

The Relationship Reverse Report



Susie and Otto Collins



<http://www.PassionateHeart.com>

You may be curious right now, wondering what's a "relationship reverse" and how it can help you create the relationships that you want.

Here's what it's like...

Sometimes when you're traveling by car, you realize that you just went too far, made a wrong turn or maybe you decided to go somewhere else.

When this happens, what's the first thing you have to do in order to get where you want to go?

You have to put your vehicle in reverse, back up, turn around and go a different direction.

It's the same way in our relationships.

Sometimes, we have to reverse direction and make some shifts in what we're thinking and doing in order to create the love and relationships that we want.

We've discovered that you first have to reverse your thinking and then reverse, shift or change your actions that are taking you away from what you really want. When you make these shifts, suddenly your relationship starts working better, your communication is better and you're feeling closer and more connected to your partner. You might even wonder "why didn't we do this before?"

No matter how close and connected you are with your partner, we're willing to bet there are some things you can reverse quickly and easily to make your life much better, starting today.

Here's a great example of what we mean by a Relationship Reverse...

It really got Jeff's attention when his wife told him "I'm really angry with you right now!"

Not only did it get his attention, it stopped him in his tracks for a moment. At first he didn't understand. But then he got it.

For Jeff and everyone else he has told this story to, it is a lesson in communication (or how not to) that we won't easily forget.

Jeff is the local store manager of a major department store chain. As is the case with most retail store managers, he works long hours and it seems that there's always more to do than time in the day to do it.

But this night when he called his wife at home to see how she and the kids were doing, he wasn't really there--not just physically, but emotionally as well. His mind was in a hundred different places other than talking to his wife on the phone.

As she was talking, he would give her an occasional "uh-huh" or "oh really" and she felt it.

That's when she became angry and blew up.

In that moment she didn't care about how much work he had left to do, when the "corporate clones" were coming in for their quarterly inspection or anything else.

What she wanted was his undivided attention.

In that moment, she wanted Jeff to be fully present with her and not "somewhere else."

She became angry when she didn't feel important to him and she just exploded and let him have it.

In that moment, Jeff discovered that, unconsciously, his inattentive actions took him away from what he wanted—connection with his wife. On some level, he may have thought that he was being “productive” by splitting his attention between his work and his wife. But the truth was, he was only creating a frustrating situation for his wife and for himself.

As we were listening to Jeff tell us this story, we realized that so often we all do things that we think will be “okay” but the reality is that some of those actions take us away from what we truly want.

Like Jeff, we've all developed habits that take us away from what we want and we don't even realize it! We're actually moving in the reverse direction of where we want to go.

So what's Jeff's “Relationship Reverse”?

Jeff's reverse might be to create some agreements with his wife around his communication with her when he's at work. He can check in with himself to see if he has the time or can make the time to talk with her without multi-tasking. If he feels that he has too much work to do to give her his undivided attention, he can tell her that he wants to be completely present with her and give her a better time to talk, either during work time or at home during the evening. Chances are that his wife would much prefer his undivided attention, when he is completely present, rather than talking with him in that moment when his mind is on other things. If he has time to talk at that moment, he can close his door, look away from his computer and focus on what she's telling him. He can simply listen, understand and give her love.



We're Susie and Otto Collins. We are authors, speakers, Relationship Coaches and married partners who decided when we came together that we wanted a passionate, connected, growing, alive relationship. As we began our relationship, we consciously began to learn how to create and keep this type of connection.

Prior to getting together, we both had been in marriages where there wasn't much honest communication and these marriages had ended in divorce for each of us. We knew that learning to communicate from our hearts was an important key, not only in keeping our marriage vital, alive and growing, but also important in every relationship we were in.

We put our efforts into learning how to communicate with each other and then applied what we learned to every aspect of our lives.

