

Relationship Tips

Are you struggling in a current relationship? Look no further than EASA's Top 10 Relationship Tips.

Tip 1: You Must Love Yourself

Your relationship with yourself is the central template from which all others are formed. Loving yourself is a pre-requisite to creating a successful and authentic union with another.

Tip 2: Partnering is a Choice

The choice to be in a relationship is up to you. You have the ability to attract your beloved and cause the relationship you desire to occur, through the following stages:

- Stage 1 Know what you want
- Stage 2 Create your vision
- Stage 3 Recognise what might be in your way
- Stage 4 Manifest your intention

Tip 3: Creating Love is a Process

Moving from 'I' to 'We' requires a shift in perspective and energy. Being an authentic couple is an evolution and can be achieved through:

- Stage 1 Connection
- Stage 2 Exploration
- Stage 3 Evaluation
- Stage 4 Building intimacy
- Stage 5 Commitment

Tip 4: Relationships Provide Opportunities for Growth

Your relationship will serve as a wonderful 'life-shop' in which you will learn about yourself and how you can grow in your personal path.

Tip 5: Communication is Essential

To openly exchange thoughts and feelings is the lifeblood of your relationship. To increase communication, consider the following:

1. Know what you want to communicate.
2. Know what outcome you want from the conversation.
3. Choose the right time and place.
4. Release the emotion surrounding the message.
5. Set the stage.
6. Speak from your feelings (rather than judgements).
7. Deliver the message and language the recipient can understand.
8. Ask for confirmation, clarification and feedback.
9. Switch roles as necessary.
10. Obtain closure.

Tip 6: Negotiation will be Required

There will be times when you and your partner must work through an impasse. If you do this consciously and with respect, you will learn to create win-win outcomes.

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Tip 7: Your Relationship will be Challenged by Change

Life will present turns in the road. How you manoeuvre those twists and turns determines the success of your relationship.

Tip 8: You Must Nurture the Relationship for it to Thrive

Treasure your beloved and your relationship will flourish. Consider reflecting on the below:

1. Overall feelings about the relationship

- Are you getting your needs met?
- Are you speaking up and asking for what you want?
- Are you feeling heard?
- Are you feeling encouraged and supported to grow?

2. The decision-making process

- Are the decisions made to your satisfaction?
- Is there sufficient time to discuss, assess and process?
- Do you feel as though your thoughts and feelings are taken seriously?
- Is there a collaborative spirit about decisions?

3. Communication

- Do you feel safe to say whatever you feel?
- Do you feel listened to when you communicate?
- Do you feel encouraged to tell your truth?
- Do you feel supported in all your dreams and goals?

4. Roles and responsibilities

- Do you feel the division of tasks is working?
- Do you feel that both are doing their parts?
- Do you feel that task allocation is fair?
- Is there anything that you want to change?

5. Activities

- Do you feel like you spend enough time together?
- Do you feel like you need more alone time?
- Do you want to try something new?

6. Planning, schedules and logistics

- Are you experiencing any schedule conflicts you want to address?
- Are there financial agreements that are unfair?
- Do each of you have enough time to accomplish everything you want?

Tip 9: Renewal is the Key to Longevity

Happy ever after means the ability to keep the relationship fresh and vital.

Tip 10: You Already Know the Above

You know all these rules inherently. The challenge is to remember them when you fall under the enchanting spell of love.

If you are struggling in your relationship or want some further advice, EASA provides couples and relationship counselling to help navigate through these challenges.