding people Cocoon and hide away from us for many reasons can allow us to give those people in our life Wings. Giving other people Wings is when we send them love and allow them to live their own lives, even if it means flying away from us. Understanding the Ebb and Flow of relationships means we can still love people even if they are not in our daily lives. We can reconnect. We can renew. That is what "reunions" are all about!

Even if we are married to that person, there are times of intimacy and times of distance. To fly together, we let people Cocoon and grow Wings, even if that means they are no longer a part of our lives, or the relationship we wish we wanted is no longer possible. Honoring the process and learning how to reconnect while allowing others to fly their own way in their own lives is a life living in possibility. And when people Flow back to us, it will be new which can be a lot to get used to too!

To learn how to do this? We move onto Step Three:

COCCONS AND WINGS

How to grow together as you change into the Butterflies of life.

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STEP THREE

COOCONS AND WINGS

COOCON

THINK of a relationship in your life where someone has COCOONED away from you.

During this time, they may be busy with their own lives, school, etc. or they may not want to face you, which could force them to face issues where they are not comfortable. They may even be doing their own inner work alone away from you growing their magnificent wings! You don't need to know what they are doing. *Some may not grow and stay away, but we can give them our "Wings" too.)

Who is involved in this relationship?

Who are you to them?

Who are they to you? (Why are/were they important to you?)

Describe what happened when they stopped communicating, ghosting, or just drifted away from you and your life:

How did it make you feel?

GRIEVE THE LOSS

To let go of people so they can have space and time to grow in our lives does not mean we don't love them or stop sending birthday cards. No. But it does mean we have to grieve the loss of who they USED to be to us in our lives in order to let them become who they could be possibly in the future to us, with new wings! When we change jobs and don't have daily interaction with our coworkers we have known for many years, when we grow up and our siblings move away, when we graduate or move to a new grade, even when we change schedules and we don't see our spouse, we Cocoon away from others in our lives.

To grieve we have to let in the new to let out the old, as it says on The Possibility Path's Train of Letting Go.

What do you need to LET GO of the old relationship?

ie: Children who have grown, letting go of the child to let in the adult.

Spouse who has now aged or gone into depression. Grieving or letting go of the joy and dreams of what you wanted your life to be to acceptance of what is to find new possibilities.

Workplace changes. Letting go of what you loved about it and the people there, to bring in new of what a new job or new view of it could be.

Let go of the old to accept the now and bring in the new.

Three steps to move into a new relationship.

1. LET GO
2. Accept NOW
3. Bring in NEW

LIST THE OLD belief, expectation, hope, dream, or person that you are letting go:

LIST what you are ACCEPTING that is the reality of the Cocoon NOW.

*This is the part of grieving that may hit hardest. You may cry, feel angry, disappointed, and much more. Let the feelings flow as you move into acceptance. This sometimes takes time. The Short Cut, journaling, or processing with someone you trust like your Possibility Path Guide can help move the feelings out of you into the next stage.

THE NEW REALITY

To truly move and grow with one another in a relationship, whether you live together as a couple or have not seen each other in twenty years as friends, it involves bringing in a NEW version of what the relationship looks like.

Find your new dream, your new hope, your new possibility in this new reality that exists now.

What is the reality of the relationship now?

List and describe:

WINGS

To give someone wings means you love them for who they are, not for who you want them to be. It is the last step in accepting people as they are. It's a tough one. Relationships Ebb and Flow. To allow people to live in their own possibilities as we live in ours, means accepting the Ebb and Flow of our relationship.

It's okay if you are not at this stage in this simple course. It is okay if it takes a long time. Give yourself some time to Cocoon too if you need to!

No matter what, we can still send love and acceptance towards those in our lives and still think of the person fondly even if they are not growing how you want them to!

You can still have a relationship with someone who is not growing into who you want them to be. (***)With Lions we need strict boundaries to allow a new relationship, fyi.)

You can let them fly into a new version of what your relationship is. It may still be sad. You may still miss them. You may still miss what you once had or once wanted. But you can move into acceptance and let others have their lives.

In doing so, you move out of control and being stuck in the past and into the possibilities of a new dream and a new relationship.

What does giving this person Wings look like to you?

Describe:

BONUS/ HOMEWORK

Do a small ceremony to let go of the past of what you wanted this relationship to be, or the dream reality that you wanted to hold onto forever.

WRITE on a piece of paper the words listed above of the things you LOVED about the relationship you had before and the hurt you may feel about the LOSS of this relationship as it is Cocooned away.

WRITE on another piece of paper the WING words as to what your relationship is and what it can possibly be going forward. (You may even use markers or make this one pretty.) This could also mean you let go of the old people in your life to let in new people who are a lot like the old ones! Describe what you love and what you WANT in your Wings relationships!

Burn, bury, or tear up and throw away the OLD words to let go.

Then place the WING paper in a place in your house where you will see it as a reminder to bring in the new!

Write about your experience if you wish:

People will come and go.

Some people will Cocoon in our lives, ghost us, and never return. Some will return a new and beautiful butterfly.

We can take that time to grow ourselves and move through the grief of loss into one of letting in new possibilities for a new version of the relationship with not just them, but with ourselves and all the people who enter our lives!

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SHORT CUT

WINGS

A Short Cut is a Guided Visual Exercise that helps allow access to our own inner wisdom, our unconscious information Possibility Doorway, and our own inner intuition.

Listen to each Short Cut and then process your insights.

Questions are just suggestions to get the ball rolling. You might get new insights you never thought of that have nothing to do with the topic at hand or realize things that are not in the questions. Allow. It is your time. It is your program. It is your inner wise self.

Go where the journey takes you!

List your insights!

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Please direct any professional questions to thepossibilitypath@gmail.com

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