

Permission, Purpose, Agency, Consent & Boundaries

Past Relationships

Santa Rule:

Do not bring up past relationships, as doing so intrudes on a person's energy. If those individuals choose to bring up such matters themselves, then they hold the court.

Why:

Because bringing up someone's past, especially relationships, can shift control of the conversation away from the present and into territory that may be personal, unresolved, or emotionally charged.

At a practical level, it's about **consent and boundaries**. When you introduce someone else's past, you're deciding for them that it's appropriate to revisit it. That can feel intrusive, even if your intent is neutral. When they bring it up themselves, they're signaling they're ready and willing to engage with it.

There's also an **energy and focus component**. Conversations grounded in the present tend to be clearer and more productive. Pulling in past relationships can:

- reopen emotional dynamics that aren't relevant anymore
- create defensiveness or discomfort
- derail the purpose of the interaction

Finally, it's about **agency**. Letting someone "hold the court" on their own past keeps them in control of their narrative. They decide what matters, what's healed, and what's off-limits. That usually leads to more respectful and stable communication overall.

That said, there are exceptions, like therapy, legal matters, or explicitly agreed-upon discussions, where the past is relevant. The difference is that in those settings, there's clear permission and purpose.