



# BE UNSTOPPABLE

COACHING



## Building Positive Relationships

Tool and Worksheet





## Building Positive Relationships

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Positive relationships have an incredible impact on physical and mental health, human well-being, thoughts, emotions and actions, level of happiness and life fulfillment. When an individual is in a positive relationship and experiences these elements, they in-turn have a positive impact on those around them (the ripple effect). Positive relationships thrive and grow stronger over time when the parties apply the following practices and behaviours:

- Balance of activities and time spent alone.*
- Engaging in flow activities together.*
- Genuine and enthusiastic communication.*
- Mindfulness – being fully present together.*
- Using “I” statements to resolve conflicts effectively.*
- Being grateful and appreciating each other.*
- The practice of forgiveness.*

**Complete this worksheet by reflecting on each of the practices and behaviours that foster positive relationships. Assess your own relationship and the manner in which you connect together.**

*Balance of activities and time spent alone.*

Mindfully balance activities and time spent together and alone, being united and respecting each other's need for independence and space.

How much time to you spend together and what do you do?

How much time to you spend apart and what do you do?

How balanced do you feel the level of 'togetherness and apart' is in your relationship?

What can you do to improve this practice?



Engaging in flow activities together.

Engaging in flow activities such as sports, dancing, music, sex, learning new skills or cooking together, creates positive moods and relationship satisfaction.

What flow state activities do you both engage in?

How frequently do you engage in these activities?

What can you do to improve this practice?

Genuine and enthusiastic communication.

Communicating in an enthusiastic and genuinely interested manner to each other's life experiences is essential to demonstrate attentiveness, care and empathy, which results in connecting more deeply. For example, a person comes home with the news that they just got a promotion. The partners response could be one of the following four things:

1. Active / Constructive (positive) - "That's incredible news, I bet it's the first of many"
2. Passive / Constructive (quietly supportive) - "That's nice honey"
3. Active / Deconstructive (negative) - "Are you sure you can handle the extra work?"
4. Passive / Deconstructive (disinterested) - "What's for dinner?"

As you can imagine from the examples above, the level of connection a person would feel towards their partner who responds with option 1, as opposed to option 4, will greatly influence how valued, cared for and loved they feel, impacting the relationship longevity.

How do you currently communicate with your partner?

What can you do to improve this practice?



Mindfulness – being fully present together.

Mindfulness is being fully attentive and present when a couple is together.

How present are you when you are with your partner? Are you distracted by your phone, work or other things?

What level of mindfulness do you practice when you are together?

What can you do to improve this practice?

Using "I" statements to resolve conflicts effectively.

Using "I" statements when communicating and solving conflict, to effectively address and resolve issues quickly and constructively when they arise.

What process do you take to resolve conflicts? How quickly are conflicts resolved?

What language do you currently use when discussing a problem? Blame, Anger, Resolve, etc.

What can you do to improve this practice?



Being grateful and appreciating each other.

The practice of gratitude, appreciating what each party brings to the relationship, acknowledging and thanking each other.

What do you do to show appreciation for each other?

How do you acknowledge and thank each other? How often is this done?

What can you do to improve this practice?

The practice of forgiveness.

The act of forgiveness ... letting go of anger, resentment and grudges, showing better understanding and acceptance that people make mistakes.

How long do you currently take to forgive each other? Do you hold onto grudges?

What impact to your relationship does your 'forgiveness practice' have on how you connect?

What can you do to improve this practice?



Forgiveness ... How do you do it?

The act of forgiveness is an assertive creation of peace. It lessens the grip of hurtful events and allows people to focus on positive events. Forgiveness does not excuse bad behaviour, but where appropriate, can lead to better understanding and empathy as to why the other party said or did the thing that hurt.

Forgiveness results in healthier relationships, greater psychological well-being, increases one's ability to be in the present moment and not dwell on the past, eases levels of anxiety and stress, lowers blood pressure and the tendency to engage in bad, addictive behaviours.

Forgiveness involves the following steps:

- Reflect on how the event and your reaction affected your life.
- Consider the value of forgiveness and its importance to your own well-being.
- Forgiveness does not mean reconciliation, condoning or excusing.
- Forgiveness is about finding peace within yourself.
- Recognise that you are in control of your thoughts, emotions and well-being.
- Actively choose to forgive the person.
- Release the control and power the event had on you and your life.

What personal insights have you gained as a result of reflecting and forgiving?



## Building Positive Relationships ... Action Goals

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What action goals are you going set to build positive relationships in your life? Reflect on the ideas you have noted through this worksheet to improve on your practices for each area and write these ideas as goals below, including action steps to begin immediately.

Remember that positive relationships have an incredible impact on physical and mental health, human well-being, thoughts, emotions and actions, level of happiness and life fulfillment. You have the power to make decisions and take actions to create positive relationships.

### GOALS

### ACTION STEPS