

NURTURING KEY RELATIONSHIPS



Relationships with a large number of people are important to us.

Managing those relationships is a matter of understanding human nature...

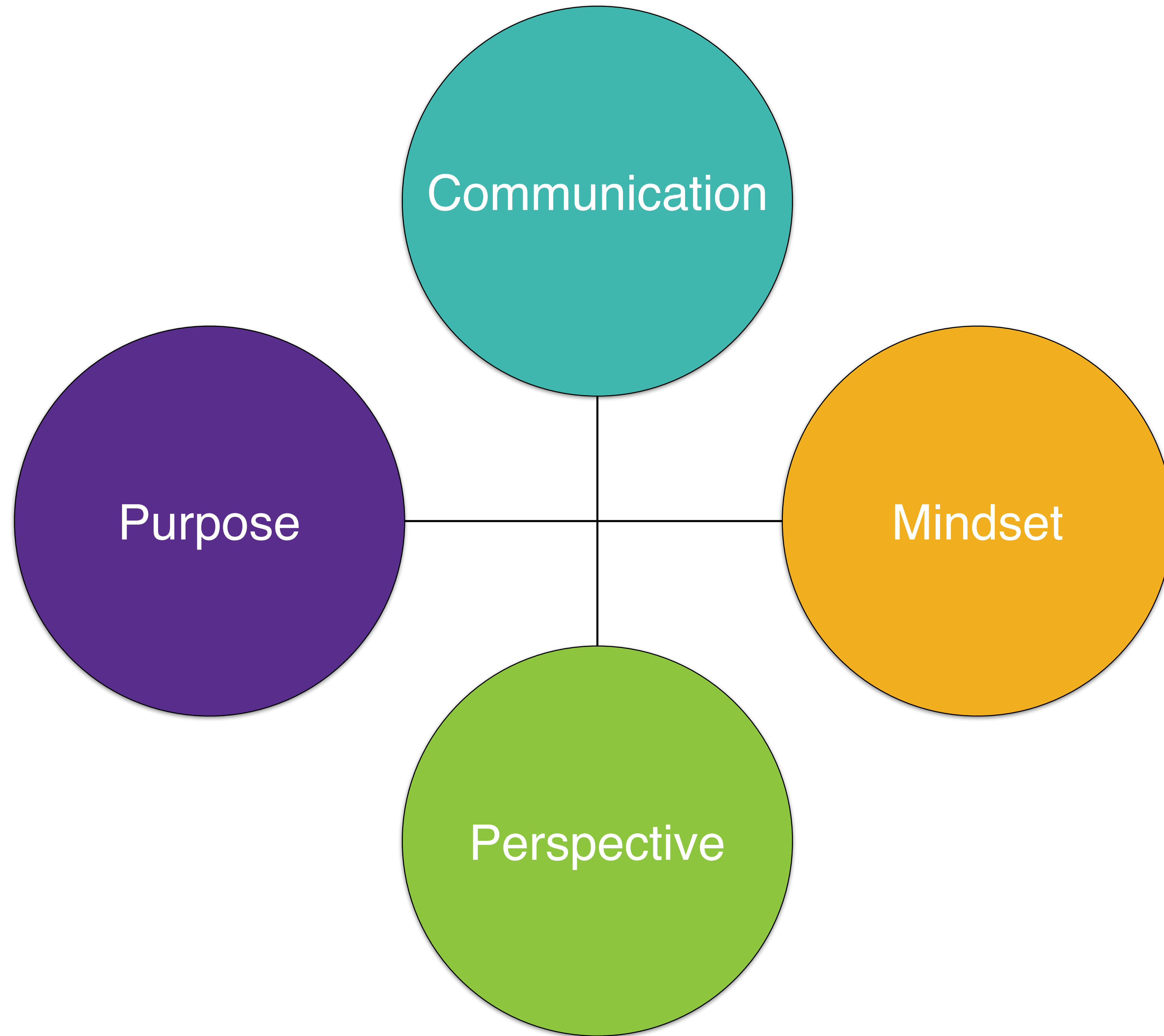
...yours AND theirs.

Most of us try to understand others through the microscope of our (*warped, bent & biased*) view of the world.

Research has proven that the key to living longer, healthier more productive lives...
(with your marbles all in one bag)
...is warm, caring, long term relationships.

Specifically - the kind of relationship(s) with someone whose children you would take in for 6 months, borrow money from or take a stand for.

NURTURING KEY RELATIONSHIPS



Who are you talking to?

Do you know what they want?

Have you read between the lines?

Do you know why they want it?

