



MAKING CONNECTIONS Healthy Relationships

PART III – How to Have Incredible Relationships

“In everyone’s life, at some time, our inner fire goes out. It is then burst into flame by an encounter with another human being. We should all be thankful for those people who rekindle the inner spirit.”

– Albert Schweitzer

Read the quote above. Has this ever happened to you? Have you ever felt a real connection with someone else? What was that like?

Watch How to Have a Strong Relationship:

<https://www.youtube.com/watch?v=F070R43gWs4>

The Choices We Make Will Determine Our Success

Whether it be a family member, a friend, a love interest, or a partner, thinking through these key values will help you build incredible relationships.



Choose to be each other’s Best Friend.

“Friends are the family you choose.” Look to all your relationships as friendships.

Looking at relationships with compassion for the other person.

Having happy, successful relationships will help you be more fulfilled. And, laughter goes a long way!



Choose to take responsibility for your own feelings.

It's not your friend's or partner's responsibility to make you happy – that's your job!

It is important to take responsibility in a relationship for your own self-esteem and happiness. Depending on someone else to provide that for you leads to frustration and discouragement for both people.



Choose to be kind.

Be loving, caring, and understanding towards your partner and yourself. Take care of each other.

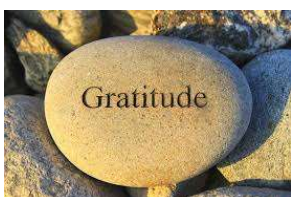
Relationships rely on love, caring, and compassion, but fail when we are not kind to ourselves and each other.



Choose to make spending time together a priority.

Taking the time to be together, to go through your day, to cuddle, to laugh together and to cry together are choices that will build your relationship.

If you continue to focus on everything that is still on your 'to do' list, you will grow apart.



Choose to be grateful not critical.

Be grateful for the beautiful things in each other -- the things you initially fell in love with.

Complaining about your partner or just complaining in general is not good for a relationship.

Relationships grow when both partners are grateful and there is not constant complaining or criticism.



Choose honesty.

What honesty gives you is a great deal of comfort. Knowing you can implicitly trust your mate allows you to be your best self, and your relationship will continue to thrive because you are able to give each other the positive energy you need to navigate life's ups and downs.



Choose relationships that are easy, fun, and beautiful.

There's no secret on how to have incredible relationships, just make sure that they add to your life, not take away.

They should enrich your experience of this world and make you a better person.

Your Action Plan – What choices will you make?

- List one or two key values above you think you excel at:
- List one or two key values above you think you could improve on:
- Think about someone you would be interested in developing a relationship with (on any level). What do you need to do next?

What It SHOULD Be	What It CAN Be	What It MIGHT Be
L – Like & Look Up To O – Open-Minded (Expectations) V – Valued/Worth (Respect) E – Ethical and Legal	S - Satisfying A - Affectionate F – Friendly E - Enjoyable	R - Reality I - Is S - Sometimes K - KRAZY!

How to have incredible relationships, blog by Puja K McClymont, Life Coach
 The Choices You Can Make to Make Relationship a Success, blog by Shehbaz Malik