

Top 10 Relationship Tips



1. **Self Care/Leadership** – Respecting yourself and your own feelings first.
2. **Design your alliance** – What are the mutual rules for communication in this relationship? What do you need: what does your partner need?
3. **Expectations/Needs** - What are this person's needs in this relationship? What are your needs? Importance to them/you on a scale of 1-10. How well are you meeting their needs? (Scale of 1-10) How well are they meeting your needs? (Scale of 1 -10)
4. **Values** - Know each other's values; write them down. What value of yours is this person stepping on? What value of theirs are you stepping on?
5. **Transparency** - (The elephant in the room) “Nothing’s wrong!” If you can’t be perfectly clear, how can it be addressed? Be clear about what is REALLY bothering you. What are the results of the action/non-action? How did it make you feel? What values were being stepped on?
6. **Power of words** - State what you want, not what you don't want (positive vs. negative)
 1. “Don't talk to me that way!” - “Speak to me with respect”
 2. “Don't slam the door!” – “Shut the door quietly”
 3. “Don't leave your coat on the chair” – “Coats belong in the closet”
7. **Perspective** – Take down the defense shields. Put yourself in their shoes. Their point of view is just as valid.
8. **Attitude of Gratitude** - What do you appreciate about this person? About this situation?
9. **BE the change** – what are your actions saying? You want the other person to change...are you willing to BE the change? Treat others as you would like to be treated.
10. **The Gift** - Versus the challenge of this person – It's easy to focus on the challenge of this person but what is the gift of this person? What attracted you to this person in the first place? Focus on this.
11. **The Big Picture** - What do you want this relationship to look like/be? Take the helicopter view if you are stuck in the weeds or minutia. What's important about this relationship?
12. **Listen at Level 3** - What is under the current of what this person is saying?