Now we share this information and much more with thousands of people all over the world in our books, "Creating Relationship Magic", "Should you Stay or Should you Go?", "Communication Magic", "No More Jealousy," "Creating Relationship Trust," "Attracting Your Perfect Partner," "How to Heal Your Broken Heart," "Red Hot Love Relationships," "Relationship Attractor Factor" and "Stop Talking on Eggshells" as well as our free weekly online newsletter available from <http://www.Relationshipgold.com>

In this special report, we'll share with you 14 unconscious patterns you may be running in your relationships that could be pulling you away from what you want. We'll show you how to reverse these patterns so you can create the relationships and life that you've always wanted.

How Old Patterns Creep Into Our Relationships ...

It doesn't matter how new your job, friendship or intimate relationship is, your old patterns tend to crop up after awhile.

And one of the biggest old patterns that causes challenges in our relationships is our communication— (or lack of it).

We've said it many times before and we'll say it again here, communication is arguably the most important skill in creating a good relationship and "talking on eggshells" is one of the habits that can kill it.

When we use the phrase talking on eggshells, we're talking about those times when you feel that you can't fully say what it is that you want to say for whatever reason.



The problems begin when you feel like you are talking on eggshells more than just occasionally and there is continual pain, disharmony, distance and upset in your relationship. You may not realize it but by talking on eggshells, you are actually moving yourself away from the love you really want.

In relationships that truly work well and the couples feel a close bond and connection, they have spoken and unspoken agreements about how they're going to communicate and be with each other, even during difficult times. They even have commitments such as agreeing not to run away when things get difficult. On the other hand, when conflicts arise, other couples talk on eggshells and never feel heard, understood and valued because of the unconscious choice to withdraw instead of connect.

Early in our relationship, even though we were consciously learning new ways to communicate and be together, we still lapsed into old patterns that we carried with us from our family of origin and through our other relationships.

Susie talked on eggshells and was afraid to speak her truth if it was something that might be unpleasant for someone to hear.

She was taught in her family of origin to not "rock boat" by telling someone how she was feeling if it would upset them. She realized that in previous relationships of all kinds, she would agree with someone for the sake of keeping the peace. She was so focused on the other person that she really didn't know what she wanted.

One reason well over half of ALL marriages don't last is most of us never figure out what these things we've been doing "wrong" are before it's too late. In most cases today our relationships go from wonderful, fun and exciting to dull, mediocre and leaving us wondering is this all there is.

It doesn't have to be this way.

Many times she would feel resentment and it would come barreling out at an inopportune time, usually magnified and maybe not even directed toward the appropriate person. She did not know how to clearly ask for what she wanted and usually put other's desires ahead of hers.

Otto came from a family where his father's word was the rule and many times growing up, he felt like he had no voice in family decisions that affected him. He had developed the pattern of withdrawing when there were challenges and not speaking about what was bothering him.

At times, he let resentments build until he would explode. Because he hadn't felt safe enough to listen with an open heart and ask questions if he didn't understand, he ended up making assumptions, being fearful of the future, and resorted to "black and white" thinking—it's either this or that, nothing in between.



We, like many other people, have made a lot of "mistakes" in our relationships and have taken detours that caused problems. We have learned how to reverse those detours that we were unconsciously accustomed to taking—that seemed normal to us—but were really pulling us away from the relationships and lives that we wanted.

So what are some of the things that you might be doing that create distance and disconnection in your relationships?

Here are 14 ways of thinking, acting, communicating and being and that can take you away from what you want...

- 1. Your mind and attention wander when someone is talking with you.**
- 2. You are unaware of or you hide what you are thinking and feeling from those you love.**
- 3. You are afraid to say what you think and feel.**
- 4. You think that everyone else wants what you want and thinks the way you do.**
- 5. You are defensive and have your own agenda when listening to another person.**
- 6. You communicate in an unclear manner.**
- 7. You take too much or not enough responsibility for a situation or your relationship.**
- 8. You allow problems and misunderstandings to simmer.**
- 9. You run away—either physically or emotionally—when things get tough.**
- 10. You make assumptions.**

11. You tend to judge, blame and have a need to be right.
12. Your relationships and life are mostly on autopilot.
13. You are not doing the little things you know you could do to create a great relationship.
14. Your focus is usually on what's wrong and you don't appreciate others.

