

Relationships



How do you relate to the most important people in your life? Ask yourself “Do I get what I need from my relationships?” and “Am I investing enough time and effort in my relationships?”

In each of your relationships you are either contributing to it or not. You help or hinder by teaching others how to treat you. If you really want to change your relationships you must first acknowledge that you alone control both your attitude and actions.



You can't have good, strong relationships until you're willing to know yourself. Your biggest mistake may be in believing that what others offer is more important than what you give yourself. You are all right just as you are and you don't need relationships to fill your needs – instead they should be part of your life because of respect and love, not need.

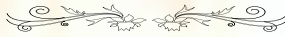
Having said that, there is always something that can be changed, even in our long term relationships, to make them stronger.

Change Your Attitude – If you only talk about the frustrations of the day, there's a good chance that the relationship will be just a griping session whenever you are together. Instead start a habit of the first five minutes being free of all complaining. Before saying anything else, talk about something positive.

Reassert Your Rights – For your relationship to work you both need to feel valued, appreciated and respected. If that's not happening then it's your responsibility to demand that you are treated with respect. If not than this weak relationship may need to be left behind.

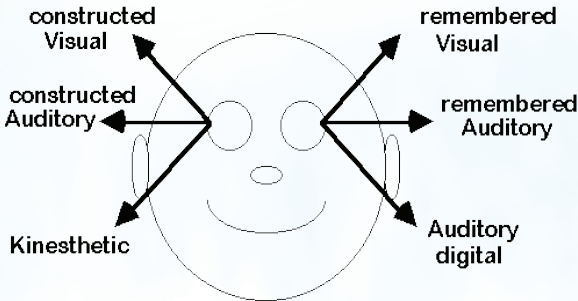
Enjoy Your Time With Them – Make an effort to be “in the moment” when you're with them. Focus on making direct eye contact when talking. The more focused you are, the more you will enjoy each other's company.

Neuro-Linguistic Programming



Neuro-Linguistic Programming (NLP) is all about communication style and it is extremely important to understand why your style may be different from someone else's.

If you understand another person's style you will see/hear/feel and figure out why they react the way they do.



Four Communication Styles

Visual – see things as pictures, learns quickly and doesn't like details.
Expressions: I see what you're talking about. I get the picture.

Auditory – learns by listening, tells great stories, talks to themselves.
Expressions: I hear what you're saying. I'll talk to you later.

Kinesthetic – in tune with their feelings, speaks slowly, learns by doing.
Expressions: Let's keep in touch. It feels right to me.

Digital – wants the details, everything to be logical, doesn't like change.
Expressions: I need to figure it out. Can you describe it in detail?

Please take the time to learn more about NLP. It will be worth your effort because there will be less misunderstandings in your relationships when you understand how the different communication styles work.

Books about NLP

“Law of Connection” by Michael J. Losier

“Neuro-Linguistic Programming for Dummies” Ready & Burton

7 Key People We Need



We all have people in our lives that come and go, but they don't always bring any value or commitment. Then there are others that are here for the long haul. They care about us and are willing to hold our hand.



These 7 people will help you get what you need.

A Lifelong Friend – is with you whether you're embarking on a crazy trip, doing serious soul searching or feeling a little sorry for yourself.

Opposite Sex Friend – is a platonic friend that you can be open and real with. Their insight will be helpful when making difficult decisions.

A Financial Advisor – will whip you into financial shape. Gets you to face the truth about your finances and recommends what you need.

A Fitness Friend – gets you off the couch and exercising for fun.

A Doctor You Trust – because this relationship can save your life.

An Older Mentor – empowers you by providing a positive role model.

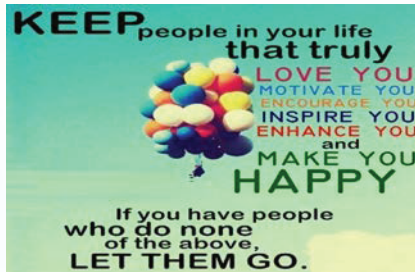
A Dreamer – encourages you to take action towards your dreams.

Almost all the people you meet feel themselves superior to you in some way. A sure way to their hearts is to recognize their importance.

Friendships to Detox



Good friendships have nothing to do with distance, age or sex. They are not based on how long we have known each other, but on how well we connect and understand each other.



With good friends you never have to wonder where you stand. You can tell them anything with the knowledge that they will never belittle you, think less of you or betray your trust. With these friends you never have to worry about being betrayed or being taken for granted.

On the other hand, some friends just aren't good for us. No matter how hard we try they never seem to give of themselves but instead drain away our joy. When we are down and out they don't seem to notice. It's all about them and there is always some kind of drama when their around. Sometimes we just need to clean house and a bad friend belongs with everything else that's on your give away pile. They take up far more space and time than they deserve. Once you're free of bad friends that space will be available for friendships that serve you better.

Ask yourself:

- Do I look forward to seeing this friend?
- Is time with this friend a duty or chore?
- Are they truly happy to see me?
- Do they care about what's happening in my life?
- Do they always want something from me?
- Why are they still part of my life?
- Do I trust them completely?