

Relationships Basics

Your primary relationship will improve if you practice good communication, showing respect and being cooperative. This is only a starting point, yet these three aspects will go along way to building the relationship that you wanted when you started on your journey together. From these good sex, emotional intimacy and a relationship identity can follow.

Good communication:

- Listen and picture what the speaker is saying, when you think that you have a clear picture, ask to share it and get clarification.
 - Be attentive (give signs that you are listening by keeping eye contact, nodding and saying acknowledging word like “uh-huh”).
 - Ask...for more information or clarification.
 - Don't try to fix your partner's issue.
 - Don't give feedback unless asked. You can offer, but be ready to accept a “no.”
 - The issue isn't important, but it is an opportunity to learn how to communicate.
- “...first attempt to understand, then to be understood...” Stephen Covey

Show respect:

- Treat your partner the way that you would like to be treated.
- Be kind.
- Give the benefit of the doubt.
- See the positive version of his or her actions.
- Apologize when you make a mistake or are wrong.
- How would you treat someone that you respect and really wanted to know? Treat your partner similarly, even when it hard because of there actions. It's possible to be respectful and still be strong and direct with your communication.

Be cooperative:

- A relationship can be successful only if both people are doing 50%+ (even feel that your doing 65%).
- Be and do your reasonable best and expect the same of your partner.
- Negotiate, even debate, but both people should “win” about half of the time.
- Find a solution that you both can live with or on occasion - agree to disagree.
- Write it down or chart it: any important decisions, agreements or details of future activities should be written down to void disagreements later. Charting activities can be very helpful and is the truth of events.

It takes awareness to move the relationship toward your desired goals. Both partners need to commit their time, energy and focus.

I hope that this is helpful.

Tom