What are your relationship challenges that you want to reverse?

It's been said that awareness is the first step to healing any situation and becoming aware of what you are doing to sabotage your relationships is where we'll begin.

Take a moment now and write down the challenges that you are having in your relationships that you'd like to reverse—and write them here.

Here are those 14 ways that separate us from those we love and the Relationship Reverses that will help you change what you might be doing. In each of these situations, we'll give you some practical ideas for dealing with and reversing those issues.

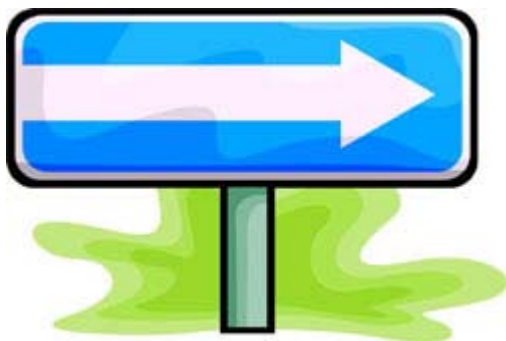
1. Allowing your mind and attention to wander when someone is talking to you

How many times have you found yourself acting just like Jeff in our earlier example? Are you often not really present when someone is talking to you?

Whether it's your partner, your children, a co-worker, or a friend—from time to time many of us allow our attention to wander onto other things and we don't really listen to them.

For the other person, this lack of attention can translate to "you don't really care" and "I'm not important to you" regardless of whether this is the message we intend or want to give.

Our lack of presence can inadvertently create distance, separation and misunderstanding and we don't even realize that it's happening.



**Relationship Reverse:
Stay in the Present
Moment**

Staying in the present moment is possibly one of the hardest skills to learn but it's also one of the most important.

What's been helpful for us has been to remind ourselves that the other person is important and what he or she is sharing is important—and to be honest if we don't have the time to talk at that moment. Stop multi-tasking, whether it's in your mind or actually doing something else, and simply "be" with the other person. If you do, you'll feel calmer, more centered and more open to what the other person is saying.

2. Not being aware of or hiding what you are thinking and feeling from those you love



When you aren't aware of your thoughts and feelings or you are aware and hide them from the people you love, distance and separation are always created—whether you know it or not.

True connection with others starts with a connection with yourself—with your thoughts and feelings.

If you begin paying attention to what you're thinking, you can see if your thoughts are bringing you closer to or further away from what you want.

You may realize that you are frequently thinking that your partner is "not responsible," "doesn't follow-through," is "sloppy," is "too picky," "doesn't listen to you," or any number of other negative patterns—believe it or not, that's what you'll get more of. Tuning in to those thoughts is a first step to reversing them.

As for your emotions...they are signposts from your inner wisdom and sometimes they can be scary and overwhelming.

In our society, both men and women are taught in many ways to not feel our feelings and we do all sorts of things to not feel, to keep everything

smooth and on an even keel in our lives. There doesn't ever seem to be the time or the energy to feel or express our feelings.

Instead of feeling, we may choose to eat when we're not hungry, work long hours, over-exercise, watch TV, or drink alcohol.

We're not saying that working, eating, exercising, watching TV or having a drink are bad, but we are saying that when we find ourselves "doing" one of them to avoid feeling what's happening inside us, we are missing a great opportunity to connect with ourselves.

If you aren't paying attention to what you are feeling and letting those around you know, how can you hope to have an honest, authentic exchange with your partner or others? When you connect with yourself, you are then able to communicate better with the people in your life.

We believe awareness is the first step--become aware of your actions, especially when you are stressed.

Relationship Reverse: Become aware of what you are thinking and feeling.

