

5 Steps to Relationship Heaven

•Recommended reading
"Men are from Mars and women are from Venus"
 by John Gray

Everything is about relationships, how we relate to life and each other will directly affect our sense of happiness and well-being.

Relationships are the greatest way to realise who we are warts and all, if viewed in the right way relationships will help us to fulfil our potential purpose and destiny, they will also be a constant reminder to us of the areas in our lives that we need to work on; through feedback, critique, admonishment, argument, debate, pleasure, joy, pain, laughter, tears and the list goes on.

"Sometimes love says no, sometimes love says grow, sometimes love says go"

Looking at the values you place on your friendships, will put you in a stronger position to have the type of relationships you desire. Below are a series of questions the answers of which will help set you on the path to wherever you want to get to,

STEP 1: How do you know what you want?

What criteria do you have for the ideal person for you? If you don't really know yourself you can't really know who is best for you, all that's left are assumptions, past history and trial and error. Are your expectations too large to small or in line with the person that you are?

Step 2: How do you communicate?

Talking and real communication are separate things. In your relationship have you been honest and open with your partner about what you want and don't want out of the relationship and the values you have? Start as you mean to go on, the real truth will come out sooner or later by your words or actions.

Step 3: Do you want a relation-ship or a relation-shop?

In a relation-ship you jointly determine to set sail on a particular

course. You are prepared for the good and bad weather (ups and downs) it is path of the course. You are both pulling in the same direction. In a relation-shop you are in it for what you can get out of it only. If there is nothing you want or can use you will leave the relation-shop and look for another one. It is not about give and take only take.

Step 4: How are you prepared to love?

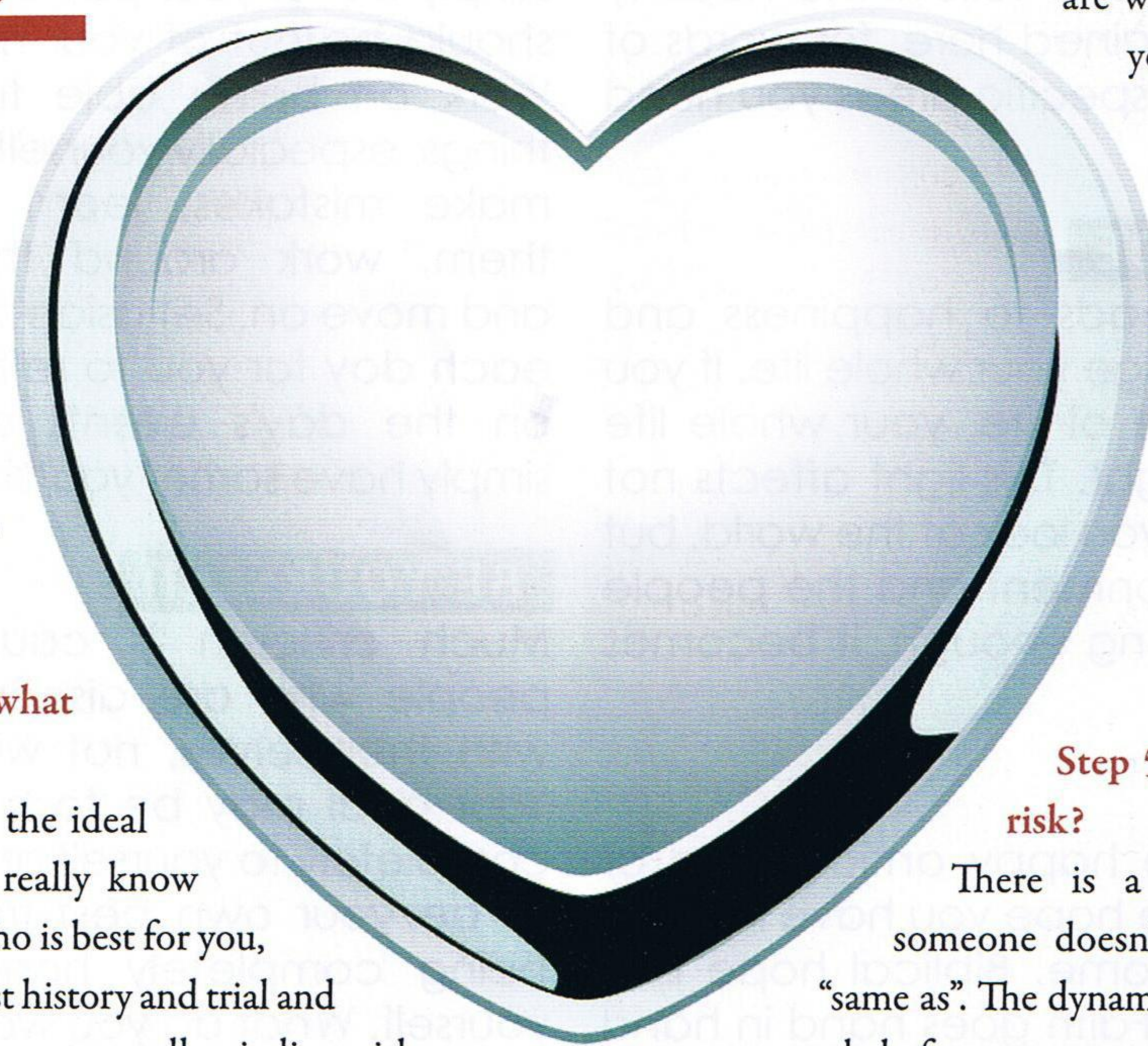
Do you love others with conditional or unconditional love? If you are; loving with conditions it is a never ending process with no end in sight. If you are loving unconditionally there is nothing the other person needs to do for you to love them, you accept them as they

are which is how you took them. If your relationship becomes a project to create and mould you so called ideal, you are in effect trying to take away your partners freedom of speech, choice and expression to be who they are, would you want that for yourself?

"Relationships don't end, they change"

Step 5: Are you prepared to take a risk?

There is a time for everything loving someone doesn't have to mean a lifetime of "same as". The dynamics of relationships change. For example before you got married you were boyfriend and girlfriend before that you were friends before that acquaintances before that strangers, at the right time the relationship dynamic changed in line with who you were at that moment, is your relationship dynamic wanting to change again?



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