

## WHAT YOU REALLY NEED TO HAVE GREAT RELATIONSHIPS

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By Rhoberta Shaler

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Most folks live, work or play with other folks. We all need the skills to play nicely together. Where do we get those skills and tools? And, what are they?

It is not rocket science to understand that our early training continues to play out in our lives. What we did in our families tends to be our base line until we decide to consciously change our minds. There are far too many people...believe me, I know, having been a therapist for years...who spend their lives blaming their families for the present conditions of their lives.

Sure, some people have been badly treated, even abused, and I am not dismissing their pain in any way. Most folks have not, however, and many continue to hold on to the 'if-only' and 'they done me wrong' mentality as a defense against moving forward in their lives. You can change your mind at any time, can't you? You can choose to play on your own team and be your own ally in creating the life you say you want.

Do you ever let the old patterns you learned or observed in your family life infringe on your current relationships? Do you have a fear or an unwillingness to trust new folks on the basis of your history with other folks? Is this serving you well? I doubt it.

When I was a therapist, couples would come to me. One, or both, would complain of being compared to their partner's last love, lover, wife or husband – and, usually not favorably, either. I can think of one case that was particularly overt. The man

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complained that his partner was flaunting her sexuality at every man she met. He said she even spent too long chatting with the checkout person in the grocery store, longer than was necessary in his opinion, and he considered it flirting. He said that, when she bent down to choose groceries from the bottom shelf, she did it in a sexually aggressive way. Having seen this woman in the community for several years, I had not noticed any overt sexuality on her part.

As we worked together, it turned out, as you have probably guessed by now, that his former wife ran off with another man. His belief was that, if he had been more vigilant for the signs

he was now hyper-vigilant of in his current partner, he would still be married to his first wife and at home with his children. His current partner was in a no-win situation. Although she was now more conscious of everything she did and was feeling quite anxious and tense about her every move, there really was nothing she could do until this man took the pain of his last experience and left it behind with his former wife.

Certainly, you learn from experience. Hopefully, you become wiser. It is unfair, however, to transfer one experience to another in such a paranoid fashion as this fellow. Wisdom, yes; paranoia, no.

To have rich rewarding relationships with others as partners, co-workers, colleagues or relatives, you have to have a rich and rewarding relationship with yourself. **IT'S THAT SIMPLE!**

Do you approve of yourself? If so, great; If not, what would you have to do to earn your own approval? Popular magazines tell you that you must be your own best friend. What does this mean?

Stop. Ask yourself if you are willing to do for yourself what you are willing to do for your friends. Some folks will put themselves out to do something for another person and yet they won't get off the couch for themselves. They may be more comfortable spending money on another than on themselves. They may go places that interest them with another but they will not go alone. If a movie is worth seeing, it's worth seeing, isn't it?

Really great relationships begin with really great relationships with yourself. There's another important ingredient, though.

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Before you say anything about your partner, co-worker or relative, ask yourself if you are doing what you want them to do. I notice in my life with my husband that I cannot complain about what he doesn't do if I am not holding up my end completely. Life gets much easier when you are first sure you are living up to your own expectations of others. The conversation you have with yourself is much more straightforward. Be sure you're doing what you expect them to do...and that you have been demonstrating this behavior over some time. No fair pointing out that he/she needs to participate in an exercise program if you have not been demonstrating consistently that you value exercise. This is dirty pool. No fair saying someone else is putting on weight and it is unattractive unless you are at a reasonable weight.

Why is this simple equation so often overlooked? Because we

project – we project our shortcomings on others. It's easier than taking responsibility for our own, isn't it?

Want really great relationships? Have a fantastic, honest relationship with yourself. That's the only way!

Rhoberta Shaler, PhD Keynotes, Seminars & Coaching for entrepreneurs & professionals who want the motivation & strategies to achieve, to lead and to live richly. Creator of the Living Richly™ Program Host of Living Richly™ on [www.wsRadio.ws](http://www.wsRadio.ws). Author of OPTIMIZE Your Day! Practical Wisdom for Optimal Living Optimize Life Now! San Diego, CA [www.OptimizeLifeNow.com](http://www.OptimizeLifeNow.com)

### **Breaking Your Relationship Pattern, Part 1**

**By Rinatta Paries**

When you were little, you looked up to your parents. You imitated their mannerisms, words, and actions as you learned about life by watching them. This applies to relationships as well – you learned about relationships by watching them.

Not all you learned about relationships came from your parents; your learning has continued throughout your life. But what you saw your parents do in relationships, how you interpreted what you saw, and how you felt about it, is the foundation of your adult relationships.

That's not to say that your parents were wrong or bad parents, or even that they had a bad relationship. The only thing that can be said is if intimate relationships are problematic for you, the source is inevitably your foundational learning.

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If a great relationship, a great partner, is what you are after, you must see, understand, and deconstruct your foundational learning about relationships. To take apart a foundation of something is a delicate thing. Imagine trying to remove or change the foundation of a house while leaving the rest of the house standing intact. Not an easy task. But in order to have a great relationship, you need to reconstruct your foundational learning while leaving you intact.

To begin, you must get complete with your parents. If you still have negative feelings about what they did to you or each other, you will create situations in your intimate relationships where you will confront these same negative feelings. To see an illustration of this in your own life, take the PatternTracker™ Quiz at

To be complete with your parents means to be both free of negative feelings and to feel compassion toward them. Can you say both are true for you?

If you can, congratulations. You are a member of a very small minority. If you are not free of negative feeling toward your parents or/and if you do not feel compassion for them, you have some completion work to do. That is if you want a long-term, healthy, thriving relationship.

The question is, how do you get complete?

The first thing to know about completion is that it is not just a feeling that will one day appear. There are steps that can be taken to generate a feeling of completion. What stands between you and having a great relationship is taking these steps. Watch for these steps in my newsletter over the next few weeks.

Your Relationship Coach,  
Rinatta Paries

Do you know how to attract your ideal mate? Do you know how to build a fulfilling relationship, or how to reinvent yours to meet your needs? Relationship Coach Rinatta Paries can teach you the skills and techniques to attract and sustain long-term, healthy partnerships. Visit [www.WhatItTakes.com](http://www.WhatItTakes.com) where you'll find quizzes, classes, advice and a free weekly ezine. Become a "true love magnet(tm)!"

Breaking Your Relationship Pattern, Part 1

Do Not Get Depressed When You Have Trouble In Your Relationships

Ten Benefits of Having a Relationship Coach

A Kernel of Truth about Relationships: 4 Steps to Improvement

Do You Really Want a Relationship?

How to keep up the SPICE in your Love Life.

Online Dating Secrets Revealed!

How to Gain and Retain More Customers

How Nice Guys, Shy Guys and Good Guys Finish First!

Real Estate Investment for Beginners



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