

**TEN COMMON
RELATIONSHIP MISTAKES
YOU DON'T WANT TO MAKE**

**Do You Really Want
to Create More
Drama In Your Life?**

Val Logan

. Because my wife and I work things out
: together, I am happier now than I have
: ever been before. In past relationships
: that simply did not happen. I didn't
: know how to do my part. Now I have the
: tools. I know what to do and so can
: you. Let's travel this path together.
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Success in relationships with friends, family, co-workers, an intimate partner or even with yourself requires positive communication skills. Good communication helps you to get clear about what you want and how you want to work things out. Also, it helps to build trust. The following are tips to help prepare you for staying present and open with yourself and with another person. Negative self-talk is the destroyer in all relationships. Genuine self-encouragement is the creator! How you treat yourself is reflected in how you treat others and how you want to be treated by others. You're probably thinking, "Yeah right. If only!" Stay tuned. This is for real.

10 Common Communication Mistakes You Don't Want to Make

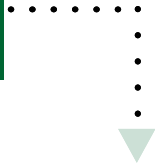
- 1) Letting your attention wander when listening while the other person is talking.
- 2) Not saying what you are feeling for fear of rocking the boat or hurting someone's feelings.
- 3) Believing that other people want exactly what you want and always see things the same way you do.
- 4) Being reactive and having your own preconceived ideas when you listen to someone else.
- 5) Being too general in your communication and not specifically saying what you really mean and want.
- 6) Taking too much responsibility or not enough responsibility for a situation.
- 7) Allowing problems or misunderstandings to build up resentment and then explode.
- 8) Running away either emotionally or physically when things get tough.
- 9) Assuming you know what someone is thinking or feeling.
- 10) Silently criticizing and blaming the other person as she/he is speaking and then when you are talking.

Are these situations familiar? Listed below are some guidelines that might be useful for you when you get stuck and don't know how to resolve a conflict. They can help you access and express your feelings, gain clarity about what you really want in the present moment and find positive resolution. For those who want support with getting unstuck, I am available to coach you through the internal conflict and help you to develop clear mutually satisfying communication. The relief you will begin to feel with the proper guidance is a life saver. As a result, you may feel positive, satisfied and fulfilled in ways you didn't know were possible. This is the rewarding new territory!

Relationships are our best teachers. Conflicts are inevitable. Having the right tools will help you to safely and successfully navigate the unexpected twists and turns. For example, when in conflict with a significant other, answer the following seven questions for yourself first. Then share these insights with each other so you can begin to build and strengthen the needed trust between you. It is important for you to be specific and clear about the situation at hand and how you can best resolve it within yourself and with your potential partner.

If you are currently single, answer these same seven questions in regards to past relationship challenges to help you learn from mistakes and prepare for your ideal relationship. Automatic patterns will tend to repeat themselves unless you create different responses. Using examples from the past will help you to practice resolving future conflicts in a more effective and meaningful way.

- 1) What are my deeper feelings?**
- 2) What do I honestly want?**
- 3) How is my past coloring my present?**

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- 4) What am I getting out of staying stuck?
 - 5) What do I need to say?
 - 6) What agreements have I broken?
 - 7) What is my part in this?

Next are some conscious intentions and agreements that will help you to stay connected when challenging issues come up. Read and discuss them with your partner and be sure to share what they mean to you and how to apply them to your situations. If you are single, then making these agreements with yourself will help you to attract an ideal mate who is willing to do what it takes to create an intimate and fulfilling relationship with you for a lifetime. Practice developing the important values and qualities within yourself that you want to have in common with your significant other.

- 1) I/We agree to stay present instead of running away, either emotionally or physically, when things get tough.
- 2) I/We agree to tackle the issues as soon as they come up.
- 3) I/We agree to speak the truth to each other as soon as we recognize it.
- 4) I/We to listen with an open heart so we can discover positive solutions together.
- 5) I/We each agree to take mutual responsibility for the conflict and for resolving it.
- 6) I/We agree to expect differences and to embrace them.
- 7) I/We agree to learn from ourselves and from each other so that we can set up a cooperative safety zone for a productive and valuable connection to develop between us.

