

HOW TO MAKE RELATIONSHIPS WORK

A HANDFUL OF "C" CONCEPTS - MINIMUM REQUIREMENTS FOR STABILITY

There are only a handful of ideas, concepts, disciplines, practical ideas that are necessary to make a relationship work. This particular "handful" is not necessarily the best but is only one of many lists. Think about this and make up a list of your own. Fine tune your life by adding to the basics for yourself

1. **COMMUNICATION** With openness in talk comes clarity about issues. Be curious.
2. **CONSTANCY** Faithfulness may be an old-fashioned concept but it is amazing how little you have to scratch the surface of almost anybody to find that people want faithfulness in a relationship.
3. **CONSISTENCY** One definition of trust is based on predictable patterns of behavior. Without trust-predictable behavior--how do you feel secure?
4. **COMMITMENT** Do you do what you say you will do? If people have a history of doing what they say they will do then you can bet on it that they have thought about what they say they will do before they say it. What is the correct response to will you do me a favor? Not "sure, anything", or "whatever you say," but "what do you want?" Then you can determine if you are able or if you are willing to do the "favor"--and carry through--or not.
5. **CARING** A lot of people get carried away with the emotional or feeling component of caring. There is also a dry, quiet, disciplined part of caring. That requires thoughtfulness, a willingness to think of the other person on a regular basis, and putting some considerable energy into doing the BEHAVIORS necessary to show the caring. **GOOD INTENTIONS DON'T FEED THE BULLDOG. DO IT !!!**

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- T - THOUGHTFULNESS - anticipate others feelings, ask about feelings, listen
- A - APPRECIATION - don't take for granted, thanks for ordinary things
- C - COMMUNICATION - take time, be sensitive to soft spots
- T - TIMING - work with difficult things when they are easy (plan ahead)
- POLITENESS - COURTESY - RESPECT - PATIENCE - DEVOTION - KINDNESS - HUMOR
(HEAVY ON THE HUMOR !!)

Trust your feelings - use your heart - think - take risks in your own behalf

YOU-GET-WHAT-YOU-ADVERTISE-FOR-----TO-GET-IT----YOU-HAVE-TO-GIVE-IT

Rate your partner on how they deliver the 5 C's & rate yourself as well!

PARTNER						YOURSELF				
HI				LO		HI				LO
5	4	3	2	1	COMMUNICATION	5	4	3	2	1
5	4	3	2	1	CONSTANCY	5	4	3	2	1
5	4	3	2	1	CONSISTENCY	5	4	3	2	1
5	4	3	2	1	COMMITMENT	5	4	3	2	1
5	4	3	2	1	CARING	5	4	3	2	1
HI				LO		HI				LO

Growth & Development in 5 areas -Physical-Emotional-Intellectual-Social-Spiritual



OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING
YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.