



Relationship Tips 2018

#adulting 6.17.18

4 possibilities to respond to requests in a more healthy way:

(1) **“Yes”** / Saying yes in freedom.

(2) **“No”** / Saying no when we can't and living with disapproval

~ “Let your ‘Yes’ be ‘Yes’ and your ‘No’ be ‘No.’”
Jesus in Matthew 5:37

(3) **“Let me think about it (and i'll get back to you by _____)”**

Take time to consider, get input, wisdom, pause so that then your yes or your no comes from the right place.

(4) **“I changed my mind.”**

We always have the ability to re-think something and go back and share that we have to change. Often we can add “I changed my mind about _____ but I am open to still _____.” or sometimes it's just “I changed my mind and I can't at all.”

#adulting 6.24.18

“Just wait a little bit...”

Instead of responding quickly to a text, an email, a conversation, an anything-that-you're-just-not-sure-of, practice “Just wait a little bit....”

Often times we respond too quickly and end up escalating, confusing something, saying yes when we mean no, or a host of other things that can in the end create more anxiety.

Practice waiting 15 minutes, 30 minutes, an hour, a whole day (!)

Sometimes in order to respond in freedom we need to:

1. Get input from wise counsel to consider
2. Pray
3. Gather more information that will help us
4. Leave room for clarity.

#adulting 7.1.18

Don't assume, ask questions, be curious.

Instead of assuming we know what someone is thinking or feeling or why they are engaging with us or others a certain way, ask questions, be curious, engage.

It's so easy to use our own filter (usually distorted). Instead, consider practicing a few other possibilities:

Start with: Assume the best first (hmmm, hard to do but wouldn't we want others to do the same for us?)

“Help me understand”

“Tell me more.”

Ask questions.

I'm curious about...

#adulting 7.22.18

Stay anchored and grounded.

Part of our trouble in relationship is that we are often “out of our bodies” and completely disconnected from our feelings and go into interactions ungrounded.

Practice pausing and noticing our feet on the ground, our breathing, and what we are feeling, no matter how simple it is.

Two feet on the ground

Deep breaths

I am feeling...

Two feet on the ground.

Deep breaths.

#adulthood 7.29.18

Receiving Compliments & Criticisms

It's hard to receive the good, it's hard to receive the hard. But it's good to practice letting both in!

Compliments - instead of coming back with some reason you can't receive it, minimizing it, pushing it back, criticizing yourself, try:

"Thank you!"

"I really appreciate hearing that."

"I needed that today."

"It's hard for me to receive, but I'm trying, so thank you!"

Criticism - instead of getting defensive or take on what someone says as truth, consider:

"Thank you. I'm going to think about that one"

"That's hard to hear but I'm going to ponder it some."

"Can you give me another example so I can better understand what you mean?"

"Did you consider asking me if I was open to feedback before just giving it to me."

#adulthood 8.12.18

Make good on our word.

Often, we're used to saying we will do something and don't end up doing it for a variety of reasons—time, reality, forgetting, procrastinating, you-fill-in-the-blank.

Part of healthy #adulthood is being people of integrity, honoring the things that we say. It doesn't mean we have to do them, but it means we have to really be considerate of what we say and follow through properly.

Some ideas:

1. **Consider what is "out there" that you said you needed to do that you might need to finish?**
2. **It's okay to change our minds and realize our limitations. Practice calling back or communicating, "I can't" vs. leaving it in limbo land.**
3. **Be considerate of what we commit to, meaning we can think about it, so that we can maintain our word.**

#adulthood 8.5.18

Better Possibilities for Compliments

"COMPLIMENTS THAT AREN'T ABOUT PHYSICAL APPEARANCE

- 1) You're empowering.
- 2) I like your voice.
- 3) You're strong.
- 4) I think your ideas/beliefs matter.
- 5) I'm so happy you exist.
- 6) More people should be listening to what you have to say.
- 7) You're a very warm hearted person.
- 8) It's nice seeing such kindness.
- 9) You're very down to earth.
- 10) You have a beautiful soul.
- 11) You inspire me to become a better person.
- 12) Our conversations bring me a lot of joy.
- 13) It's good to see someone care so much.
- 14) You're so understanding.
- 15) You matter a lot to me.
- 16) You're important even if you don't think so.
- 17) You're intelligent.
- 18) Your passion is contagious.
- 19) Your confidence is refreshing.
- 20) You restore my faith in humanity.
- 21) You're great at being creative.
- 22) You're so talented at ____.
- 23) I don't get tired of you the way I get tired of other people.
- 24) You have great taste in ____.
- 25) I'm happy I stayed alive long enough to meet you.
- 26) I wish more people were like you.
- 27) You're so good at loving people."

#adulthood 8.19.18

Learn to both give and receive.

A lot of us were taught to give-give-give, that was a sign of being a loving person and also could keep us in control. Others of us were taught to take anything we could because we lived in a world of scarcity or realized that receiving would make us too vulnerable.

Part of healthy #adulthood is becoming people who learn to both give and receive. This looks like:

1. **Asking for help when we need it and letting others support us, even when it makes us uncomfortable.**
2. **Getting out of our own internal spins and pain offer our time and heart for someone else.**
3. **Living with the discomfort of receiving, letting ourselves be vulnerable.**
4. **Giving something that feels hard to do—extra \$, time, presence, stuff.**