

The Relationship Project

#1 - RELATIONSHIPS... What makes them **GREAT**?

All great projects need more than just the 'idea of something'. Continuing past the honeymoon phase of anything requires consistent energy, a presence and a willingness to reinvent when signs of complacency are felt.

In a partnership these intentions needs to be shared by the two.

COMMUNICATION

Too little the fire goes out... too much the fire burns out of control. Keep an awareness yourself and agreement between the two of you... of when, what, where and how much to talk.

SOMETIMES WE NEED TO ACCEPT THINGS WE DONT LIKE

John Gottman, in his 40 years of relationship research claims that the most successful couples have some unresolved issues that they may fight about for decades but they are not deal breakers. They understand that some conflict is inevitable... the nature of the couple is 'difference'. The nature of the human being is imperfection. How are you as a partner holding the space for that? How can each other's imperfections and irrationalities complement each other?

PLAY THE GAME REAL

- In your relationship, can you receive honesty as well as speak it?
- A resilient relationship needs a thick skin. Negotiating well is its best tool. A sense of fun and humour comes in second.
- Don't personalise everything that's said! But know when to say that's enough!
- A **great relationship** needs 'dynamism' rather than 'feel good' voids.
- Make sure you have matured past the blame game... this will keep you both in a never-to-be-resolved loop.

MY NEEDS YOUR NEEDS

There will always be a constant juggle between accountability as a 'partner' and 'individual needs, wants and desires.' Relationship needs oxygen to breathe otherwise the fire will die... Make time to nurture both your own identity and the relationships.

WHAT TO DO WITH FEELINGS OF ATTRACTION OUTSIDE THE RELATIONSHIP

These feelings exist and are a biological inevitability... Have you ever discussed this as part of your commitment or merely made assumptions? Get on the same page... talk about it !

COMMITMENT

When we commit to a person we are not committing our thoughts, feelings and perceptions. As individuals we own these... what we can commit to are our **ACTIONS**.

Food for thought!

What's up Next?

May: Healthy Relationship Quiz

June: The lizard brain in relationships... This answers the why of how making relationships great is hard work often!

GET IN TOUCH

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