

# How To Improve Your Relationships

Often when I talk about relationships, people don't realize that includes all relationships. Not just those between you and your partner, but you and your work colleagues, your family, your friends and yes even the people that serves you your coffee at your local coffee shop. You can take these principles and apply them to all your relationships.

When you make changes to your thought patterns and therefore behaviour, your environment will respond. I suggest you start first with a relationship that only needs a small adjustment to turn it into the type of relationship you want. Could the receptionist at work be more pleasant to you, would you like the guy at the parking station to be more amenable, perhaps the people at the coffee shop could be friendlier? To start with choose a relationship that doesn't impact on you hugely so you don't have so much emotion tied to it. The reason being it will be easier for you to make the change and then you can move on to more significant relationships.

That's right; did you notice I said *you* make the change? Everything is always about *you*. You are the person who has control over your world and no one else. You can respond any way you choose and believe me *it is your choice*. When you start taking more control over how you choose to see the world, it will reflect back to you what you choose to see.

The first place to start when making changes is by noticing your thoughts and what's happening in your body. Catching your negative thoughts will tell you when a change in thinking is required and the feeling of tension in your body is another indicator that a change in thought pattern is required.

So let's start improving your relationships.

- Choose the person with whom you want a more improved relationship. Your focus is going to be nothing but positive. Make a list of all the good things about this person. They can be from the past, or in the present. Do they have a great smile, when you first met them were they were warm and welcoming towards you, do they have very easy to read hand writing? Find a list of positive aspects of this person no matter how big or small. I suggest you make it on a small cheat sheet that you can carry around to refer to if necessary.
- Now make another list of how you would like your relationship with that person to be. Try and keep the focus general. "I would like to feel more relaxed around them, I would like to feel respected", what is it that would make you happy?
- Now imagine how you would feel around this new and improved other person. Would you feel relaxed, would you feel safe to express yourself, would you feel happy to be in their presence, would you love them more? Let you body feel the sensation of ease as opposed to the tension it felt before. This is the body sensation that I want you to remember.

Right, you are now all set. You now have the tools to implement the changes you want. So how do you apply these tools? The answer is simple but may take practice.

- When you catch yourself either thinking negative, complaining, critical or less than loving thoughts about this person, refer to your list of positive aspects. Your task is to ignore the negative experience you are presently experiencing and focus on the positive aspects that you either know about the person, or want to experience.
- You may have to leave their presence at first and read your cheat sheet list until the exercise gets easier. When you leave their presence, remember how good it will feel when you are in an improved relationship and notice the tension in your body relax. Focus on relaxing your body and releasing tension. Where there is negativity there is always tension somewhere in the body.

Your mind can't focus on two opposing emotions at the same time. In other words you can't think criticism and love all at once. So when you continue to focus on positive, complementary thoughts you will not be sending critical, destructive thoughts and your life experience will reflect your focus.

Remember, it's all about your happiness level and how much love you want to let into your life. If you are content with living a less than wonderful life, don't bother to change. But as both Zig Ziglar and Anthony Robbins have both been quoted as saying, " If you always do what you've always done, you'll always get what you've always got". Don't expect a different outcome when you keep doing the same thing. I need to point out here that the key here is patience. Expect a change rather than complaining the change isn't coming fast enough, as this behaviour will nullify all your good work.

Take it in small bites. Try it for a day, and then try it for a week. Any behaviour can be changed in 30 days with constant repetition, but don't beat up on yourself if you slip back into old negative habits. Decide if your happiness is worth it and get right back on track if that's what you want.

Have fun with it and see how much more joy you can bring into your life.

*Gaynor Parke*

Gaynor Parke  
Director

**Advanced Success Life Coaching**

PH: +61 2 99395420

[www.advancedsuccesslifecoaching.com.au](http://www.advancedsuccesslifecoaching.com.au)

[gaynor@advancedsuuccesslifecoaching.com.au](mailto:gaynor@advancedsuuccesslifecoaching.com.au)

