

ME, THIS, AND US

Rebuilding a Healthy
Relationship

PART III



MARCELLO DE SOUZA, PH.D

ME, THIS, AND US

Rebuilding a Healthy Relationship Part III

Rebuilding Healthy Relationships Through Awareness and Commitment

MARCELLO DE SOUZA, PH.D

All rights reserved. 2024 Rev. 001/2024. This material has been entirely produced by Marcello de Souza. Any and all copying of this content is prohibited.

REBUILDING HEALTHY RELATIONSHIPS THROUGH AWARENESS AND COMMITMENT

MARCELLO DE SOUZA, PH.D

The content of this Ebook is also presented in video format on the channel:

Part 1

Part 2

Part 3

Social Media: @marcellodesouza_oficial
YouTube Channel: @marcellodesouza_oficial
Website: www.marcellodesouza.com
www.coachingevoce.com.br
Blog: www.marcellodesouza.com.br



About the Author

I am Marcello de Souza, a restless mind with a journey of over 27 years dedicated to unraveling the mysteries of the human psyche and catalyzing growth in individuals and organizations. My mission is clear: to transcend the boundaries of cognitive behavioral development and foster human excellence.

FROM IT AND TELECOM TO HUMAN DEVELOPMENT

My professional journey began in the dynamic fields of IT and Telecom, a solid foundation that paved the way for my future explorations into the human territory. Here, I discovered that true leadership thrives at the intersection of operational efficiency and a deep understanding of human needs.

A PASSION TRANSFORMED INTO PURPOSE

The passion for cognitive behavioral development not only refines my professional essence; it redefines it. Today, I operate beyond traditional technical capabilities, emerging as a visionary who inspires profound and lasting change. My holistic approach combines Management, Leadership, and the most advanced Behavioral Sciences and Neurosciences, establishing a new frontier of excellence and well-being for individuals and organizations.

A MOSAIC OF TRANSFORMATIVE COMPETENCIES

At the forefront of my mission, I highlight my main roles:

- Senior Master Coach & Trainer
- Chief Happiness Officer
- Leader Coach Trainer
- Expert in Language & Behavioral Development
- Cognitive Behavioral Therapist (CBT/ACT)
- Hypnotherapist and Systemic Psychic Constellator
- Lecturer, Speaker, Professor, Writer, and Researcher
- Consultant & Mentor
- Organizational Environment Designer

A LEGACY OF KNOWLEDGE AND TRANSFORMATION

In addition to qualifications that include four post-graduate degrees, a doctorate, and a myriad of international certifications, I have been shaping the landscape of human development with every lecture, book, training, and coaching session I conduct. I share innovative insights that not only illuminate but also transform.

BOOKS THAT INSPIRE GENERATIONS

Author of several influential eBooks and books such as "The Secret of Coaching," "The Map Is Not the Territory, You Are the Territory," and the anticipated "The Society of Diet," my writing seeks to challenge the status quo and equip people with the tools needed to lead their lives with purpose and passion.

AN INVITATION TO TRANSFORMATION

Come with me to explore the unlimited possibilities that human behavioral development offers. Whether to evolve in your career, enhance your leadership, or transform your organization, I am here to guide you on this path to fulfillment and success.

Index

01	• "Me, This, and Us - Rebuilding a Healthy Relationship	7
	• Internal Reality Shapes Our External Experience	8
	• Conscious Choice and Mutual Commitment	8
	• The Singularity of the Psyche and the Human Journey	9
	• Learning Through Adversity	9
	• Transformation and Perfectibility	9
	• The Real Self and Human Nature	10
	• Towards Healing and Growth	10
	• The Quest for Healthy Relationships: Between Awareness and Commitment	11
	• Let's Practice	12
	• Building Authentic Relationships in a World of Empathy and Integrity"	13

• "Me, This, and Us - Rebuilding a Relationship	17	02
• Me, This, and Us	19	
• Me: Exploring Individual Essence	21	
• This: Sharing Purposes and Goals	24	
• Us: Cultivating Deep Connection	30	
• Reflecting on Balance	35	
• Imbalance Between Me, This, and Us	35	
• "Me" and "This"	36	
• Overcoming Challenges	39	
• Practical Example	40	
• Let's Practice"	41	

		02
• "Me" and "Us"	42	
• Overcoming Challenges	44	
• Practical Example	45	
• Let's Practice	46	
• "That" and "Us"	48	
• Overcoming Challenges	49	
• Practical Example	51	
• Let's Practice"	52	

03	• Let's Reflect	55
	• End	56

		04
• Bibliography	59	
• Connect and Explore More	62	
• Me, This, and Us	65	

SIDE BY SIDE

I don't know what paths I'll walk, but I know which ones I won't take
again.

I don't know what mistakes are to come, but I know which ones I won't
repeat.

I don't know how I'll face the challenges ahead, but I know which ones I
won't avoid.

I don't know what challenges we'll face, but I know I'll fight to overcome
them.

I don't know what difficulties will arise, but I know I won't give up
easily.

I don't know how I'll tackle the obstacles that arise, but I know I'll give
my best.

I don't know how I'll express my admiration for you every day, but I
know I'll make every effort.

I don't know how I'll show my love for you every day, but I know which
gestures I won't fail to make.

I don't know what the future holds, but I know I'll strive to build a bright
future by your side and I know I want to be with you.

Because often, it's in the struggle and perseverance that we find the true
meaning for our battles.

The truth is that the future is a blank canvas, waiting to be filled,

And I want to paint that canvas by your side, with vibrant colors of
happiness.

Because, in the end, it's in our struggle and perseverance,

That we'll find true fulfillment and happiness, side by side.

(Marcello de Souza)

Introduction

ME, THIS, AND US - HOW TO REBUILD A HEALTHY RELATIONSHIP

ME, THIS, AND US - HOW TO REBUILD A HEALTHY RELATIONSHIP" is not just a title; it's an invitation to a deep and transformative journey. In this eBook, I invite you to dive into the deep waters of human relationships, exploring the complexities of identity, interaction, and interconnectedness.

Combining scientific and philosophical knowledge, this work is more than a guide; it's a compass to navigate the turbulent seas of human dynamics. Throughout the following pages, we will unravel the layers that make up our being and explore how they influence our life, work, and relationships.

Drawing from the latest advances in neuroscience and psychology, we will delve deep into the understanding of emotions, autonomy, responsibility, and personal growth. This eBook is an invitation to question and reflect on the invisible forces that shape us, empowering us to create a future based on deep understanding and empathy.

Get ready for a journey of discovery, where each page promises to be a mirror, a window, and a door to the vast universe of human relationships. Welcome to this adventure of self-discovery and transformation.

Chapter 1

INTERNAL REALITY SHAPES OUR EXTERNAL EXPERIENCE

I want to start by reminding that our experience of the external world is filtered and shaped by our internal reality. It's not the external circumstances that define our well-being, but rather how we interpret and react to them, based on our personal history and perception of ourselves. Taking responsibility for this internal interpretation is a fundamental step in the journey towards healthier and more satisfying relationships.

Rejecting the idea that there are ready-made formulas or gurus capable of offering us magical solutions for our relationships is essential. The key to richer and more authentic relationships lies in the genuine willingness to connect, in the mutual acceptance of imperfections, and in the understanding that we are the architects of our own happiness.

CONSCIOUS CHOICE AND MUTUAL COMMITMENT

It's also worth recapping that "The only thing that should keep two people together is the free will to be together." This quote encapsulates the essence of healthy relationships: a conscious choice, based not on need or convenience, but on the shared desire to share life's journey. Recognizing and embracing this truth is the first step to transcending the limitations that prevent us from experiencing the fullness of our relationships.

THE SINGULARITY OF THE PSYCHE AND THE HUMAN JOURNEY

In the vast spectrum of the psyche and human behavior, singularity is a constant. Although we may find similarities among experiences, each individual carries their essence, shaped by a unique set of experiences and perceptions. The reality created by an individual, therefore, is intransmissible and deeply personal, underlining the richness that resides in individual differences. Recognizing and valuing this singularity is fundamental to personal growth and the development of healthy relationships.

