

That's Amore'

Tips & Tools for Creating Healthy, Loving Relationships.

Thank you for downloading That's Amore' ~ Tips & Tools for Creating Healthy, Loving Relationships. The Tips and Tools you will find in this free download have come from over 24 years of personal experience and learning with my husband Brian. However, this booklet is not just for couples. These Tips & Tools work well with many types of relationships, from friendships, to family, to business partners, to co-workers. I hope you find them useful!

Trust & Respect

- ♥ Remain open to learning how to trust and allow God to guide you on the path for your lives together and individually.
- ♥ Respect that you are both individuals and have different needs and wants.
- ♥ Let go of issues from the past and work to stay in the present.
- ♥ Show each other value and respect. If you don't know how, ask them, "how can I show you that I value and respect you?"
- ♥ Meet each other where they are at in their life journey.
- ♥ Strive to understand each other, even if you don't agree.
- ♥ Imagine where they are coming from. Show compassion. Remember, each of you are doing the best you can from your understanding and awareness.

Expectations

- ♥ Don't expect your spouse/partner or others to provide your happiness.
- ♥ Don't 'care take' them and don't expect them to 'care take' you.
- ♥ Understand that the other thinks about things & deals with issues in a different way. This will provide balance in your relationship.
- ♥ Cultivate common interests to enjoy together. Find individual interests and do not expect the other to participate in them.
- ♥ Do not expect the other to read your mind or put unrealistic expectations on each other. (if you don't know whether it is unrealistic or not, just ask!)
- ♥ Do not take things personally. Know that each of you are coming from your own perspectives.
- ♥ If one of you is grouchy, the other does not have to take on their mood.
- ♥ Do not attempt to control or fix the other person. It will not work out well for you. 😊 Rather stay present for them to talk it out if they so choose.

Effective Communication

- ♥ Take responsibility for voicing your needs and communicating them effectively.
- ♥ You don't have to nag or whine to be heard.
- ♥ Respond rather than react & communication will flow nicely.
- ♥ Stay open to hearing what your Spirit has to say. Let it guide you & trust that guidance.
- ♥ Give each other space and time to process the issue at hand. When it's time to communicate the issue, come together with the intention of creating a non-judgmental, non-reactive, loving environment.
- ♥ Show up neutral in mind, body & spirit. If you come to the discussion defensive, or on edge, that will filter into your energy and will make the other person defensive.
- ♥ Be open in your mind & body language. If you do not have a clear mind, you cannot listen effectively. Write down what you want to discuss before hand. Sit with your arms to your side or in your lap, fully facing each other.
- ♥ Keep your tone non-accusatory; but speak from what is true for you. (i.e. I feel as though...)
- ♥ Be responsible for your part. Don't blame.
- ♥ Mirror back for clarity. (what I hear you saying is...)
- ♥ Listen, Listen, Listen! Don't interrupt or try to fix.
- ♥ Ask questions for more understanding. (what do you need from me? How can I support you?)
- ♥ Ask for what you need, in a non-complaining, non-whiny, non-nagging way. (What would help me is... or would you be willing to...)
- ♥ Come to a realistic agreement that works for you both.

Moving forward Together

- ♥ Set goals or intentions together for one, two, five and ten years. Come up with an action plan of how you are going to get there. How will you hold yourself and each other accountable?
- ♥ Ask about each other's dreams. Be willing to dream together & when the time is right, take action to pursue those dreams.
- ♥ Relationships needs care and nurture. Make time for each other. Often times we neglect it and expect it to survive on it's own.

Challenge!

- ♥ What is one thing that you want to improve in your relationship today?
- ♥ How will it benefit & grow you personally?
- ♥ How will it benefit and grow your relationship together?
- ♥ What is your action plan (your next steps) look like?
- ♥ Want further support? - Contact me for a free discovery session!