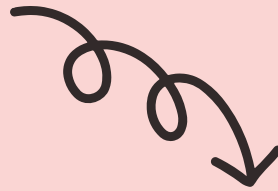


5 Top Tips For Better Relationship Skills

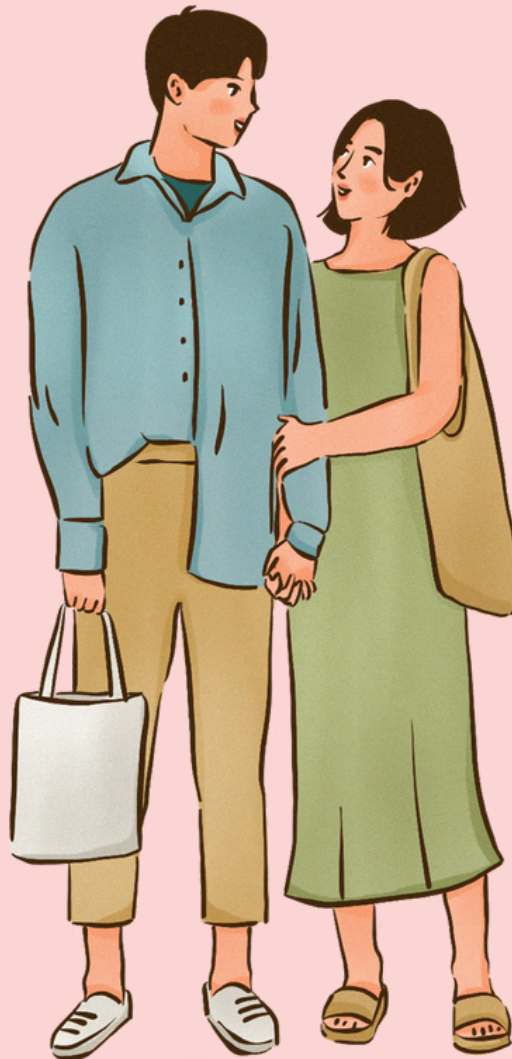


1 Communicate your needs

Our friends, families and partners are not mind readers. Sometimes we think that people who are close to us 'just know' what we want or need. The fact is that no-one knows what we want or need unless we explicitly tell them. E.G. "I am feeling upset that the kitchen isn't clean, I need you to clean the kitchen." I really like it when you are physically affectionate as it makes me feel loved, can we have more physical touch?

2 Conflict Resolution

Conflict is nature's primary motivator for change and is a natural part of any relationship as people will often disagree. Conflict can help 'clear the air' and emotionally connect with each other but so many people engage in keeping score, defensiveness, deflection and or gaslighting. We need to avoid 'always' and 'never' statements, actively listen, summarise what the person has said, validate the person's perspective, seek solutions and work as a team. Competition and one-upmanship are for games, not for relationships, and remember there are always different perspectives other than yours.



3 Show Interest

Sometimes we can get very wrapped up in ourselves and our lives, that we can forget other people have lots of emotions and issues going on too. Showing someone that we care about them can make relationships closer and stronger E.G. 'So how is the new job going, I would love to hear more about it'. 'I am so sorry this happened to you, it's sounds really awful. I want you to know that I am here to listen and I am here for you'

4 Find Appreciation

This is a core part of the healthy bond. Letting people know we appreciate them allows them to know that they are loved and valued. E.g. "Thank you so much for thinking of me I really appreciate it" 'You are a brilliant friend who really supports me so thank you'

5 Understand your nervous system

When we feel emotionally aroused we can go into fight (attack) flight (run) freeze (feeling overwhelmed) fawn (people please or appease) or flop (play dead). In these states we cannot communicate effectively or process information. This is when you need to take a break. State that you do, and take this time to breathe deeply, until you feel calm and remind yourself that you are safe.