LEARNING THROUGH ADVERSITY

Contrary to narratives that glorify only moments of happiness, it is in adversities — in loss, disillusionment, suffering — that we find the deepest teachings. These moments of pain are crucial for our development, forcing us to confront our vulnerabilities and seek resilience. However, it is essential to cultivate self-awareness, understanding that the solution or problem does not reside solely in the other, but in the complex interaction between our internal experiences and the world around us.

TRANSFORMATION AND PERFECTIBILITY

It is also worth remembering that every human being is constantly evolving, moving towards perfectibility, but never achieving absolute perfection. This journey of transformation is the essence of human existence, a dynamic process that allows us to glimpse the possibility of being better every new day. The ability to recognize when we are contributing to toxicity in a relationship and take steps to alter this course is a testament to our capacity for change and growth.

THE REAL SELF AND HUMAN NATURE

Within each of us resides a "real self," guided by unconscious impulses and desires, operating under the pleasure principle. This aspect of our psyche, though vital to our human experience, can lead to challenging behaviors when not mediated by reason and self-awareness. In times of intense emotions, managing this "real self" can become especially challenging, underscoring the importance of seeking specialized guidance, reflecting on our actions, and seeking new ways to interact and relate.

TOWARDS HEALING AND GROWTH

Faced with relationships that reach a critical point of unsustainability, it is crucial to adopt a proactive stance in pursuit of change. Careful assessment of relational dynamics, accompanied by a desire to explore new possibilities and engage in a process of self-reflection, can pave the way for renewal both individually and collectively. This path towards healing and growth reaffirms the need to embrace the complexity of our relationships, always with hope and determination to build deeper and more meaningful connections.

THE PURSUIT OF HEALTHY RELATIONSHIPS: BETWEEN CONSCIOUSNESS AND COMMITMENT

As seen in Part 2, it is essential to recognize that any form of violence or abuse — whether physical, moral, or psychological — not only violates the boundaries of respect and human dignity, but constitutes a serious crime. Relationships based on fear, domination, and pain completely deviate from the genuine purpose of human interaction, which is the sharing of joy, happiness, and mutual growth. It is imperative to understand: no one deserves to be in an environment that compromises their physical and emotional integrity.

In contrast, a healthy relationship is one in which both individuals feel safe to be authentic, to express their needs, desires, and limitations without fear of reprisal or rejection. Mutual respect, open communication, understanding, and support are its pillars. These relationships nurture individual and collective purpose, encouraging each to flourish in their fullness.

Faced with relational challenges, it is prudent to discern between temporary situations of tension, which can be transformed with effort and joint dedication, and persistent patterns of toxicity and abuse, which require decisive action to protect the well-being of those involved. Recognizing this difference is essential for making conscious and responsible decisions about the continuity or termination of a relationship.

LET'S PRACTICE

REFLECTIONS AND SELF-KNOWLEDGE EXERCISES

To assist in the journey of understanding and developing healthier relationships, I propose some reflection exercises:

- **Relationship Inventory:** Analyze your current relationships. Identify healthy aspects and areas that need attention and care. What do these relationships reveal about your personal needs and boundaries?
- **Relational Gratitude Journal:** Daily, write down three things you are grateful for in your relationships. How does this focus on gratitude change your perception and interaction with others?
- **Mirror of the Self:** Choose a recent conflict in one of your relationships and try to retell the story from the other person's point of view. What insights does this perspective offer about your own attitudes and beliefs?
- **Commitment to Change:** Define a concrete action you can take to improve a specific relationship. It could be something like starting an honest conversation, setting healthy boundaries, or offering a gesture of appreciation.
- **Action Commitment:** Choose an aspect of your relationships that you want to improve. Define specific and practical actions to foster this change. How do these actions reflect your commitment to healthier relationships and your well-being?

I encourage commitment to these reflective practices, aware that significant changes in our perceptions and relationships require time, patience, and persistence. The journey towards healthier and fuller relationships is continuous, marked by learning and the ability to reinvent ourselves and invest in the transformative potential of love, respect, and compassion.

BUILDING AUTHENTIC RELATIONSHIPS IN A WORLD OF EMPATHY AND INTEGRITY

As we dedicate ourselves to this pursuit, we not only enhance our relationships but also contribute to the construction of a world where dignity, security, and happiness are accessible to all. May our collective history be written with the colors of empathy, solidarity, and the courage to build bridges, not walls, along the paths we journey together.

While navigating the complex sea of human relationships, it is crucial to remember the timeless wisdom of Seneca: "One cannot believe that it is possible to be happy by seeking the unhappiness of others." This reflection invites us to consider not only the consequences of our actions on others but also to recognize the intrinsic value of each individual, including ourselves.

In the intertwining of our paths with others, moments of profound questioning arise: should we persevere, or is it time to seek new horizons? This decision, intrinsically personal, calls for careful introspection. Before taking an action that may undo bonds built with hope and affection, it is essential to ponder the possibilities of healing and growth. After all, the journey towards transformation and towards more meaningful and healthy relationships can be marked both by resilience and by the ability to recognize when changes are necessary for our well-being.



In this quest, it is prudent for us to arm ourselves with discernment to distinguish between genuine advice and those motivated by interests unrelated to our happiness. In a world saturated with quick "solutions" and superficial opinions, the wisdom to choose the path that truly resonates with our being is a stronghold. Seek guidance from reliable experts, those who, with empathy and knowledge, can illuminate your journey towards self-awareness and authentic relationships.

This invitation to reflection is not just a call for caution in seeking advice, but also a reminder of the importance of cultivating authenticity and introspection. May each step we take be guided by the sincere desire to build a relational fabric based on integrity, mutual respect, and true connection. And amidst uncertainties, let us remember that true love—whether for ourselves or for others—is built on foundations of understanding, acceptance, and continuous growth.



Chapter 2

ME, THAT, AND US

In the dance of Me, That, and Us, under the moonlight,
We trace paths in search of lost harmony,
Among shadows and lights, poetry is born,
Reflecting the journey of healing, the eternal quest for life.

ME

In the silence of Me, the soul sighs,
Among the ruins of being, a cry echoes,
"Who am I?" asks the aspiring heart,
For the answer that floats and flies in the stars.
In me, the storm and the calm,
Battle in a tight embrace, endless,
In the depths of Me, wisdom,
To embrace one's own shadow, and thus,
Transform pain into growth,
Tears into smiles of contentment,
In Me, the seed of change,
Grows, flourishes, brings hope.

THAT

That, the space between two worlds,
Where unspoken words weave destinies,
In invisible threads, they unite the profound
Abysses, where our anthems dwell.
That, the bridge over the abyss,
Where Me and Us meet,
In an embrace that heals the schism,
And silently soothes its wounds.
In That, we learn to listen,
To the gentle voice of the wind whispering,
That in every challenge, a future,
A chance to walk together.

US

And then, emerges the Us, woven in light,
Where two souls meet, in peace,
In the dance of life, with each step, gleams,
The beauty of being together, capable and bold.
Us, the union of dreams and reality,
Where love is not a prison, but freedom,
In this bond, we learn to be true,
Sharing joys and sorrows, with loyalty.
In this garden, where Me and That embrace,
The Us flourishes, in colors only the heart knows,
Every day, a new leaf, where we trace
Paths of respect, love, where the soul gives thanks.
In the poetry of Me, That, and Us,
We discover the path to rebuild,
Healthy relationships, where the voice
Of the heart can finally unfold.
In this dance, where each has their place,
We learn that together, we can fly,
Over seas of challenges, ready to face,
For in love, in respect, we find our home.

(Marcello de Souza)

ME, THAT, AND US - HOW TO REBUILD A RELATIONSHIP

To begin this crucial chapter of our ebook - after delving deep into the complexities of human relationships -, the power of relationships and the vital distinctions between being toxic and being toxic, we come to the heart of rebuilding a healthy relationship: the principle of Me, That, and Us. This approach, successfully used in my sessions, aims not only to identify but also to transform relational dynamics that sometimes devolve into "toxicity" or simply lose the essential balance for shared emotional health.

