



ANGEL'S FRIENDLY COACHING

RELATIONSHIP TIPS

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| RELATIONSHIP TIPS

Don't bend on things that are really important to you, like a job you love that doesn't work for your partner. In a good relationship, your partner will support the things that make you happy as long as you are able to still make time for each other.

Want to prevent an argument from escalating in five easy steps?

- 1- listen to your partner without interrupting to**
- 2- ask questions better understand their feelings and point of view**
- 3- repeat back what you heard them say to make sure you understand them for**
- 4- apologize if you're in the wrong**
- 5- kiss and make-up you did it**

Comparing your relationship to someone else's or to a previous one of your own is risky business since you're apt to be comparing only one aspect of the relationship. The result is that you are likely to end up feeling either unrealistically good or unrealistically bad

Some people fail to state their preferences for fear of starting a disagreement. But, by preventing conflict, you are also blocking connection and discourse. Take a chance and tell your partner what is true for yourself (remember not to start any sentence with the word you) When you make room for your preferences in the relationship, you are likely to feel a lot better about yourself and more connected to your partner

Learn how to admit when you're wrong and tell your partner he or she is right. It can dissolve bad feelings instantly, and when courage your partner to do the same

When you feel insecure and ask your partner a sensitive question be ready to hear what he or she has to say and take care not to get angry if they're honest remark isn't what you had in mind when you respond with anger or hurt you are teaching your partner to avoid conflict next time by answering dishonestly so if you can't handle the truth that does not ask the question

If your partner uses the silent treatment when he or she is upset don't take the bait it's a way for them to avoid talking about burnable feelings instead of fretting or threatening use the time to enjoy yourself. If they can't make you miserable with the silent treatment they may learn to respond differently and start talking which is essential



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Since you are two different people from two different backgrounds with two different points of view conflict is bound to occur conflict is not the problem the inability to handle conflict respectfully is listened carefully and understand each other and you will grow as individuals and as a couple

It's good to be patient but don't wait so long to say something that has been bothering you becomes a big deal and said talk about things before you've gotten really upset when you can control your emotions you can really communicate patience is a virtue but not one worth sticking to if it makes you unhappy