

# The Bounce-back Effect

My first real chapter in this empathy-relationship blog with a reminder to all of you in relationships right now.

Having lived with and loved someone for 8 years made me very aware of thoughts we transmit unknowingly to each other.

My ex, who is still one of my best friends, is actually a very skilled empath. I never knew this...I knew him well, but I had no idea that our thoughts were bouncing back and forth like ping-pong balls. He at first, had no interest in the spiritual, but upon watching me work, he became interested...then he actually became **aware of empathy**.

Awareness is the key to telepathy and empathy, or any psychic work.

We all pick up thoughts, have visions or have psychic impressions or dreams, but we are unskilled in picking them up, and usually uncertain as to what they mean.

So let's call my ex, G. Once G found out he was an empath, we both became very aware of the moods that we have, and what we should do to avoid getting into any disagreements in those moods, as they usually simply transferred back and forth to one another.

For example:

G had a hard day at work. He comes in the door, and sees C. (that's me) with a migraine. He hates seeing me in pain, but he doesn't know how to deal with it, and tenses up. The mood darkens as he enters the home.

C is lying on the couch. She has a migraine. She has been asleep most of the day, but the moment G. enters the room the mood darkens. It's not seeing G that makes her feel frustration, but then a actually picking up that G 'transmitted' his displeasure at seeing her suffer.

Unfortunately usually C. takes it personally, so this is what C. should do...simply understand that this mood is transitory and a **reaction** to seeing me in pain, and that it is not directed at me. If I went deeper, I would feel that G. actually felt out of control in not being able to help me, and I should be compassionate and grateful for that.

But unfortunately G would also assume that his bad mood was because the relationship was not working. That in retrospect is an erroneous 'reactive' or 'defensive' assumption based on his perception on relationships! (Look out for the next article on how we perceive each other). So this dynamic was actually based simply upon assumptions on both parts, it can be actually pretty problematic at times as the persons will assume that

it's **them** or **their fault** the relationship is 'not working' whereas in truth, we are just picking up on each other's bad day.

In truth this is how this should have played out:

G: 'Carmen, oh you look like hell. That makes me feel badly that I cannot help. On top of this, I cannot feel happy because I had a bad day at work.

C: G, don't worry about it. This pain will pass and I make look miserable, but I am actually content, but I may seem grumpy, but I am not. I am sorry you had a bad day at work. Thank you for caring :)

What I have observed is:

Don't make the assumption that your perception of your partner is how that person feels!

You may be picking up a 'bounce back' feeling of frustration (which comes across as actually **feeling** their frustration) because they are picking it up from you, or you may be picking up their bad day, and interpreting that frustration as against you.

In truth, it doesn't matter who felt or thought something first! (that's another topic)

But the fact that this is a perception based on a family or root dynamic, and it has nothing to do with you! In fact, what may have started off as a bad day may roll into a whole snowball of 'I am unhappy in this relationship and you are the one who is the problem' etc. a scenario many of us are familiar with.

So PLEASE remember that when you feel someone's frustration. They may actually be picking up on yours, the feeling bounces back and forth, and then we are stuck with the blame and feeling of guilt (and worst of all, blaming ourselves)!

In truth, walking away, taking a bath, going out with a friend, and NOT trying to fix everything with that person at once is the recommendation, so that you can both just get out of that 'headspace'.

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