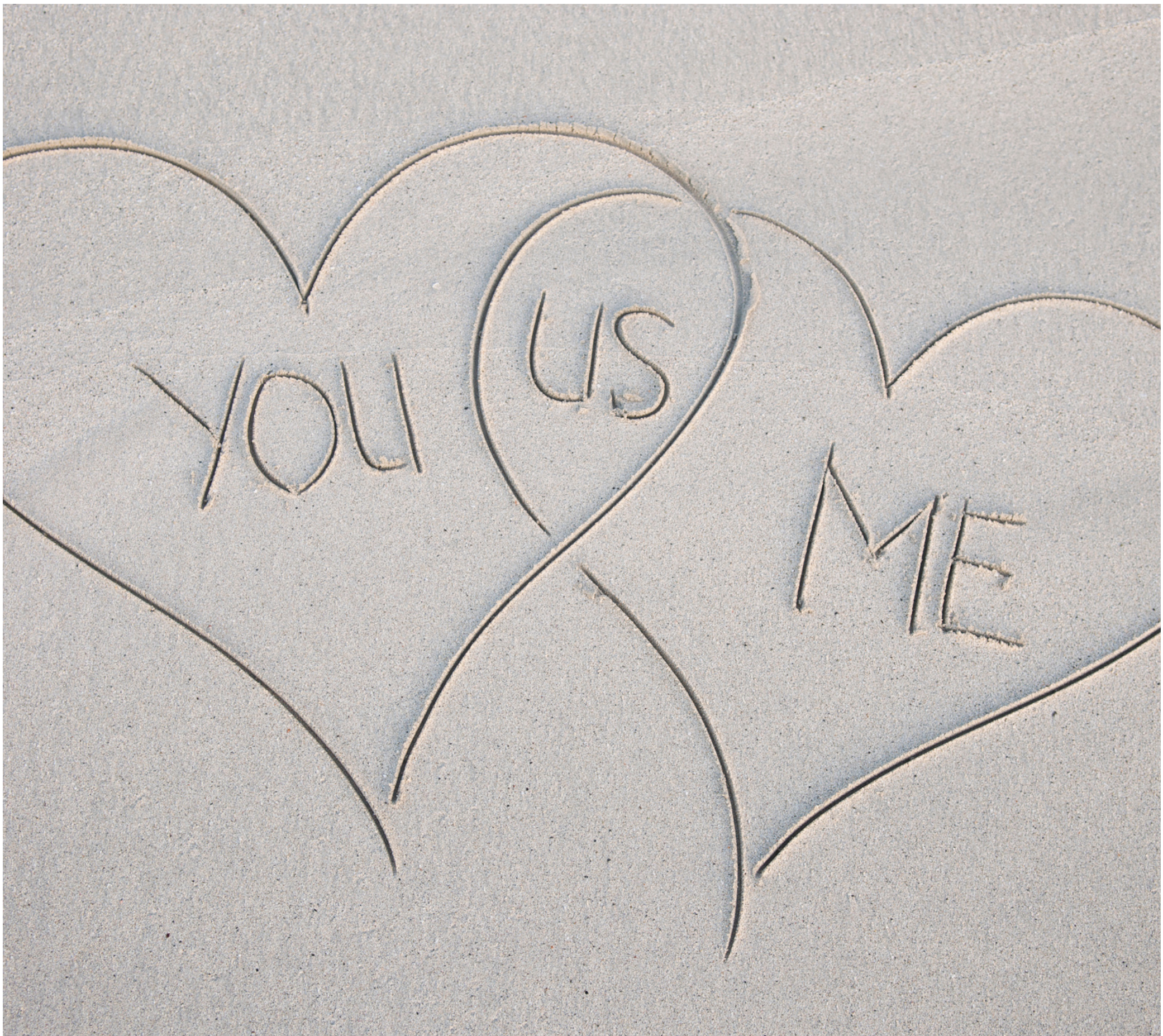
Understanding emotions, as discussed earlier, is paramount. They are the essence that constantly influences us, sometimes in ways we can barely comprehend or control. It is vital to remember that, despite the challenges, our journey to this point is the result of choices - some healthy, others not so much. But all reflect our values and emotions at different moments in our lives.

Our experiences shape who we are and how we act, influencing the decisions we will make in the future. Each moment of our existence is unique and offers the chance to make more conscious choices, based on the learning that each previous experience has provided.

Recognizing one's own capacity for self-sabotage is crucial. The world we build in each present moment is an intricate tapestry of our past choices, conscious or not. Therefore, it is essential to cultivate self-awareness and awareness of what truly matters, allowing us to transform each experience into an opportunity for personal growth.

Within us lies a complexity formed by our genetics and life experiences. This complexity sometimes distances us from joy and brings us closer to the fear of living. The masks we wear in an attempt to be accepted can prevent us from establishing true connections. Facing the fear of exposure and the insecurities it brings is an essential step in developing authentic and meaningful relationships.

By understanding the essence of Me, That, and Us, we will be equipped to delve deeply into how these elements interact in building healthy relationships. Let's embark together on this journey of discovery and transformation, recognizing the emotions, choices, and experiences that define the dynamics of our relationships.



ME, THAT, AND US

Reflecting on the journey thus far, we come to understand that the principle of Me, That, and Us transcends a simple formula for maintaining healthy relationships; it embodies a philosophy of life capable of reshaping our most intimate connections. As we delve into psychological and emotional issues, as well as the importance of recognizing the various facets of our relationships, we understand that the health of any relationship depends intrinsically on the quality of interaction among these three dimensions.

The principle of Me, That, and Us invites us to introspect on how our desires, behaviors, and impulses—often guided by an incessant quest for validation, control, and superiority—can undermine the essence of our relationships. By experiencing and sharing these aspects without due care, we risk compromising the emotional health, trust, and intimacy that are fundamental to any emotional bond.

- We want to impose our will to feel control.
- We desire the final word to feel superiority.
- We seek constant approval for validation.
- We avoid conflicts to maintain superficial peace.
- We manipulate situations for our own benefit.
- We boast achievements to stand out.
- We ignore our partner's needs in favor of our own.
- We control the other to feel security.
- We compete with our partner to prove individual worth.
- We project insecurities to avoid vulnerability.

Understanding and overcoming these impulses is not a simple process, but it is essential for building genuine and deep connections. The exercise of Me, That, and Us not only challenges us to recognize and adjust these tendencies but also to rediscover the balance, compassion, and empathy that are vital for nurturing healthy and satisfying relationships.

As we embark on this exploration, we allow each relationship to become a reflection of the most authentic and profound values shared between the parties involved. Let us, therefore, deepen our understanding of these concepts and how to apply them in practice, seeking to transform each interaction into an opportunity for mutual growth and fulfillment.

SELF: EXPLORING THE INDIVIDUAL ESSENCE

The exploration of the Self is not merely an act of introspection; it is an invitation to courageously face and embrace the complexity of what it means to be human. The depth of the Self extends beyond the borders of self-analysis, diving into waters where vulnerability and strength coexist. In this sacred space of self-discovery, transformation becomes possible, not only on a personal level but also within the context of our most intimate relationships.

To further enrich this pillar, one may consider the importance of vulnerability as a strength. The courage to show vulnerability to others, to share one's weaknesses, uncertainties, and fears, is an act of profound strength and trust. This openness allows not only for greater emotional connection but also for an opportunity for mutual growth and learning. In a healthy relationship, vulnerability becomes fertile ground for empathy, where each partner can be authentically seen and valued for who they truly are.

Furthermore, the practice of self-empathy is essential in understanding the Self. The ability to offer oneself the same compassion and understanding one would extend to a loved one is a crucial step in the journey of self-acceptance and self-love. This exercise in inner kindness and understanding reflects the capacity to nurture healthy and empathetic relationships, where self-love and love for others intertwine harmoniously.

The exploration of the Self, therefore, is a journey to the heart of our existence, where every discovery about oneself illuminates the path to a deeper and more meaningful connection with others. By embracing the Self in all its complexity, we are invited to live with greater authenticity, vulnerability, and empathy, cultivating relationships that are truly healthy, rewarding, and enriching.