When you become aware of your thoughts, you then can start questioning which are based in truth and which are not. If there's no truth to certain thoughts, you can choose other ones that bring you closer to what you want. If there is truth to your thought, then you may need to express it and take some action. If there is truth to your thought and you hold it in, you run the risk of allowing resentment inside you to develop, build and become out of control.

Here's what Susie says about feeling overwhelmed and chocolate—

"I want chocolate when I feel overwhelmed. I've become aware of that overwhelmed feeling and try to stop myself before I automatically reach for a piece of chocolate. I ask myself "Am I hungry for that piece of chocolate or am I feeling overwhelmed?" If my answer is "overwhelmed," I stop what I'm doing and take a short walk, do some yoga or just sit, quiet myself and allow the feelings to come up. If I need to communicate something to Otto

or to someone else, I have to feel it and recognize it first in myself before I can speak it."

As you can see from Susie's example, it is essential for you to become aware of your feelings if you want clearer communication and better relationships. Feelings come and go—and the problems come when we push them down and ignore them. So before you react in a way that is harmful, check inside yourself to determine what you are feeling. Then express it if needed and if not, breathe and allow the feeling to pass.

3. Being afraid to say what you are thinking and feeling

When you are afraid to say what you are thinking and feeling for fear of causing problems or because you don't want to hurt the other person, you are talking on eggshells.

This is when you can't really be you with another person for fear of destroying the status quo or making things worse.

The problem with this approach is that resentment can build, even though we aren't aware of it, and whatever connection we once had is in jeopardy.

When we were first together, one of the first agreements that we made was to speak our truth as soon as we knew it. We had been in relationships where we each didn't speak our truth and the two of us decided that we wanted more honesty that would bring a deeper connection.

So what's involved in speaking your truth? First of all, you have to know what you are feeling, know what you want and then have the desire and the courage to tell the person in a way that he or she can hear it—with a loving intention.

One mother and adult daughter we know are just now beginning to tell one another how it was for each of them as the daughter was growing up. We can sense the desire on both



their parts for honesty as well as a clarity that both know what they want—they want a closer connection. They've been speaking like this gradually and, in the process, are now opening to one another.

Relationship Reverse: Speak your truth in a loving way.

If speaking your truth is a problem for you, we suggest you start with small things and possibly with people who aren't as important to you. Tell your truth about where you want to go to dinner, what TV show you want to watch or that you need 30 minutes of solitude. Speak it in such a way that the other person can hear it. Be sure to start with an attitude and intention for love and connection, not to retaliate for some perceived wrong.

Have it as your intention to connect with the other person instead of using your will to get your way. When you speak your truth in a loving way, you are clear, not blaming and you are open to hearing what the other person has to say.

Your truth is important. Just make sure that a loving, open intention is underneath it.

4. Thinking everyone else wants what you want and thinks the way you do

One of the biggest challenges in relationships, whether it's a personal or work relationship, is the often unconscious belief that "everyone is just like me."

We often attract people-- co-workers, friends and intimate partners--who have traits and strengths that are opposite and complementary to ours. In the beginning, those qualities may be charming and attractive but they often end up being really irritating to us. Believe it or not, even though we

realize that people are different, sometimes we still unconsciously believe that others work the way we work, want what we want and think like we think.

The two of us are business partners as well as married, life partners and we are opposites in many ways. Otto is a divergent, out-of-the-box thinker and Susie has great organizational skills and knows how to focus in on a project and carry it to completion. In the first years of our business, we found ourselves being critical of each other's way of working on projects even though we knew intellectually that we each brought great complementary skills.

Being partners in business was difficult, until we learned to accept and embrace our differences. We've come to recognize and value these differences as places of growth for each of us. Otto expands Susie's thinking and Susie focuses his.

We find that asking the question "What can I learn from you?" instead of "Why aren't you doing it my way?" enriches our relationship, fosters great communication, and moves our business forward in ways that we previously could never have imagined.

**Relationship
Reverse: We all
have different
talents, wants,
needs and
desires. None
of them are
better or worse
than the
others.**



When you are triggered because another person is doing or saying things different from how you would do or say them, ask yourself "What can I learn from you?"

