



What makes for a Good Relationship?

- Align your Relationship Values – What is the purpose of being together?
- Find out what are each other's love language
- Communicate what you really want from each other and how to get it
- Explore what does each person get from certain activities
- Discuss what are little things that drive you crazy?
- Discover what are things that are 'Deal Breakers'

Align Values

Visit the website www.bluepearllife.com.au

Under Resources, download the Values Pdf.

Work through individually your own relationship values. Ideally it would be beneficial if you also did all the values, so you align in all areas, though to fast track, concentrate on relationship values first.

When both parties have done the specific relationship values, sit down in a relaxed atmosphere to have an informal yet important talk and compare your relationship values with each other.

After discovering each other's values, agree then to align a new relationship value system that you both agree to. This is then your chosen agreement with each other as this relationship moves forward. A suggestion is to put this up on your bathroom mirror.

Note:- If you are planning to have children, now is the time to do a parenting value agreement so when the time comes you have a system you both subscribe to. This will require to be reviewed nearer to the time.

If one party is reluctant to do any values, or is not participating in the sessions. Then once you've done your values, to determine your partners values, you can ask your partner:-

'What's important to you about being in a relationship?'

'What's important to you about being in relationship with me?'

Elicit his/her values and see how they 'fit' with yours, or not.

If the other party is open to discussion, compare and discuss the importance of working towards common values in the relationship.

This is the adhesive that brings the relationship into alignment.

Once determined what your partners' values are, agree to write up a relationship value agreement for your relationship.

Live Example of How Values can Align a Relationship

A real life example is when two people in a 13 year long relationship came to see me as it appeared they were rapidly coming unstuck. Both wanted to be together, though neither could agree on things.

After they elicited their values, it turned out one party had security as a top value, the other had freedom. Clearly both going in opposite direction. When an agreed set of values was determined the relationship rocked!

Love Language

(Acknowledgments to Gary Chapman)

How do you know your partner loves you?

What is your love language and; what is your partners love language?

Here is a list of examples of love language:-

Words spoken of affirmation

Quality Time spent together

Receiving Gifts, a physical expression of thought into a gift

Acts of Service; fixing that leaky tap or taking up those trousers

Physical Touch

We all relate in vastly different ways to each other and in order for the relationship to flow, it's important to know what makes your partner tick.

What are the quirky little things that your partner likes, that if you did them for them, because you care, would show your partner that they've been heard, listened to, appreciated?

Here are ways in eliciting their love language.

Ask your partner, 'What makes him/her know you love them?'

Here are some examples taken from actual sessions with couples.

She: When you come home from work and as you walk through the door, no matter how difficult your day has been you swoop me in your arms and tell me how much you love me. Despite the fact I have baby food all down my dress, or I look like I've had the day from hell as have you might of.

He: Makes a mental note. The way for a peaceful evening is walk in and swoop her up with a big hug before having some down time to himself. (Likes physical touch)

He: When we go out to family gatherings and I'm chatting to people that I really don't want to be chatting to; that you come up and whisper in my ear how much you love me; even rescue me by asking me to get you a drink or help you with something.

She: Mental note, one way to make family gatherings a lot more pleasant is to 'tell' him how much he's loved and steal him away every now and then. (Words spoken of affirmation and a feeling of appreciation)

I'm sure you get the picture.

What makes you feel loved by your significant other?



What are the things your partner does that drive you crazy?

Example:-

By him announcing an hour before, that he has agreed to meet a friend to hit a few balls at the driving range instead of letting you know a couple of hours before hand!

Before you go off at your partner, you could take a deep breath and ask him/her, 'What does going to the driving range (or whatever the activity is) do for you, what does it give you?'

You may be surprised by the insights that are revealed. When you know what your partner gets from something like that activity, you may be more inclined to be very glad for them to do it.

However, what you get to state is, how happy you are for them to do that activity, though for them to get what they want from you, ie go do the activity; what you require from them is a more notice, so you can plan something yourself. A win, win situation.

Ultimately you are going to be the winner when they come home having enjoyed the activity.

Using the example above

What's a 'Light' Deal Breaker?

She: When you announce an hour before you want to go!

We women are by our very nature 'planners'. When we have enough 'notice' we can pretty much deal with it. Especially, when we know what our partner gets out of doing that particular activity.

He: Mental Note. Give as much notice to show appreciation that your significant other (the planner), likes to be informed. Win Win.

More trips to the driving range!

What's a 'Deal Deal' Breaker!

'Deal, Deal' breakers, are tricky. These are the 'definite will not tolerate deal breakers'.

It's important to have these conversations with your partner so that you both understand where the line is drawn.

Below are different examples of 'Deal, Deal' breakers:-

Not spending quality time with children and / or family.

In raising that as a 'Deal, Deal' breaker; it's important to talk about what do you get out of him/her spending agreed time with you / the family and;

Additionally what happens when they do not spend that agreed time and how that affects you, and;

What you will do if that agreement is consistently broken?

Other examples can include, how to manage past relationships; or extended families.

Buying excessive purchases, ie cars or TV's without discussions.

Or, if she has planned to spend a weekend away with friends on a pampering weekend; this is not the time to plan a getaway for yourself, which entails excessive spending, or spending time in the company of others that you'd both mutually benefit from being with. And, adversely, spending time in the company of those with whom there is tension felt by the other party when they're around.

When talking through 'Deal, Deal' breakers, a reminder as for above, when we understand what we do that provides for our other half a sense of security or happiness, we ultimately want to them to be happy and want to provide that for them.

Additionally when we know what happens to our partner when a 'Deal, Deal' breaker is carried out and what it ultimately does when that happens for them, we are more likely to consider our actions before carrying them out. Some 'Deal, Deal' breakers can be the demise of a perfectly good relationship.

Even the most tolerant of people have their limits.

"If I cut you off, chances are you handed me the scissors"

You get the picture regarding 'Deal, Deal' breakers!

The best time to sit down and talk about and work out the Deal Breakers; 'Light' and 'Deal Deal' is when you're both open to working on the relationship in a relaxed manner. If these conversations are left to times when the wheels are about to come off, chances are, they're not going to be met with openness and can become a bone of contention..

"Your relationship is a safe haven not a battlefield.

The world is hard enough already"