This holistic and integrative approach to the Self strengthens the foundation upon which relationships can thrive, allowing each partner to bring out the best in themselves for the union. By celebrating the Self in its entirety, we open a sacred space for love, understanding, and true connection to flourish, transforming each shared moment into an expression of relational beauty and mutual growth. The Dimensions of the Self can be represented by:

- **Deep Self-Awareness:** The Self is the epicenter of primary emotions, which resonate deeply in the human psyche: radiant joy, tearing sadness, burning anger, and paralyzing fear. Understanding these emotions is a journey of self-awareness and self-discovery, essential for the flourishing of a healthy relationship. It is through this dive into the depths of the Self that a clearer understanding of one's own emotional and psychological needs is reached.
- **Authentic Expression of Feelings:** Understanding the Self allows for authentic communication and healthy expression of feelings, creating a solid foundation for emotional connection and continuous personal development. It is essential for each partner to have clarity about their own essence, as this promotes mutual understanding and respect within the relationship.
- **Acceptance of Light and Shadow:** By delving into the depths of the Self, embracing both the light and the shadow within oneself, individuals open the doors to true and genuine intimacy in the relationship. It is through this process of self-awareness and acceptance that they become capable of sharing their most authentic essence in affections, creating a connection based on mutual understanding, respect, and unconditional love.

Understanding the "Self" is recognizing that each emotion, thought, and action has deep roots in our past and present experiences. Primary emotions such as joy, sadness, anger, and fear not only define our reactions but also how we interact and connect with those around us. True understanding and acceptance of the "Self" empower us to share a more authentic version of ourselves with our partners, establishing fertile ground for mutual growth.

To cultivate a relationship based on authenticity and empathy, we propose the following journey through the dimensions of the "Self":

- **Deep Self-Awareness:** Dedicate time to reflect on your primary emotions and how they influence your relationships. Recognize that every aspect of your "Self" — light and shadow — contributes to who you are. Practice self-acceptance, acknowledging your strengths and gently working on areas for growth.
- **Authentic Expression of Feelings:** Encourage open and honest communication in your relationships. Express your feelings, needs, and desires clearly and respectfully, creating space for your partner to do the same. This is the foundation for a deep and meaningful connection.
- **Acceptance of Light and Shadow:** Confront and embrace both the qualities and challenges within yourself. This acceptance not only promotes personal growth but also allows you to relate to others from a position of understanding and compassion, recognizing that everyone is on a unique journey of self-discovery.

As you embark on this journey of the "Self," it is vital to remember that self-discovery is a continuous process, an internal dialogue enriched with each new experience. By committing to this process, we not only transform ourselves but also inspire those around us to explore the beauty of their own individual essence.

THIS: SHARING PURPOSES AND GOALS

At the core of every healthy and lasting relationship lies the "This," an entity that symbolizes the confluence of shared purposes and goals between partners. The "This" is where individualities meet and intertwine, forming a tapestry of shared dreams and mutual aspirations, projecting a collective vision for the future.

In this space, social emotions such as deep love, gratitude, solidarity, admiration, and unconditional commitment emerge, nurturing and strengthening emotional bonds. The clarity of the "This" allows the couple to align their expectations, set joint goals, and resolve conflicts constructively, establishing fertile ground for growth and mutual collaboration.

Having clarity about the "This" is essential for cultivating a meaningful and lasting connection in the relationship. It involves aligning expectations and aspirations, establishing a solid foundation for collaboration and mutual growth, always respecting each other. This means setting individual and shared goals, resolving conflicts constructively, and nurturing a shared vision for the future. It is the mutual commitment that drives the couple to face challenges together, celebrate achievements together, and build a life filled with meaning and purpose.

Embracing the "This" means becoming co-authors of a unique narrative, a love story that is told not only through words but through daily actions that demonstrate a shared commitment to overcoming obstacles, celebrating achievements, and building a joint legacy. It is the manifestation of mutual commitment towards a future filled with meaning and purpose, where the journey is as valued as the destination. The dimensions of the "This" are:



- **A healthy relationship:** The This is represented by the convergence of shared purposes and objectives between two kindred souls. It is the meeting point where individualities merge into a joint vision for the future, where each one's dreams intertwine in a common journey of growth and fulfillment.
- **Alignment of Expectations and Aspirations:** In the This, partners find common ground where they can align their expectations and aspirations for the future. It is a space where clarity of purpose and the definition of individual and shared goals provide a solid foundation for collaboration and mutual growth.
- **Constructive Conflict Resolution:** The This requires the ability to resolve conflicts constructively, turning challenges into opportunities for learning and mutual strengthening. It is in facing adversities together that partners come together even more, demonstrating mutual respect and commitment to the relationship.
- **Nurturing a Shared Vision:** Nurturing a shared vision for the future is essential in the This, as it allows partners to cultivate a sense of purpose and direction in their joint journey. It is the mutual commitment to building a life full of meaning and purpose, celebrating achievements together and facing challenges with courage and determination.

To cultivate a strong 'This' in your relationship, consider the following points:

- **Communication and Sharing of Visions:** Dedicate time to openly discuss your hopes, dreams, and plans for the future. Set common goals and work together to achieve them, recognizing that the journey is shared.
- **Constructive Conflict Resolution:** See challenges as opportunities to strengthen your connection. Embrace a collaborative approach to resolving conflicts, always aiming to find solutions that benefit both parties.
- **Celebration of Achievements and Mutual Support:** Make recognition and celebration of achievements a habit. Appreciate your partner's efforts and successes, just as you expect yours to be valued.
- **Flexibility and Adaptation:** Be willing to adapt and adjust your plans as needed. Life is unpredictable, and the ability to navigate changes together strengthens the resilience of your relationship.
- **Nurturing a Shared Vision:** Keep the flame of your shared vision alive. Regularly revisit and renew your shared goals, ensuring that both of you are aligned and committed to the direction you want to take.

The 'This' is the foundation upon which a healthy relationship is built and maintained. It is the expression of the shared desire to grow together, to face the world as a cohesive unit, supporting each other every step of the way. Cultivating a strong 'This' is recognizing that while each of you may shine individually, together, you create an even brighter light that illuminates each other's path.

By integrating the concept of 'This' into your relationship, you and your partner can enjoy a deeper connection, enriched by mutual understanding, respect, and love. It is in this meeting of souls that true magic happens, where every challenge becomes an opportunity to strengthen your bond and every victory is a celebration of what you can achieve together.



WE: CULTIVATING DEEP CONNECTION

The 'Us' represents the pulsating soul of a relationship, where individualities intertwine in a complex web of emotional interactions and deep connections. It is in this sacred space that reciprocity, mutual support, and empathy flourish, nurturing the emotional bond and promoting the well-being of both partners. However, the essence of 'Us' transcends mere coexistence; it is a symphony of feelings, thoughts, and actions that intertwine to form a unique and powerful harmony. Its dimensions can be represented as:

- **Reciprocity and Mutual Support:** Reciprocity is the glue that binds 'Us', where every gesture of love, care, and support is mirrored and amplified by the other. In this space of trust and mutual understanding, partners find comfort and security to face life's challenges together, knowing they have each other at all times.
- **Empathy and Deep Understanding:** Empathy is the ability to put oneself in the other's shoes, to feel and understand their joys, sorrows, and concerns as if they were one's own. At the core of 'Us' lies deep empathy, which transcends the barriers of individuality and strengthens emotional bonds, creating a space of unconditional acceptance and mutual understanding.
- **Intimacy and Transparency:** True intimacy arises from mutual transparency and vulnerability, where partners allow themselves to be completely authentic and genuine with each other. In 'Us', there is no room for masks or false pretenses; it is a sanctuary of honesty and truth, where souls meet in their purest and most unguarded form.
- **Respect and Admiration:** Mutual respect is the solid foundation upon which 'Us' stands, nurturing an atmosphere of mutual appreciation and admiration. It is in the space of 'Us' that partners see each other not only as companions but as sources of inspiration and admiration, recognizing and celebrating each other's unique qualities and talents.

- **Unconditional Commitment:** The commitment in the 'We' goes beyond words and promises; it's a conscious choice to stand by each other, regardless of the challenges life may bring. It's a promise of loyalty and dedication, to be present in both good and bad times, to share not only joys but also the pains and burdens of existence.
- **Cultivating the 'We':** Cultivating the 'We' requires continuous and conscious investment from both partners. It requires a willingness to communicate openly and honestly, to listen attentively, and to actively commit to resolving conflicts constructively. It also requires the daily practice of gratitude and acknowledgment, always remembering the little things that make the relationship special and meaningful.

