

Communication in a creative relationship

times in our daily lives we wondered how we could have a creative relationship, a relationship in which to feel ourselves, exactly as we are and so to feel our interlocutors, whether they are in the field of activity on which we carry out, whether it is the relationships in our private life. I can say that communication has an important role in creating such relationships. That is, to develop our ability to communicate differently from the usual ways of communication that we frequently hear around us.

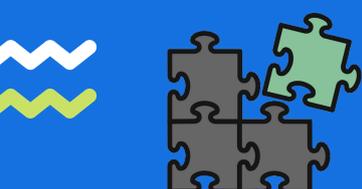


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We can make this difference by

implementing some simple elements that we each have in us, but maybe we didn't know how to use them. For example, knowing how to ask for something, feeling that I am free in my request, just as the other is free in his answer, thus anaging to differentiate between request and desire.

Jacques Salomè and Sylvie Galland explain this difference in the book "If I listened, I would understand", saying that "the desire should be listened at first, and the request needs an answer". To know how to believe freely means to be able to receive in response even a refusal, leaving the other free in his answer. If it is difficult for us to accept a refusal, it means that it is very difficult for us to refuse, but in any type of relationship, refusal can help us set boundaries, without building insurmountable imaginary barriers and hidden fears.



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It is also important to avoid associating a desire with the realization of that desire. If we make this confusion, it denotes that we know too little about ourselves and our thorns, in which case we become very easily intolerant of the wishes of others. Another element of a creative relationship is to know how to offer, in a mature way, to make something available to the other, without further expectations, unconditionally. In relation to giving, it is the way to know how to receive what comes to us, whether it comes from the side of gratifications or what we like, or it comes from the area of refusals. Our ability to receive puts us in direct contact with our fears, perhaps those of being disqualified or our needs such as those of being recognized.

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