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How to Get the Relationship You Want

By Susan Dunn

How to Get the Relationship You Want by Susan Dunn, Personal and Professional

Development Coach

We tend to think of finding the right relationship as being a hunt for another person, and it is. But it depends first of all on being ready yourself. The best way to do this is to develop your emotional intelligence skills. It's all about relationships and emotions, after all.

You could meet the most "right" person in the world, and still not be able to make it work. In fact in some cases, if you're dragging around the past, you wouldn't know a good partner for you if they appeared in shining light.

So what can you do?

1. Know yourself completely and what you want.
2. Increase your emotional intelligence competencies.
3. Be sure the past is past.
4. Use your emotional intelligence in the early stages of the relationship (and of course thereafter!)

KNOWING YOURSELF

Clients ask me this, and I hear people asking other people when they are about to meet a new man or woman, "But I don't know how to act."

When you're meeting someone new, the answer is to just be yourself, but of course this is easier than it sounds! We're nervous and want to make a good impression, so two parts of emotional intelligence are important: self-awareness, and being able to manage our emotions.

How to Get the Relationship You Want

When you have developed your emotional intelligence skills, you know who you are, and what you want in all areas of your life, and you know what you are looking for in a partner. You also are better able to manage your emotions (and those of others).

In fact one of the competencies is called "Intentionality." This means saying what you mean, and meaning what you say, and then doing all you can to make it happen.

USING YOUR EQ

Getting to know someone else is always full of surprises, and the older you get, the more "history" you will have to relate to each other. Bear in mind that it is always easiest for us to handle our own "problems" emotionally, than those of others.

You may have endured a bankruptcy or the death of a spouse as part of your life, and to someone else this might sound insurmountable. They may wonder what shape you're in, emotionally, and what this has "done" to you. For instance, they may know someone who hasn't coped well with one of these situations, and may be thinking this would apply to you as well.

My mother used to say, "If all our problems were hung on a line (clothes line), you would take yours, and I would take mine."

So the emotionally intelligent thing is to introduce what we'll call "new material" slowly.

Of course everyone puts their best foot forward in the early stages of a relationship, and that's appropriate. But as you increase the intimacy and start getting to know one another more deeply, you will be talking about the battle scars, the things that make you who you are. We all have them!

Remember that yours may sound much "bigger" to the other person than they actually are.

Don't rush into this part of the relationship, telling of all those times you missed the mark, or had things happen to you that altered the course of your life. Begin by showing your wonderful, positive strengths and the qualities that have allowed you to be resilient through the rough seas of life.

Think about someone showing you a house for sale. They wouldn't start with the repaired foundation and the 15 year old HVAC system. They would begin with the spectacular view, the stunning master suite with the oversized Jacuzzi, the top-of-the-line appliances in the kitchen, and the exceptional landscaping on the acre lot.

There will be plenty of time to get to the foundation (along with the warranty papers) and the HVAC system's age (which can easily be replaced, and you've reduced the price of the house to accommodate). But why start with those things? It just isn't emotionally intelligent.

If you'd like to get to know yourself better, and increase your EQ skills, the first thing to do is take an EQ assessment, which you can do here: <http://inyurl.com/z94t> . Then work with an emotional intelligence coach.

To find potentially compatible partners, try here: <http://inyurl.com/2lyea> .

How to Get the Relationship You Want

EQ is all about identifying your emotions, understanding them, managing them, and regulating them, and what greater gift could you give this potential life partner you are looking for?

And in the meantime, improving your EQ will benefit you in all areas of your life, and clear the air for new experiences in your life.

©Susan Dunn, MA, The EQ Coach, <http://www.susandunn.cc> . I offer coaching, distance learning, and ebooks (<http://www.webstrategies.cc>) around emotional intelligence for your continued personal and professional development. EQ matters more to your relationships, health, happiness and success than IQ, and it can be learned. Looking for a compatible new partner? Try here: <http://tinyurl.com/2lyea> .
Mailto:sdunn@susandunn.cc for free ezine.

Can We Still Be Friends?

By Kevin B. Burk, Author of The Relationship Handbook

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Even when we know it's time to end a romantic relationship, we're often reluctant to let go of our partners completely. We've shared so much of our lives with our partner, it seems almost callous to simply cut them out of our lives—especially if we're ending the relationship on good terms. It's natural that we want to hold onto the loving and supportive part of the romantic relationship, and simply let go of the parts that aren't serving us. This is entirely possible: we can remain friends with our former lovers. We both need to want to build a friendship, however.

If we choose to stay friends with a former romantic partner, we will have to establish new boundaries and expectations in the relationship. The old checklists are no longer appropriate, and it may take some time to make a successful transition to the new relationship. It's best, in fact, if we do not spend any time together once we've officially ended the romantic relationship. A clean break is essential. We need time to separate our life from our partner's. We need to reestablish our own boundaries and our own identity. And we need to spend a little time mourning the death of the romantic relationship. It takes time for the emotional connections to adjust, and it takes time for us to gain perspective on the entire relationship.

Once we're ready to spend time with our partner again, we must recognize that any friendship that we build is a new relationship. It is not an extension or continuation of our

How to Get the Relationship You Want

romantic relationship. We will need to start slowly, and to build up a new level of trust. It will take some time to make sure we're using the appropriate checklists. We can't expect the same kind of support or commitment in a friendship as we did in a romantic relationship. By the same token, we may find that we could tolerate certain behavior from a lover, but that we won't accept it from a friend.

In many ways, friendships are far more demanding than romantic relationships. We look for a higher level of shared interests and compatibility with our friends than we do with our romantic partners. We may discover that our former lovers don't make the cut as friends—and there's nothing wrong with that. We have a much easier time letting friends drift out of our lives than we

do with letting go of romantic partners.

Kevin B. Burk is the author of *The Relationship Handbook: How to Understand and Improve Every Relationship in Your Life*. Visit <http://www.everyrelationship.com> for a FREE report on creating AMAZING Relationships.



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