That's why on life's grand stage, the 'We' is the centerpiece that unites two souls on a shared journey of growth, learning, and love. It's a delicate dance of giving and receiving, of supporting each other as you navigate the turbulent waters of existence. May we cultivate and nurture the 'We' in our relationships, always remembering the transformative power of love and true connection. To nurture a robust and vibrant 'We' in your relationship, it's essential to dedicate yourself to these fundamental pillars:

- **Open and Honest Dialogue:** Communication is the soul of the 'We'. Establishing open and honest dialogue allows both partners to share their thoughts, feelings, and aspirations without fear of judgment. This constant flow of communication strengthens mutual understanding and nurtures trust.
- **Empathy and Understanding:** Practice active empathy, striving to see the world through your partner's eyes. Truly understanding each other's emotions and perspectives enriches the connection, fostering an environment of support and acceptance.
- **Mutual Respect:** Respect is the foundation of the 'We'. Respecting differences, valuing opinions, and acknowledging each other's contributions creates a solid base of mutual admiration and esteem.
- **Space for Individual Growth:** While the 'We' celebrates unity, it's vital to allow and encourage each other's personal growth. Individual spaces for development and expression are crucial for maintaining balance and the health of the relationship.

- **Dreams and Goals Sharing:** Coming together around common goals and aspirations strengthens the bond. Openly discussing your dreams and working together to achieve them nurtures a sense of shared purpose.
- **Flexibility and Adaptation:** Healthy relationships are dynamic and require adaptation. Being flexible in the face of change and challenges strengthens the 'We', showing that together you can overcome any obstacle.
- **Acts of Service and Kindness:** Small acts of care and kindness nourish love daily. Actions that demonstrate consideration and appreciation for your partner reinforce the feeling of being valued within the 'We'.
- **Quality Time Together:** Dedicate time to be together, whether in everyday activities or special moments, is essential. These moments strengthen the connection and reaffirm the commitment to the 'We'.
- **Constructive Conflict Resolution:** Viewing disagreements as opportunities to better understand each other and grow together is fundamental. Addressing conflicts with empathy, respect, and a desire to find joint solutions preserves the integrity of the 'We'.
- **Celebration of Achievements:** Recognizing and celebrating victories, both individual and shared, reinforces the team spirit and the joy of sharing life.

By dedicating yourself to these aspects, you will be building a 'We' that not only survives but flourishes over time, becoming the true heart of the relationship, where unity, love, and mutual growth are celebrated at every step of the journey.



The 'We' is therefore an invitation to personal transcendence in favor of the collective, a reminder that the true strength of a relationship lies in the ability to move together, with synchronized hearts and eyes fixed on a common horizon. It is a celebration of the beauty found in the union of two souls, each bringing their unique light to illuminate the shared path.

May we always honor and nurture the 'We' in our relationships, recognizing it as the precious treasure it is, and working tirelessly to ensure its light never dims but continues to shine, guiding us through the shared journey of life.

REFLECTING ON BALANCE

After exploring the dynamics of Self, This, and Us, it becomes clear that the balance between these three elements is crucial for nurturing healthy and enriching relationships. Each element plays a unique role in building a balanced relationship, where mutual respect, empathy, and love flourish.

Desbalance Between Self, This, and Us

When the balance between Self, This, and Us is disturbed, the relationship may face significant challenges. This misalignment can manifest in various ways, each negatively impacting the connection between partners.

Self – This without Us

In this scenario, the focus is on individuality (Self) and shared goals (This), but without a deep emotional connection (Us). While there may be alignment in goals and purposes, the lack of emotional intimacy and mutual support can lead to a superficial relationship where emotional needs are not fully met.

Self – Us without This

Here, the emphasis is on individuality (Self) and emotional connection (Us), but without shared goals or purposes (This). This dynamic can create intensely emotional relationships but without a common direction or purpose, which can lead to stagnation or a sense of lack of progress in the relationship.

This – Us without Self

In this case, shared goals (This) and emotional connection (Us) are strong, but individuality (Self) is neglected. When partners invest everything in the relationship and common goals, they risk losing their individual identity, which can lead to resentment, loss of self-esteem, and emotional dependency. Let's delve deeper:

"I" AND "THAT"

From this self-analysis and reflection, which are important steps for personal growth and improving relationships, I invite you to analyze your answers, according to the reflection on issues to be considered when a relationship is based solely on the "I" and "That." Here is the review of the topics for the case of "I" and "That":

- **Accentuated Individualism:** When the relationship is dominated by "I" and "That," individualism can become prominent. This leads partners to prioritize their own needs, desires, and interests, often at the expense of the well-being and consideration for the other, undermining the possibility of reciprocal care and attention.
- **Pronounced Narcissism:** A relationship marked by narcissism, where there is an exaggerated concern with one's own "I" and an incessant search for validation and admiration, can negatively affect the couple's bond. This dynamic can cause partners to focus more on preserving their self-image than on developing a true mutual connection.
- **Evident Selfishness:** Selfishness, manifested by the overlapping of personal interests with those of the partner, can become dominant when only the "I" and "That" are at play. This results in behavior where each seeks to satisfy their own needs without considering the impact of their actions on the relationship.
- **Lack of Empathy and Understanding:** The predominance of individualism, narcissism, and selfishness can erode empathy and understanding between partners, making it difficult for them to perceive and value each other's emotions and needs. This can lead to frequent conflicts and a weakened emotional connection.



- **Inequality and Imbalance:** Relationships dominated by the "I" and the "This" can be marked by power imbalances and disparities in responsibilities and efforts from each partner. This scenario can create a dynamic where one partner feels marginalized or oppressed, leading to resentment and persistent conflicts.
- **Stagnation and Lack of Growth:** Fixation on the "I" and the "This" can hinder personal and mutual development for partners. They may find themselves stuck in behavior patterns that do not foster growth or satisfaction in the relationship, limiting the realization of their collective potential and the experience of a fully realized partnership.

Indeed, a relationship grounded solely in the dynamics of the "I" and the "This" has the potential to degenerate into toxicity. An excessive focus on the "I" can trigger heightened individualism, where one or both partners prioritize their own needs, neglecting those of the other. This scenario can evolve into pronounced selfishness, with each individual solely focused on themselves, disregarding the impact of their choices on the relationship.

On the other hand, when the "This" — shared goals and purposes — dominates the relationship at the expense of individualities, we may witness an erosion of personal identity. In this context, partners may experience feelings of suffocation or neglect as their personal aspirations and needs are overshadowed by the pursuit of joint goals.

This discrepancy between the "I" and the "This" can engender harmful imbalance and an unequal relationship dynamic, where one partner perceives themselves as belittled or subordinate. The relationship may take on a controlling nature, with one partner imposing their will in a manner that compromises the autonomy of the other.

Often, such dynamics lead to a cycle of toxic behavior characterized by emotional manipulation, psychological abuse, and a deficit of mutual respect. Lack of sincere communication and empathy can foster resentments and persistent conflicts, progressively eroding the emotional well-being and mental health of both partners.

OVERCOMING CHALLENGES:

To overcome challenges in a relationship dominated by the "I" and the "This," it is essential to adopt strategies that promote balance, mutual understanding, and deep connection. Here are some approaches:

- **Fostering Empathetic Communication:** Encouraging open and honest conversations that allow both partners to express their needs and desires while trying to understand and appreciate each other's perspectives.
- **Establishing Shared Goals:** Working together to define goals that reflect both individual aspirations and those of the couple, reinforcing the idea that both are on the same journey, supporting each other.
- **Practicing Mutual Gratitude:** Recognizing and appreciating each other's contributions and qualities, focusing on the positives of the relationship, which can help mitigate the excessive focus on one's own needs.
- **Flexibilizing Space for Individuality:** Ensuring that both partners have enough space and time for their individual activities, interests, and growth without compromising the union and shared goals.
- **Strengthening Emotional Connection:** Devoting time to activities that strengthen the emotional bond, such as meaningful dates, deep conversations, or simple gestures of affection, showing that, despite individualities, the relationship is a priority.

PRACTICAL EXAMPLE:

A couple may decide to dedicate time each week to discuss their personal goals and how they fit into the couple's plans. For example, if one partner wants to return to school, the couple can explore how this affects their time together and how they can support each other during this period. This may include adjustments to their daily routine, emotional encouragement, or even finding new ways to spend quality time together that align with this new phase.