Be compassionate with yourself. You were probably not taught good communication skills and maybe you didn't have a healthy relationship

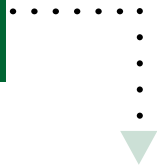
modeled for you. Here are some additional guidelines for improving your communication.

Listen in order to understand. You can do this by staying present without allowing distractions, defensiveness or being critical of yourself or judgmental of the other person. Those reactions just get in the way between you. These are not just pretty words. It takes courage and a commanding intention to stay the course. The results are more than worth the effort because of the quality person and/or couple you want to become.

(Warning! These suggested dialogues can be very vulnerable in a good way and must be genuinely and gently practiced in a safe, trustworthy environment. Becoming more authentic in different interactive situations is not for the timid. On the other hand, with the right support you may indeed find the courage you didn't know you had. And remember Rome was not built in a day. It is important to take things one step at a time.)

Feel your feelings, Luke Skywalker and Princess Leia. (characters from the movie, Star Wars) If you aren't paying attention to your feelings and respectfully letting those around you know how you feel and what you really want, then how can you expect to have an honest communication between you? Easier said than done? Yes, it *can be...* when you don't know what to say and how to say it. Automatic patterns will tend to repeat themselves, unless you create different responses. So let's help you to interrupt those old negative reactions and create better responses.

Try this exercise. When you communicate with another person, pay attention to the tone of your voice. How are you coming across? How would those tones make you feel if they were coming from someone else to you? What is



upsetting you from your past? Are your thoughts and feelings keeping you focused on the painful past and anticipating a fearful future?

If you are feeling upset, you may need to take some long deep breaths to help you relax into the moment. Once you become more relaxed, it's important to be kind and compassionate with yourself and with anyone else involved. The following will help you to develop that good feeling first with yourself and then with a loved one. Take a moment to look into a mirror and gently say these words out loud. "I am so glad you were born. I am proud of you. I love you." If this is not believable, make a note of what things you really do value about yourself. Notice your feelings.

With this same gentle energy, sit down with your loved one, facing each other knee to knee, and look into each other's eyes. Take turns saying those same words. "I am so glad you were born. I am proud of you. I love you." Be specific about why you have these positive feelings about each other. List the reasons. These are the types of intimate conversations you will need to have with yourself and with each other. Is this scary and vulnerable to even imagine? If so, it's because this is new emotional territory. You may need to work up to this kind of experience.

Appreciate people with your thoughts, feelings and actions. Practice imagining the good things about other people and about yourself. As best as you can, honestly see any current obstacles as they really are, and then imagine them being resolved and remedied. You may need some help with this. Even if you don't know the specifics of how to work things out, this approach will tend to set up a good intention for your self-discovery.

Many of these exercises can be applied to unfinished business with past relationships, present relationships or future relationships. These approaches

can be tailored to singles, couples, families and other important relationships as desired. It all starts with YOU and with your decision to improve the quality of your life. You are the bottom line. As you choose to work with yourself, then it becomes easier for you to work with others. Right now, as always, you can become the first and best partner that you want to have.

As you connect with yourself more deeply, you will naturally improve how you interact with those important people in your life and all of your valuable relationships will change for the better. Practice celebrating your successes. Acknowledge yourself by using the *Good Job Mantra*: Tell yourself, “Good job!” until you do it automatically. You may notice when you say these words that you will be reminded of times when you have been proud of yourself. See how it feels. Seek positive outcomes. You may be surprised with a new heartfelt exuberance for life. This is not apple pie in the sky. These goals are attainable. These are the pearls of great price.

Do these ways of being seem unreal, weird or strange to you now? These are the tips of the iceberg. These approaches are potentially very effective but not without meaningful practice, expert guidance and appropriate boundaries. Want some help from an experienced guide? A good coach can save you time, money and unnecessary suffering. I am available. Call me or e-mail me so we can set up a good time to talk about the possibilities. My e-mail is Val@FulfillingRelationships.com.