



HOW TO BE SUCCESSFUL IN RELATIONSHIPS!

Why are relationships so hard to do at times when it should be so natural? Let me give you a peek into my house:

My husband had been in the process of launching a new business and I had been as supportive and interested as I can be of him in this effort. In the service of that I have tenderly enquired at what he has been busy with that day. I have popped in to offer him refreshments when I am between clients. I have made time to sit down with him over lunches, prepared by my own fair hands, so that we can have a few minutes of time together. I want to encourage him wherever I can because after all, I know how challenging it is to get a new venture up and off the ground... I've done it a couple of times and have a lot of good advice to give!

Imagine my surprise (read affront!), when he declared that he felt like his every move was being checked and judged! He felt like I was this critical teacher hanging over his shoulder just waiting for him to get it wrong!

WELL!!

Thoughts went whizzing through my mind about ingratitude, selfishness (feel free to add your personal favourites!).

Hurt, bewilderment, anger and judgement bloomed inside my whole body.

Ever felt that deep sense of bewilderment and frustration that comes over you when things seem to go wrong between you and someone else... especially that special someone?

I guess most of us have our favourite and familiar tools that we use when things get rough, but have you ever asked yourself if whatever tool or strategy you are using is the right one for this situation? Here's a question:

IS THERE A TOOL THAT IS RIGHT FOR EVERY SITUATION?!

One tool I have found that seems to fit the bill is the tool of remembering that difference is good.

A wonderful Therapist by the name of Pat Love once said:

"If we see difference as dangerous then nobody is safe!"



What helped stop the runaway train of my emotions? Taking a deep breath to slow myself down and reminding myself that he is and always will be entirely different to me – and that's OK.

Somehow remembering this little saying opens up a crack in my awareness that allows me to begin to get curious about what's really going on.

Ruffled feathers smoothed, it turns out his experience was a lot more to do with some of his childhood experiences and perceptions than it was to do with me! A few adjustments and we were up and smoothly running again.

HMMMM... now that could be a tool worth having...