Simultaneously, they can institute a weekly "gratitude night" where each shares something they are grateful for about the other. This practice not only reinforces mutual appreciation but also helps keep the focus on the positive aspects of the relationship, balancing the needs of the "I" with those of the "This."

The fact is, by adopting these strategies, it is possible to overcome the challenges inherent in the dynamics of the "I" and the "This," fostering a more balanced, connected, and enriching relationship.

Therefore, always keep in mind that a relationship that relies solely on the pillars of the "I" and the "This," without the balance provided by the "Us," can inevitably lean towards toxicity. Such a situation is fueled by excessive individualism, selfishness, loss of individual identity, and a lack of reciprocal communication and empathy.

LET'S PRACTICE

ME AND THIS

I want to invite you now to do a brief mindfulness exercise with me. The rule is simple, you'll take pen and paper and answer the questions in order – this is crucial for you to explore harmoniously how your relationship stands today. Let's practice!

- How do you feel about the current dynamics of your relationship? Do you believe there's a healthy balance between individual needs and shared goals?
- What are your main motivations and priorities within the relationship? Do you tend to prioritize your own interests and desires or constantly seek to align with the couple's purposes and goals?
- How do you handle conflicts and disagreements in the relationship? Do you usually impose your will or seek to resolve issues collaboratively and constructively?
- Do you feel truly heard and understood by your partner? Or are your individual needs often overshadowed in favor of the relationship's interests?
- Is there a pattern of control or manipulation in your relationship? Do you or your partner tend to impose your will on the other, ignoring or minimizing their emotional and psychological needs?
- Do you feel like your personal identity is respected and valued within the relationship? Or do you feel pressured to conform to a joint vision for the future that may not align with your own aspirations and desires?
- How do you handle moments of conflict between your individual needs and the relationship's interests? Do you feel comfortable expressing your concerns and boundaries, or do you tend to sacrifice your own needs for apparent harmony?

"ME" AND "US"

In relationships where the dynamics revolve around the intersection between "Me" and "Us," it is crucial to find a healthy balance that respects each individual's autonomy while fostering a deep and meaningful connection. Let's delve into the specific challenges of this relationship and explore how to overcome them to nurture a harmonious and fulfilling relationship.

Challenges to Consider:

- **Dominance of Individualism:** When the scale tips too much towards "Me," there's a risk of exaggerated individualism, where personal needs and desires override the shared goals of "Us." This can lead to emotional disconnection and a sense of isolation within the relationship itself.
- **Erosion of Autonomy:** An excessive focus on "Us" can paradoxically lead to the erosion of autonomy and individual identity. In this context, one or both partners may feel lost, as if their essence is diluted within the collectivity of the relationship, losing their sense of themselves as autonomous individuals.
- **Harmful Emotional Dependency:** Intense fusion in "Us" can cultivate emotional dependency where happiness and validation are exclusively interdependent. This dynamic generates an unhealthy cycle of constant need for the other to feel complete and valued.
- **Challenges in Establishing Clear Boundaries:** The interaction between "Me" and "Us" without clear boundaries can result in difficulties in establishing healthy spaces of individuality. The absence of these boundaries can lead to conflicts, resentments, and a sense of personal space invasion.

- **Suppression of Self-Expression:** In a relationship where "We" is overemphasized at the expense of "I," individual expression can inadvertently be suppressed. This can result in a dynamic where one or both partners feel that their true voices, desires, and needs are not fully heard or valued.
- **Navigating External Changes and Challenges:** Relationships strongly anchored in "We" may face additional difficulties in dealing with external changes and challenges. This overlap can create vulnerability to external factors, challenging the stability of the relationship when unexpected obstacles or changes arise.

These are some of the issues that can arise in a relationship where only "I" and "We" prevail. These dynamics can lead to a range of emotional and interpersonal challenges that can undermine the health and happiness of the relationship. It is important to recognize these patterns and work to promote a healthy balance between "I" and "We," where each partner feels valued, respected, and free to be truly themselves.

OVERCOMING CHALLENGES:

The key to overcoming these challenges lies in promoting a dynamic balance between "Me" and "Us." This entails a conscious commitment from both partners to:

- **Cultivate Individual Autonomy:** Encourage and support individual exploration and growth, allowing each partner to pursue personal interests, passions, and goals beyond the relationship.
- **Communicate Openly and Honestly:** Establish open dialogue about needs, desires, and boundaries, promoting mutual understanding and respecting each other's uniqueness.
- **Build Spaces of Individuality Within the Union:** Create spaces within the relationship where individuality is celebrated and valued, strengthening the bond by recognizing and appreciating each other's unique differences.
- **Develop Conflict Resolution Strategies:** Learn to address and resolve conflicts constructively, viewing them as opportunities to strengthen the relationship and deepen mutual understanding.
- **Foster Healthy Interdependence:** Strive for a state of interdependence where emotional connection and mutual support coexist with personal freedom and independence, balancing the needs of "Me" with those of "Us."
- **Celebrate Joint and Individual Growth:** Recognize and celebrate both individual achievements and those accomplished together, strengthening the relationship with genuine appreciation for the journey traveled, both individually and as a couple.

PRACTICAL EXAMPLE:

A practical example to strengthen the balance between "Me" and "Us" could be the practice of separate hobbies or activities that each individual enjoys, followed by shared moments where these individual experiences are celebrated and shared. This allows both partners to enrich themselves with new perspectives and experiences, bringing novelty and depth to the relationship.

By consciously cultivating this balanced dynamic, the relationship can flourish in fertile ground for love, respect, and mutual understanding, creating a union where both "Me" and "Us" are valued and nurtured.

LET'S PRACTICE

ME and US

I want to invite you now to do a brief exercise with me for awareness. The rule is the same: you'll need a pen and paper to answer the questions before reading the next one - this is crucial for you to explore harmoniously how your relationship is today. Let's practice?

- How do you feel about the current dynamics of your relationship? Do you perceive an imbalance between the time and energy devoted to your individual needs versus the needs of the relationship as a whole?
- Do you feel suffocated or restricted in your individual expression within the relationship? Do you have space to pursue your personal interests, hobbies, and friendships outside the relationship, or do you feel that your choices are constantly shaped by the couple's interests?
- Is there a tendency towards codependency or emotional fusion in your relationship? Do you find it difficult to establish healthy boundaries and maintain your emotional independence, or are your emotions and identity often influenced by the dynamics of the relationship?
- How do you deal with the conflict between your individual needs and the interests of the relationship? Do you tend to prioritize the well-being of the couple at the expense of your own needs, or can you find a healthy balance between self-care and collaboration in the relationship?

- Do you feel truly valued and respected as an individual within the relationship? Or are your opinions, desires, and aspirations often subjugated in favor of harmony and stability within the couple?
- Is there a sense of excessive sacrifice in your relationship, where you find yourself constantly giving up your own needs and desires to maintain peace and stability?
- Do you feel like your personal identity is getting lost or diluted within the relationship? Or are you able to maintain a strong connection with your individual essence while sharing your life with your partner?

"THIS" AND "WE"

When "This" and "We" dominate a relationship, unique challenges emerge that can profoundly influence the dynamics between partners, impacting their emotional health and overall well-being. This scenario is characterized by the fusion of shared goals and emotional unity, but without the proper balance, it can lead to unintended consequences. Let's see how these predominances can shape the relationship:

- **Suppression of Individuality:** Intense focus on common goals and couple unity can inadvertently overshadow the individual identities of partners. In this dynamic, each person may feel lost within the collectivity of the relationship, questioning where the "I" ends and the "We" begins.
- **Devaluation of Personal Needs:** Emphasis on shared goals and joint harmony can result in neglect of individual needs and desires. This creates fertile ground for resentment, as partners begin to feel that their personal aspirations are constantly sidelined.
- **Emotional Dependency:** An excessive orientation towards the "We" can generate emotional dependency, where partners find themselves unable to find satisfaction or happiness outside the relationship. This can diminish individual resilience and the ability to face challenges independently.
- **Conflicts of Identity and Autonomy:** The relentless pursuit of joint goals can limit each partner's autonomy, leading to internal conflicts over identity and personal freedom. Without room for individual expression, partners may feel restricted and inauthentic within the relationship.

