

# Confronting the Poison of Contempt: A Key to Successful Relationships of All Kinds

A half-day workshop: July 16, 2017, 9:30am—1 pm

**Who among us has never felt contempt for a romantic partner or even a friend, colleague, boss or co-worker?** Or have we felt admiration for them but contempt for ourselves? Contempt is a poison that degrades and ultimately destroys relationships, yet it's normal. Let's look at relationships with life partners, for example. We see up front their weakness – physical, mental and/or emotional – and while we may try to be compassionate, there's usually an undergrowth of contempt that's hard to talk about and harder to overcome.

The longer we know someone, the more reasons for contempt we have probably discovered, sometimes just because the processes of living and/or aging can weaken our partners over time. Sometimes we suppress our contempt. Sometimes it comes out in nasty ways. Sometimes we even feel shame for feeling it.

On the other hand, we might feel contempt for ourselves. In some situations, we feel contempt for ourselves because we are embarrassed that we have stayed with our contemptible partner. But sometimes the contempt for ourselves is connected to our admiration for a partner who may be stronger, smarter, more attractive or more something than us. Often, however, our contempt for ourselves has nothing to do with our partner at all; it's just our disgust for ourselves and our own weaknesses, which also may increase over time.

Contempt erodes love – love for others and love for ourselves – and yet it's common and normal. What to do about it? On July 16, Inner Revolutionary Couples are taking it on, and you're invited, whether or not you are currently in a "couple" of any kind. If you are ready to admit that there is or was contempt in any of your relationships – with colleagues, bosses, family, life partners, friends, whomever -- don't hesitate to join us for a powerful and healing half-day retreat, where we transcend the boundaries of our normal conversations and come together in a safe environment to identify the energy of contempt in our relationships. We'll trace the origin of our negative reaction to anyone's weaknesses – ours and/or others' – and we'll support one another to find better ways to respond.

Join Us! This retreat will be held at a beautiful home in North San Diego and online via internet videoconferencing and is \$240 per couple. **Register and get location and videoconferencing directions via email after registering: <http://bit.ly/couples-workshop>**

Please bring snacks and plan to eat after the event. Please refrain from caffeine and sugar for the day. This event will be facilitated by Beth Green, intuitive counselor, spiritual teacher and founder of TheInnerRevolution.Org. Anyone who attended the previous retreats can attest to the power of Beth's work. For more about Beth, check out <http://theinnerrevolution.org/>

For more information, contact **Todd Benton** at (760) 731-4855 or [todd@theinnerrevolution.org](mailto:todd@theinnerrevolution.org)