When you do this, a safe, respectful place between the two of you is created no matter what kind of relationship it is. The space is opened for connection and understanding.

5. Being defensive and having your own agenda when you listen to another person



Have you ever found yourself talking with someone and notice that you aren't listening because you are thinking about what you want to say? Instead, you might find yourself feeling triggered by what the other person is saying.

These are things that most of us do from time to time—and they are deadly to our relationships. They are also habits that we can break. They are deadly because once again, you are showing that the other person's thoughts and ideas aren't worth listening to. Even if that's not our intention, that's what's conveyed when we become defensive and we are only interested in what we're going to say.

Relationship Reverse: Listen, truly listen, to understand the other person.

Listening to understand means focusing on the other person and listening to what he or she is saying, not on what you are going to say next. It means opening your heart to understand the other person's experience even if you might not agree with it. We've found that listening to understand and to

connect creates safety and trust in any relationship. We all want to feel important and nothing says that better than being listened to and understood.

It is your responsibility to help people listen to you and to also listen to them. If there are distractions that are hindering someone either listening to you or you listening to him or her, take a moment and ask the person to help you find a quiet spot to talk.

Set up the situation so that you both can be successful. Ask for the person's help. You don't have any control over how the other person reacts or listens, but it is your responsibility to help people understand you. If you can't listen fully at that moment, then tell the other person when you can.

Whether it's listening to a co-worker in a meeting, listening to your partner talk about his or her day, or listening to your teenager or 6 year old, the "rules" are the same. If you want to create a connection between the two of you, learn to listen to understand and with an open heart.

In all of those instances, minimizing distractions when others are talking and taking the time to listen—without offering negative comments or trying to "fix" it for them—goes a long way to creating the kind of relationships that we all long for.

6. Being unclear in your communication

Unclear communication creates assumptions that are relationship killers. Have you ever been misunderstood when you thought you were being clear? Have you ever thought that you said or heard something different than what the other person thought?

If you answered "yes" to these questions, it's time to start being clearer in your communication. It's time to start challenging the way you've been communicating.



Relationship Reverse: Communicate clearly from your heart and make conscious agreements.

It's up to you to say what you need to say in such a way that the person can hear, without being defensive or demeaning. It's up to you to clearly say "yes" or "no" when you are asked to do something so that there's not a misunderstanding.

Part of being clear in your communication is knowing what you want from the other person and having the self-confidence to know that you deserve to ask it of the other person. The challenge is to do your best to let go of attachments to how the other person might respond.

If you want someone to do a household chore, like take out the garbage, it's helpful to be very clear about what you'd like to have happen and when. Something like—"Would you be willing to take out the garbage today because it's overflowing in the can?" is pretty straightforward and clear. If you get a mumbled reply, make eye contact and ask again, from your heart.

Being clear in your communication works both ways. If you find yourself guessing what someone else is saying (or not saying) to you, you need to ask a question instead of assuming to know his or her meaning. Clear up the guessing games. Just ask and then make agreements.

Making agreements is one of the best ways to keep communication clear and prevent expectations from destroying your relationships. Start small and make sure that both people are buying into the agreement and will keep it.

Keep in mind that agreements can be changed or renegotiated if they no longer work. If one or both of you has a problem keeping an agreement, you can always recommit. But if there's consistent recommitting, it is time to look at the agreement and tackle whether both of you can honestly agree to it or not.

7. Taking too much or not enough responsibility for the situation or your relationship

People find themselves in relationships where they either take more than their share of responsibility ("Everything's my fault" "If I just could be more understanding or more patient, then...") or they don't take their share ("It's not my fault" "He or she's always doing this, this and this").

You can't possibly connect with someone on a deep level if you or the other person are either not taking a fair share or ~~is~~ are taking too much responsibility for what's happening in the relationship.