These are just a few of the complexities that arise when "This" and "Us" take the lead, leaving little room for exploration and appreciation of the "Self" within the relationship. It is essential to recognize and address these challenges to nurture a balanced relationship, where emotional union and shared goals coexist harmoniously with the preservation of each partner's individuality.

Overcoming the Challenges:

- To overcome the challenges inherent in the predominance of "This" and "Us" in a relationship, it is crucial to adopt strategies that promote balance and emotional health for both partners. Here are some approaches to address and overcome these difficulties:
- **Cultivating Individuality:** Encourage and support the expression of individuality within the relationship. Dedicate time to personal interests and encourage your partner to do the same. Celebrating differences strengthens the relationship, allowing each to bring a wealth of experiences and perspectives to the "Us."
- **Balancing Needs:** Regularly review the needs and desires of each partner, ensuring that both have space and support to pursue their individual goals, in addition to shared ones. Open communication about expectations and aspirations is crucial.
- **Developing Emotional Autonomy:** Work on building a strong foundation of emotional autonomy, recognizing that individual happiness does not depend solely on the relationship. This involves strengthening self-esteem and seeking sources of satisfaction and purpose outside of the partnership.
- **Negotiating and Resolving Conflicts:** Develop skills to negotiate and resolve conflicts in a healthy manner. This means addressing disagreements with empathy, actively listening, and seeking solutions that consider the needs of both partners.

- **Promote Open Communication:** Discussing individual needs and desires openly can help prevent the suppression of personal needs. This allows both partners to feel heard and valued.
- **Establish Healthy Boundaries:** Setting clear boundaries helps maintain emotional independence and prevents excessive dependence, ensuring that both partners can enjoy space for personal growth.
- **Cultivate Separate Interests:** Encouraging separate interests and hobbies can enrich the relationship, bringing new experiences and learnings to share, reinforcing the "Us" without sacrificing the "Self."
- **Recognize and Value Individuality:** Celebrating the differences and unique contributions of each partner to the relationship can strengthen the bond, promoting a partnership based on mutual respect and admiration.
- **Promote Joint and Individual Growth:** Encourage personal and joint growth, recognizing that individual evolution enriches the relationship. Celebrate individual and shared achievements as victories for the "Us."

PRACTICAL EXAMPLE:

Imagine a couple who share the dream of traveling the world, but one of the partners also has a passion for painting, an interest they do not share. To overcome the restrictive dynamics of "This" and "Us," they can establish an agreement where they dedicate specific time each week to their individual passions - he to painting and she, perhaps, to a language course for future trips. Additionally, they plan weekly dinners where they share their experiences and learnings, reinforcing their emotional bond and supporting their shared and individual goals.

Adopting these strategies can help overcome the challenges of the "This" and "Us" dynamic, promoting a more balanced relationship where individuality and shared connection are equally valued.

LET'S PRACTICE

THIS IS US

I want to invite you now to do a brief exercise with me for awareness. The rule is the same, you'll take a paper and a pen to answer the questions before reading the next one - this is fundamental for you to explore harmoniously how your relationship is today. Let's practice?

- How would you describe the dynamics of your relationship currently?
- Reflect and write about how you perceive the interaction between shared purposes and goals (the "This") and emotional connection and mutual collaboration (the "Us").
- What are the main purposes and goals that you and your partner share?
- Think and write about the common goals you both seek to achieve together and how this impacts the relationship dynamics.
- Do you feel that your individual needs are recognized and respected within the relationship?
- Consider and write whether you have space to express your own needs and desires, or if they are subdued for the sake of the relationship's goals.
- How do you deal with conflicts and differences of opinion within the relationship?
- Reflect and write about how you work together to resolve differences and if there is room to express different viewpoints without fear of judgment or retaliation.
- Do you feel emotionally dependent on your partner for your happiness and well-being?

- Analyze and write if you overly rely on the relationship to fulfill your individual emotional needs or if you can find a balance between emotional connection and personal autonomy.
- How do you balance individual interests and priorities with shared purposes and goals?
- Think and write about how you negotiate and compromise to ensure that both partners feel valued and respected within the relationship.
- Do you feel you have enough space to grow and develop as an individual within the relationship?
- Consider and write whether you feel free to explore new opportunities and pursue your own interests and passions, or if you feel limited by the relationship.
- How do you promote open communication and mutual empathy within the relationship?
- Reflect and write about how you strive to understand and support each other emotionally, even when facing challenges or conflicts.



Chapter 3

LET'S REFLECT

In concluding this chapter on "Me, This, and Us - Rebuilding a Healthy Relationship," we deeply reflect on the complex web of interactions that defines human relationships. Understanding the dynamics of "Me," the value of "This," and the essence of "Us" is crucial for any relationship aspiring to health, balance, and fulfillment. As we delve into this journey, we not only explore the depths of our own individuality but also recognize the importance of sharing purposes and, above all, cultivating a genuine connection that transcends superficiality.

The pursuit of harmony among these three pillars can be challenging, given the intrinsic complexity of human emotions and social expectations. However, it is precisely in this challenge that the opportunity for personal growth and deepening of affectionate bonds lies. By adopting a posture of openness, curiosity, and willingness for self-examination, we pave the way for a deeper understanding of ourselves and others.

The exercises proposed throughout this book aim to be reflective tools to assist in this process of self-discovery and relational reconstruction. They invite you to look inward, question established patterns, and, most importantly, allow yourself to envision new possibilities for interaction and connection.

FINAL

This trilogy, which I have written for you with great care, represents a journey to the heart of human relationships, exploring the complexity, beauty, and at times, the challenges that arise along the path to building and maintaining healthy and meaningful bonds. Each chapter has been carefully crafted to offer profound insights into how we can live more authentic and fulfilling relationships, harmonizing the "Self", the "This", and the "Us".

The importance of this work transcends mere acquisition of knowledge; it is an invitation to personal and interpersonal transformation. By applying the concepts discussed and engaging in the suggested exercises, you not only gain tools to improve your relationships but also contribute to the creation of a world where respect, empathy, and genuine love prevail.

In our journey through this intricate and beautiful universe of human relationships, we have discovered paths that lead to deep understanding, mutual respect, and genuine love. The essence of a healthy relationship lies not only in the ability to love and be loved but in the willingness to grow, learn, and evolve together, while respecting individuality and celebrating unity.

Mental health and healthy relationships go hand in hand, intertwined in a dance that balances self-care with care for the other. A healthy mind flourishes in an environment of understanding, acceptance, and support, where each individual feels valued and understood in their essence. Thus, cultivating mental health is both an act of self-love and a gift to those who share our lives.

What really matters in a relationship transcends ephemeral joys and momentary challenges. It lies in building a solid foundation of trust, in open and honest communication, and in the ability to face together the winds and storms. It matters the courage to be vulnerable, the strength to be authentic, and the wisdom to know when to listen and when to speak.

Ultimately, healthy relationships are those that allow us to be who we really are, without masks or pretensions. They are sacred spaces of mutual growth, where love is not a prison of expectations but an open sky of possibilities. Where mental health is not just the absence of suffering, but the presence of a well-being that flourishes in connection with others.

May this message serve as a beacon for all who seek to cultivate healthy relationships and nurture their mental health. May we all learn to embrace the complexity of our emotions and feelings, the richness of our differences, and the incalculable value of our sharing. May love, in all its forms, be the compass that guides us through challenges and joys, towards an existence full of meaning, compassion, and true connection.

I invite you, then, not to see these eBooks as the end of a journey, but as the beginning of a new phase in your relational life. The proposed exercises, especially at the end, are bridges to this transformation. Dedicate yourself to them with sincerity and openness, allowing the reflections and practices shared here to be the fertile ground for the growth of truly healthy, deep, and satisfying relationships.

May these books be your companion in building a more conscious "Self", in a shared "This" with meaning, and in an "Us" that celebrates the beauty of human connection. Together, we are capable of weaving the fabric of relationships that not only survive but thrive in the true essence of love, respect, and mutual understanding.



Bibliography

MAIN REFERENCES FOR THE ENTIRE TRILOGY "ME, THIS, AND US - HOW TO REBUILD A HEALTHY RELATIONSHIP":

Beattie, Melody. "Codependent No More: How to Stop Controlling Others and Start Caring for Yourself." Hazelden Publishing.

