

Support Network Talks

Giftedness & Romantic Relationships

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1. Full Self-Appreciation

Self-appreciation requires intentionally cultivating an *inclusive* attitude toward **oneself**, and an appreciation of all of the various and divergent parts of oneself – both the parts we judge as “good” and the ones we judge as “bad”, as well as the parts we simply do not understand. It is not a *result of* healthy relationships, but rather a foundational building block *we must bring to* our relationships, in order to co-construct healthy and functional partnerships.

2. Putting the standard on others – asking too much

When we fragment ourselves out into parts and judge some of them harshly, we also unconsciously put out the standard that it's *someone else's* job to come into our lives, to put the pieces of us back together, and to love the whole person that we are. While we can and certainly should seek appropriate social mirroring from various sources, none of those sources should be a substitute for our own self-appreciation.

3. Cultivating Self-Appreciation

On a meta level:

- Discover your values: <http://rediscovering-yourself.com/discovering-our-highest-values/>
- Learn more about the gifted mind: <http://rediscovering-yourself.com/living-with-intensity-understanding-giftedness-through-dabrowskis-eyes/>
- Understand your personality preferences: <http://rediscovering-yourself.com/personality-preferences-extraversion-introversion-and-authentic-action/>

On a micro level:

- Daily practices such as meditation or introspection, reflection and contemplation
- Discussions on these topics with trusted friends, or a coach or mentor
- Practice with your partner
- Practice being self-appreciative, even in conflict and at difficult moments

Further reading suggestions for love & healthy relationships:

The work of Krishnananda & Amana:

<http://www.learningloveinstitute.com/home.php>

The research of Barbara Frederickson:

<http://www.positivityresonance.com/book.html>

The work of Gay & Kathlyn Hendricks

<http://www.hendricks.com/>

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Learn more about Jennifer's work: <http://rediscovering-yourself.com/>

Learn more about the Support Network: <http://intergifted.com/navigate-intergifted/gifted-support/>

To support InterGifted*, you can donate at www.paypal.me/intergifted

*recommended donation for Support Network Talks is 25 USD – but all donation amounts are appreciated, and go to the maintenance of the IG network.