If you take more than your share, you are telling the other person that he or she isn't capable of fully participating in your relationship. Even if it isn't your intention, you are saying that you have to do it all. You might be thinking that it's easier to take more than your share of the responsibility than "fighting" over it—but in the long run, it isn't.

If you aren't taking your share of responsibility in the relationship, you are saying that the relationship isn't important enough for you to help create it. You might think that it's easier or have a "what's the use" attitude because you think you never get your way, but the fact is that you are simply allowing the other person to create your life for you.

Relationship Reverse: Take your share of responsibility—and only your share.

What does taking your share of responsibility mean? It starts by looking at how you contributed to the situation and owning it to yourself. Then you might tell your partner something like this—"You know, I was feeling really angry with you (or wanting to fix it for you), and I realize that this is what I've been doing to contribute to it." When you do that, it's like a pressure valve has been released and the energy eases between the two of you.

When you take your share of responsibility, the other person usually loses his or her defensiveness and you're on your way to openness and connection.

8. Allowing problems and misunderstandings to simmer



Susie learned this lesson the hard way when she was a supervisor at a job she held many years ago. She allowed a situation to go on for several months, without saying what needed to be said to an employee. She didn't want to hurt the employee and she, like many supervisors, hoped that the situation would just "go away" by itself. As the tension mounted in the office, Susie realized that there wasn't any other way to deal with the situation except to speak the truth as she saw it to the employee. She did and the situation gradually improved, as did office morale.

We're sure that you've been involved in situations where problems and misunderstandings have simmered and perhaps you or the other person "exploded" when the whole thing could have been avoided. The "explosion" can happen as anger or as a snide comment when you least expect it.

Like Susie, you might have thought that by ignoring it, the problem will take care of itself—or you might have thought that you didn't want to cause unhappiness by bringing attention to the problem.

Unfortunately, problems and misunderstandings usually do not go away by themselves. It takes talking and listening to one another to clear up most misunderstandings and of course, a desire for connection.

Relationship Reverse: Take care of it while it's little.

It may be common sense but the way to more connection and love in your relationships is to take care of whatever has come up between the two of you while it's little. While it's not always easy or painless, it does contribute to the overall health of the relationship.

"Taking care it" might mean asking for clarification about something that you thought someone said or did. It might mean trying to understand the motivation behind why someone said or did something. It might also mean questioning thoughts for their truth before you ask or say something.

The bottom line is that it means stopping resentment from forming. It means tackling a difficult situation before it gets really tough. You might even find that it isn't as difficult as you once thought.

9. Running away when things get tough

Most of us have different ways of running away when things get tough—but we all do it.

Whether we physically walk out of a room or we emotionally withdraw, we are running away. When we run away, we think we are protecting ourselves or doing what's best for our partner, but what we're really doing is running away from love and connection.



**Relationship Reverse:
Stay with the issue
until you feel resolution.**

Staying with an issue might mean many things. It might mean taking a time out if both of you are angry and then agreeing to come back together to resolve the issue at an agreed upon later time. It may mean each of you taking a few minutes and saying what's true for you without interruption. It might mean looking in each other's eyes and making a heart contact before you start to speak. It might mean breathing deeply and remembering that you love or like this person—and what he or she means to you.

Whatever way works for you, discover first how you leave and then find ways to stay so that there is reconnection.

10. Making assumptions

One of the strategies we all use to make quick, rapid fire decisions about the meaning of things in our lives is by making "assumptions" based on experiences and beliefs. We just think too much!



The trouble with assumptions is that sometimes they work to help us create what we want in our lives and other times they work against us and actually take us away from what we want.

When we become aware that we are making those assumptions are serving us in creating what we want in our lives.

Here's an example of how making assumptions can sometimes trip us up...

Some time ago, one of our friends was sitting in her car at a red light and a man began honking his horn and waving at her. Since she didn't know him, she assumed that he was angry and wanted her to run the red light! She had been involved with several angry men during her life and she had just assumed that he was another one. When they stopped at the next red light, he was in the lane beside her and he rolled down his window to talk with her. Since she was still thinking he was going to yell at her, she felt herself becoming more nervous and tense.