Brown, Brené. "Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead." Gotham Books.

Brown, B. (2010). The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are. Hazelden Publishing.

Chapman, Gary. "The 5 Love Languages: The Secret to Love that Lasts." Northfield Publishing.

Cloud, H., & Townsend, J. (2017). Boundaries Updated and Expanded Edition: When to Say Yes, How to Say No To Take Control of Your Life. Zondervan.

Cozolino, Louis. "The Neuroscience of Human Relationships: Attachment and the Developing Social Brain." W.W. Norton & Company.

Damasio, Antonio. "Looking for Spinoza: Joy, Sorrow, and the Feeling Brain." Harcourt.

Davidson, Richard J., e Sharon Begley. "The Emotional Life of Your Brain: How Its Unique Patterns Affect the Way You Think, Feel, and Live - and How You Can Change Them." Hudson Street Press.

De Souza, Marcello. "O Mapa Não é o Território, o Território é Você." Editora Eu Sou a Ideia.

Epstein, Mark. "Going to Pieces Without Falling Apart: A Buddhist Perspective on Wholeness." Broadway Books.

Fisher, Helen. "Why We Love: The Nature and Chemistry of Romantic Love." Henry Holt and Co.

Goleman, Daniel. "Emotional Intelligence: Why It Can Matter More Than IQ." Bantam Books.

Goleman, Daniel. "Social Intelligence: The New Science of Human Relationships." Bantam Books.

Gottman, John M., e Nan Silver. "The Seven Principles for Making Marriage Work: A Practical Guide from the Country's Foremost Relationship Expert." Harmony.

Hendrix, Harville, and Helen LaKelly Hunt. "Getting the Love You Want: A Guide for Couples." St. Martin's Press.

Iacoboni, Marco. "Mirroring People: The New Science of How We Connect with Others." Farrar, Straus and Giroux.

Johnson, Sue. "Hold Me Tight: Seven Conversations for a Lifetime of Love." Little, Brown Spark.

Kabat-Zinn, Jon. "Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life." Hyperion.

Kasl, Charlotte. "If the Buddha Dated: A Handbook for Finding Love on a Spiritual Path." Penguin Books.

Lancer, D. (2014). Codependency for Dummies. Wiley.

LeDoux, Joseph. "The Emotional Brain: The Mysterious Underpinnings of Emotional Life." Simon & Schuster.

Mellody, P., Miller, A. W., & Miller, J. K. (2003). Facing Codependence: What It Is, Where It Comes from, How It Sabotages Our Lives. HarperOne.

Mellody, Pia. "Facing Codependence: What It Is, Where It Comes from, How It Sabotages Our Lives." HarperOne.

Norwood, Robin. "Women Who Love Too Much: When You Keep Wishing and Hoping He'll Change." Pocket Books.

Perry, Bruce D., e Maia Szalavitz. "The Boy Who Was Raised as a Dog: And Other Stories from a Child Psychiatrist's Notebook - What Traumatized Children Can Teach Us About Loss, Love, and Healing." Basic Books.

Perel, Esther. "Mating in Captivity: Unlocking Erotic Intelligence." Harper.

Ratey, John J. "A User's Guide to the Brain: Perception, Attention, and the Four Theaters of the Brain." Pantheon Books.

Ruiz, Don Miguel. "The Mastery of Love: A Practical Guide to the Art of Relationship." Amber-Allen Publishing.

Schwartz, Tony. "The Power of Full Engagement: Managing Energy, Not Time, Is the Key to High Performance and Personal Renewal." Free Press.

Siegel, Daniel J. "Mindsight: The New Science of Personal Transformation." Bantam.

Siegel, Daniel J. "The Developing Mind: How Relationships and the Brain Interact to Shape Who We Are." Guilford Press.

Tatkin, Stan. "Wired for Love: How Understanding Your Partner's Brain and Attachment Style Can Help You Defuse Conflict and Build a Secure Relationship." New Harbinger Publications.

Woititz, J. G. (1989). Adult Children of Alcoholics. Health Communications, Inc.

Yalom, Irvin D. "The Gift of Therapy: An Open Letter to a New Generation of Therapists and Their Patients." Harper Perennial.

Connect and Explore Further

If this e-book has sparked in you a greater interest in the transformative power of organizational environmental design, environmental social psychology, or neuroscience applied to workplace well-being, I invite you to delve more deeply into this journey with me.

I, Marcello de Souza, have dedicated my life to exploring the intersections between cognitive behavioral and organizational development, always seeking innovative ways to apply this knowledge to improve the lives of individuals and organizations.

WHERE TO FIND ME?

For daily tips, deep insights, and the latest updates on my research, projects, and publications:

- LinkedIn:
www.linkedin.com/in/marcellodesouzaprofissional
- Instagram: @marcellodesouza_oficial, visit:
www.instagram.com/marcellodesouza_oficial
- YouTube: Here, I share lectures, interviews, workshops, and various educational videos that shed light on current and relevant topics in the field of behavioral psychology and human development, visit:
www.youtube.com/@marcellodesouza_oficial
- Official Website: Where you can access my entire portfolio, courses, and information on how I can personally assist you or your organization, visit www.marcellodesouza.com
- Blog: For insights and reflections on personal and professional development, visit www.marcellodesouza.com.br
- Company: For coaching and organizational development services, visit www.coachingevoce.com.br.

If you felt a connection with the content of this e-book and believe in the transformative potential that applied knowledge can bring, do not hesitate to get in touch. I am here to support your journey of personal and professional growth, offering consultancy, coaching, and customized training that meet your needs or those of your organization.

This is just the beginning. Together, we can explore new frontiers of knowledge and apply them in ways that truly make a difference in the world. I appreciate you accompanying me this far and look forward to continuing this journey together.

Marcello de Souza - Transforming knowledge into action for a better future.

EU, ISSO E NÓS

Na dança do Eu, Isso e Nós, sob a luz da lua,
Traçamos caminhos em busca da harmonia perdida,
Por entre sombras e luzes, nasce a poesia,
Refletindo a jornada de cura, a eterna busca pela vida.

Eu

No silêncio do Eu, a alma suspira,
Por entre as ruínas do ser, um grito ecoa,
"Quem sou?", pergunta o coração que aspira,
Pela resposta que nas estrelas flutua e voa.
Em mim, a tempestade e a calmaria,
Lutam em um abraço apertado, sem fim,
Nas profundezas do Eu, a sabedoria,
De abraçar a própria sombra, e assim,
Transformar dor em crescimento,
Lágrimas em sorrisos de contentamento,
No Eu, a semente da mudança,
Cresce, floresce, traz esperança.

Isso

Isso, o espaço entre dois mundos,
Onde palavras não ditas tecem destinos,
Em fios invisíveis, unem os profundos
Abismos, onde moram nossos hinos.
Isso, a ponte sobre o abismo,
Onde o Eu e o Nós se encontram,
Em um abraço que cura o cisma,
E em silêncio, suas feridas acalmam.
No Isso, aprendemos a ouvir,
A voz suave do vento a sussurrar,
Que em cada desafio, um porvir,
Uma chance de juntos, caminhar.

Nós

E então, surge o Nós, tecido em luz,
Onde duas almas se encontram, em paz,
Na dança da vida, a cada passo, reluz,
A beleza de estar juntos, capazes e audazes.
Nós, a união de sonhos e realidade,
Onde o amor não é prisão, mas liberdade,
Neste laço, aprendemos a ser verdade,
Compartilhando alegrias e tristezas, com lealdade.
Neste jardim, onde o Eu e o Isso se abraçam,
O Nós floresce, em cores que só o coração conhece,
A cada dia, uma nova folha, onde traçamos
Caminhos de respeito, amor, onde a alma agradece.
Na poesia do Eu, Isso e Nós,
Descobrimos o caminho para reconstruir,
Relações saudáveis, onde a voz
Do coração pode finalmente se abrir.
Neste bailado, onde cada um tem seu lugar,
Aprendemos que juntos, podemos voar,
Sobre mares de desafios, prontos para enfrentar,
Pois no amor, no respeito, encontramos o nosso lar.

(Marcello de Souza)