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LIA Lifestyle Instruction Aid

abcd6. Mend Relationship snags Daily
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Maintaining relationships is an ongoing responsibility. If you let even the smallest part of your relationship deteriorate, the whole relationship may suffer.

PERSONAL RELATIONSHIPS

Resolve anger.

Deal with anger as quickly as possible before grudges are formed and the relationship damaged.

Practice patience.

To have a relationship, you must accept shortcomings in yourself and others.

Communicate honestly.

Trust is the glue that holds a relationship together.

Affirm each other's worth.

Feeling accepted by others is one of the main paths to mental wellness and self-worth.

Criticize constructively.

Pointing out damaging faults in each other in a loving way can strengthen your relationship.

Share problems equally.

Everyone needs help at some point and it's best if you can seek the help from a friend. It's even better when a friend volunteers help without being asked.

OFFICE RELATIONSHIPS

Share expectations.

Ask about your coworkers' goals and dreams.

Share you own goals.

Help each other reach these goals.

Listen more and talk less.

Share your own ideas but be willing to listen wholeheartedly to others' ideas as well. Be willing to compromise, too.

Approach disagreements as negotiations.

Look at both sides fairly and then make a joint decision. Use your E-mail system or a short note to open communication lines. Drop a short message to coworkers occasionally to motivate them and let them know how much you appreciate them.

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