What he had been trying to tell her was that her gas cap was on the top of her car! She had just pumped her own gas at a station and had not replaced the cap.

What she feared to be "road rage" was simply a man trying to help her.

Isn't this what we sometimes do in our lives and relationships? We assume that because something happened at one time during our lives that this will always be our experience. We make an assumption based on our experience and from our point of view rather than finding out where the other person is coming from. We make assumptions because they seem easier than finding out what's really happening in the situation—but it really isn't.

Relationship Reverse: Let go of making assumptions. You could be wrong.

The best way we know to let go of assumptions is to get curious about what's going on. Get curious without getting defensive and just open to understanding the other person. Start recognizing when you make assumptions and with whom and then stop yourself. Question the truth of what you've been thinking and be open to finding out what's really going on by asking for clarification.

11. Judging, blaming and needing to be right



At the bottom of all judgments, blame and the need to be right is fear—fear that our needs won't be met; fear that we aren't enough. These are also habits and ones that can be changed or reversed.

Although you can feel justified in judging, blaming and being right, the only thing

those thoughts and actions do is build walls between you and other people.

One of our coaching clients had been separated and divorced from his wife of 20 years for the last 5 years. It was an especially contentious divorce and there were extremely hard feelings between the two of them. During most of the 5 years since his divorce, Tom hung onto the feeling that he was taking all the responsibility for the "failure" of their marriage. He hung on to the idea that his ex-wife should share in the blame.

His ex-wife never did accept any responsibility and the communication between them surrounding their children deteriorated to the point that they had to have a mediator carry written messages between the two of them. Their relationship did not get any better until Tom stopped living in past hurts, came into the present moment and gave up his need to be right—his need to hear her take her share of the responsibility for the break-up of their marriage. Sure, his ex was blaming and judging Tom for leaving but what was surprising to Tom was that he had to stop blaming and judging her in order for him to move on.

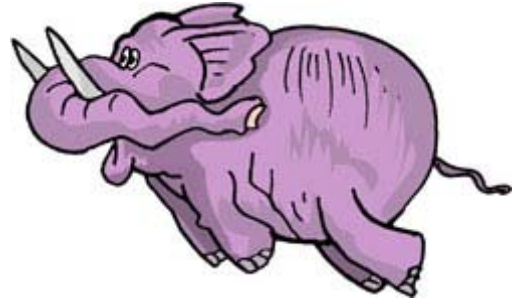
Relationship Reverse: Stop blaming, judging and needing to be right.

In our relationship, we are no longer willing to get-stuck in judgments, blame or the need to be right and then feeling disconnected for days as a result. We made a conscious commitment to stop when we're in these spirals, bring ourselves into remembering our agreements to listen, to be best friends, and to take responsibility for the situation.

We've made a conscious commitment to stop blaming and judging each other and we encourage you to do the same.

12. Putting your relationships and life on autopilot

Most of us have busy lives and we can't seem to get done all the things that we want to get done and have promised to get done. We tend to put our relationships on the back burner because we think that they will be okay without much attention.



But the truth is, you have to feed relationships if you want them to grow and putting everything else in your life above your loved ones is a recipe for disaster.

So often when one person in a relationship puts everything else above giving attention to a loved one, that message is clear. The message is that the relationship isn't important.

Relationship Reverse: Make your relationships a priority.

Take a moment and look at how you spend your time and energy and see if that matches your values and what you want for your life. How can you feed your relationships and make them a priority? Is there one particular relationship that you want to grow? How can you put that relationship in a higher priority in your life?

You may say that you don't have a choice in your priorities but you really have more choice than you think. Take a look at what you say you value and begin aligning your life with actions that take you toward those values.

Start creating your life rather than allowing others to create it for you. Make your relationships a priority in your life if you want more love and a deeper connection.