Is there any loss for you?

Apart from ego

Have you proved you understand them?

What have they brought up in you?

What strong feelings have been aroused?

What do you need to do to heal yourself?

A victory isn't healing!

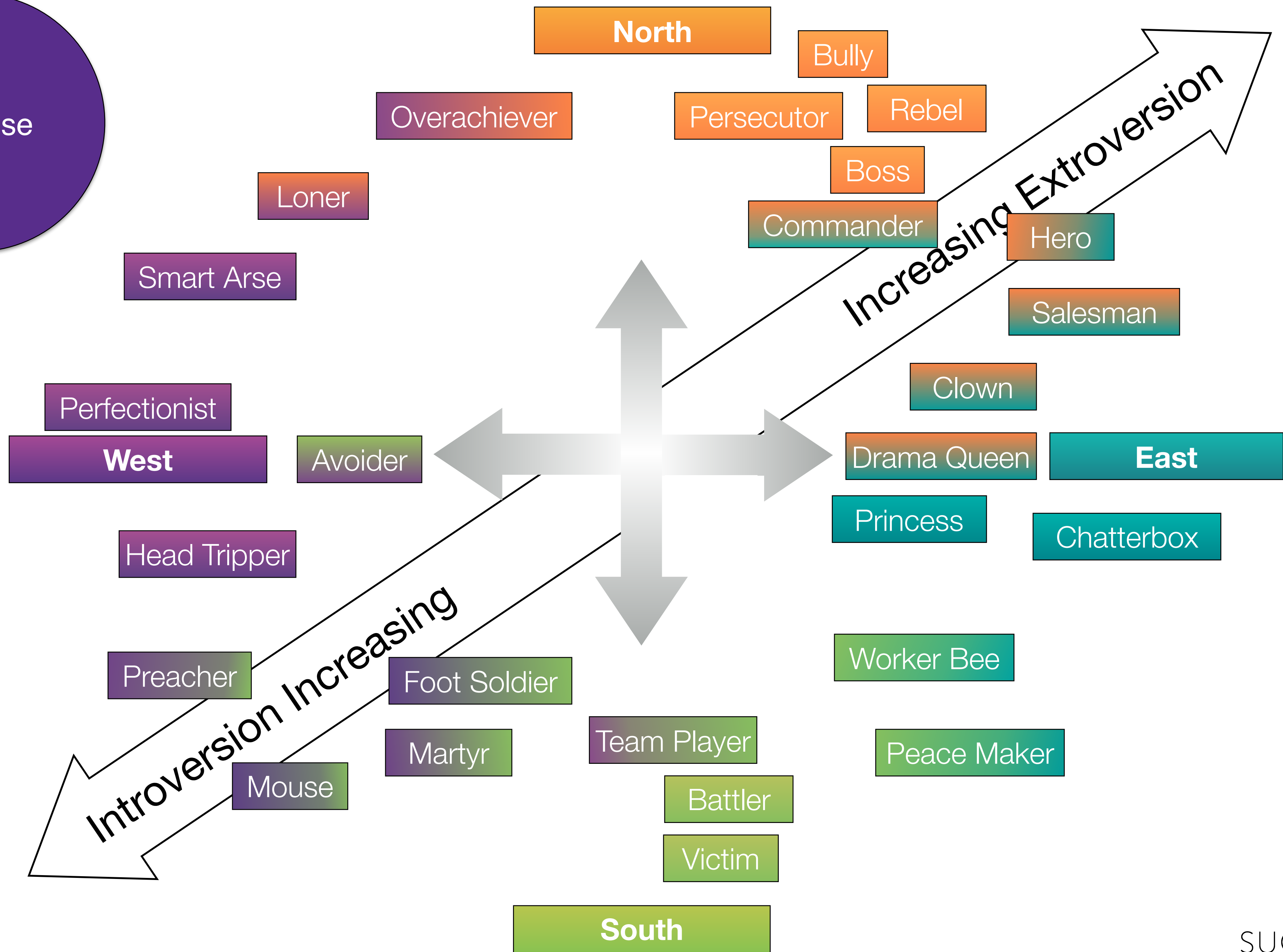


- Commander
- Foot soldier
- Princess
- Hero
- Battler
- Clown
- Victim
- Worker bee
- Martyr
- Salesman
- Preacher
- Loner
- Drama Queen
- Avoider
- Peace Maker
- Chatterbox
- Smart Arse
- Bully
- Mouse
- Perfectionist
- Persecutor
- Team Player



- Head Tripper
- Rebel
- Boss
- Overachiever

NURTURING KEY RELATIONSHIPS



SELF ASSESSMENT

Purpose

Choose the 3 stories you relate the most to.

