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**abcd31. The Relationship Secret for 2004**  
By Dr. Victor Jean Ouellette December 23, 2003

What is one of the most important things for couples to learn in a relationship? You might be tempted to say patience or tolerance or forgiveness, but I would hazard to say that it is how you behave toward the other person when you are angry with them.

Kindness is the secret key. If you are able to show kindness to each other when you are angry with each other then there is great hope for the relationship. If, on the other hand, you cultivate a need for revenge or retribution, seeking to get back at the other person in some way, then the relationship is doomed and will fail sooner or later. People who are not capable of saying they are sorry in a true and meaningful fashion, make poor mates for life.

Kindness is easy to show when everything is going well. When everything is going well, kindness does not count for much. It still counts for a little bit but, it is not the secret key that binds people into a devotional bliss that lasts forever. It is only when things are going badly for whatever reason, and there are many reasons for things to go badly, that kindness has true meaning. When you are angry with your loved ones, taking a break, stepping back for a moment and pausing to rethink one's actions and words, then offering kindness instead of vitriol, will take you to another place that transcends the human animalistic emotions of the reptilian brain within us all.

Special people who are able to offer this type of kindness to non family members pass into another realm of existence that is free of much suffering. Their mind set toward kindness to all people in all situations makes them easy to be friends with.

These people are to be cherished. Training yourself to gravitate toward this type of kindness is a noble worthy goal. Teaching this to children at an early age is one of the most significant life lessons that a parent can impart to a child.

One of the major lessons in life, with regard to relationships, is to find someone that you find it easy to be kind to when you are angry with them, and, at the same time, you are able to sense a return of this kind of kindness.

It is the reciprocation of this kindness that is the key to everlasting devotion and an ever widening melding into one unit as a couple. It is this reciprocating kindness that generates comfort and companionship that outlasts the ages and all manner of life stresses. Bringing children up to be kind in anger, is our hope for the future.