13. Not doing the little things that you know you should do to create great relationships



We all know that we “should” make a phone call when we’re going to be late but how many of us actually do it?

In working with other people to help them create better relationships and being in our own, we’ve discovered that it’s the little things that matter most.

It’s the everyday little things that say (or don’t say) how much we love someone. We might have great intentions to follow through on taking out the garbage, helping with the kids, kissing our partner or bringing a present just to say “I love you”—but we don’t do them because we’re too tired, too busy, self-absorbed in what’s happening at work, with the kids or a favorite sports team to actually DO those things.

Relationship Reverse: Do the little things that grow the relationship.

What are these little things?

It’s the things that you said you would do but don’t get around to doing. It’s the things that show the people in your life that you love them. It’s showing respect when you take the time to phone if you’re going to be late or whatever your agreements are.

One of the “little things” for a woman we know is that her husband puts the kids to bed each night. One of the “little things” for a man we know is that his wife kisses him, really kisses him, before they both leave for work and they email occasionally during the day.

Take some time and make a list of the little ways you can show your love to the people in your life. Also make a list of the little ways you would like to be loved and talk about how you'd like to be loved.

14. Focusing on what's wrong and not appreciating others

One of the things that many of us do a lot of is focus on what's wrong rather than on what's going right. Whether we learned it somewhere in our past or not, it just seems to come naturally for many people to dwell on what's wrong.

When we focus on what's wrong, we're not appreciating the people in our lives and we're just creating more of what we don't want. Even if we think appreciative thoughts about a person, we usually do not take the time to say them. We may assume that the other person knows that he or she is loved, appreciated and cared for and doesn't need to be told.

We've found that when appreciation is lacking in a relationship and when one or both people are dwelling on the negative, connection and love are not strong. Appreciation is not something that is "nice" if it happens. It's a "must" for creating great relationships, as is choosing your focus.

Relationship Reverse: Focus on what's going right and show your appreciation.

Appreciating the people in your life and focusing on what's going right are two good ways we know to keep love flowing. It may sound strange, but they can even work without a word spoken.

One of Susie's previous jobs was in a city about one hour from our house so she had a two-hour



commute each day. During this time, she played audio-tapes or listened to the radio but inevitably, her thoughts would go to what her employees were doing wrong. She would often arrive at work feeling frustrated even before the day began until she realized that she could change her thoughts about her co-workers and that might change some of the dynamics in the office.

As an experiment, on her way to work, she began thinking about only the good points of her co-workers--what they did well and what she could appreciate in them. It didn't take very long until communication and cooperation seemed to improve, especially with one co-worker. Appreciating and focusing on what's going right instead of blaming and judging does work!

We suggest that you not only sincerely appreciate your loved ones and others with kind words and actions but that you also treat them with loving, kind thoughts. When you do, you will see how your communication begins to be easier and your relationships become what you've always hoped they would be.

We've discovered that the "rules" for creating great relationships are the same regardless of what type of relationship it is.

Whether you want a better intimate relationship or you want to learn to form better relationships in your work or business, we suggest that these ideas we've shared in this special report are a good place to start.

The truth is that everything you want out of life involves creating good relationships--relationships that are built on trust, equality, partnership, truth, caring, respect and love (even in business.)

We hope that you have enjoyed this special report.

Many Blessings,

Susie and Otto Collins

<http://www.PassionateHeart.com>

Susie and Otto Collins' Relationship and Personal Growth Products

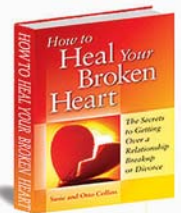
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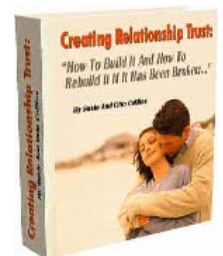
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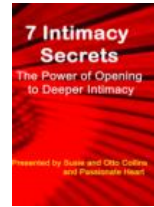
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Relationship web sites:

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<http://www.soulmaterelationships.com>

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