List the benefits of each story.

List the price you pay for each story.

What is the story you tell about the story?

What is the game you end up playing?

What do you need to change?

Who are you talking to?

Do you know what they want?

Have you read between the lines?

Have you paraphrased it back to them?

Do you know why they want it?

Do you understand their emotional need?

Apart from ego

Why would they listen to you?

Do you have a series of logical points?

Do you feel heard?

What do you want?

Why do you want it?

Can you agree to disagree?



SELF ASSESSMENT

Give your self a score between 0 and 10.



Talking / Listening	
Honesty	
Trust	
Dependability	
Respect	

What is the 'life' purpose in this relationship?

Are you in an enmeshed pair?

Princess/Hero, Bully/Victim, Son/Mother

How flexible are you?

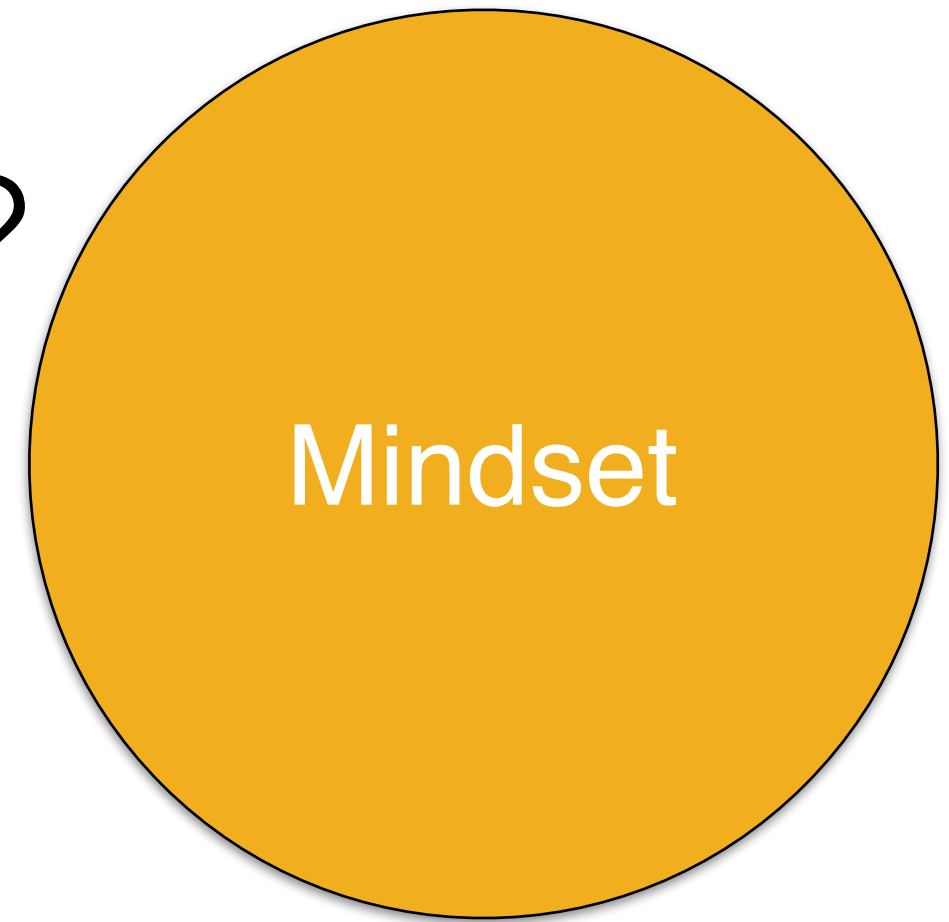
Are you working to resolve your 'stuff'?

Do you need 'them' to change their behaviour?

Are you offering support?

Of the kind they need!

Are you looking for solutions?



SELF ASSESSMENT

Give your self a score between 0 and 10.



Compromise	
Flexibility	
Support	
Solutions Orientation	
Self Acceptance	

How present are you?

Are you grateful about the issues arising?

Are you taking care of yourself?

Are you protecting the relationship?

Are you practicing forgiveness?

What rituals have you established?

How much time are you donating to the relationship?



SELF ASSESSMENT

Give your self a score between 0 and 10.



Be Present	
Gratitude	
Self Protection	
Forgiveness	
Rituals	
Time	

Assignments

1	Figure out who you are enmeshed with.
2	Determine how you will break the bonds of this enmeshment.
3	Make a list of people whose emotional bank account you need to top up (and get on with it!).