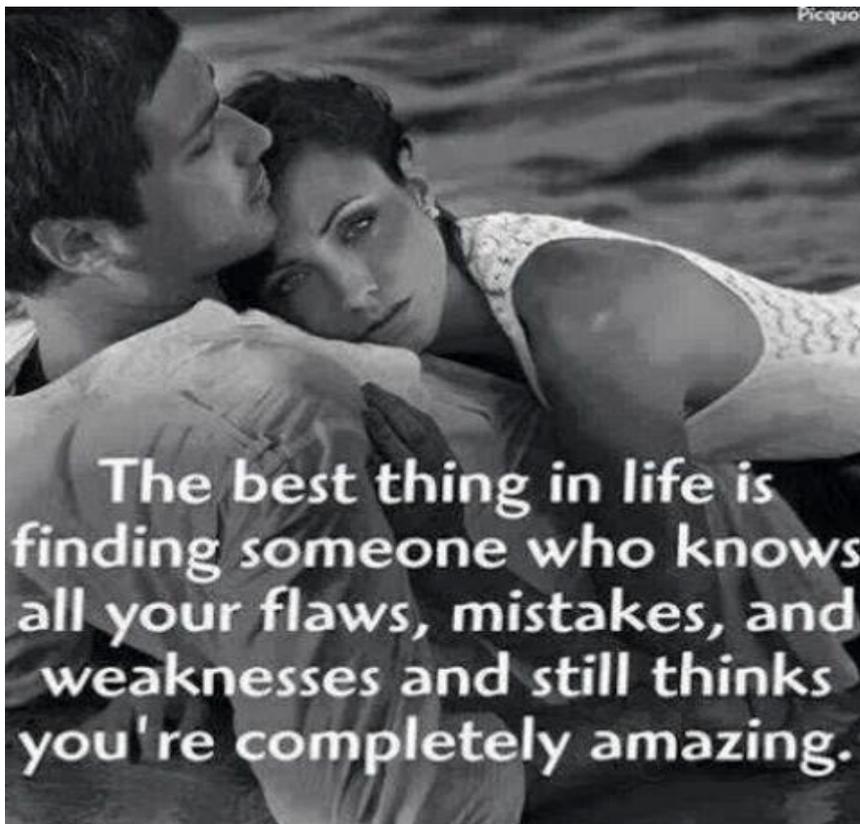


The 6 principles of Successful Relationships

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The word relationships resonates with all of us . We are social beings and life has no meaning without relationships . One important part of our Life Purpose is to connect with others and contribute . So what are the key fundamentals of successful relationships ?

1. **Need to know the key values and rules of people that you share a serious relationship** . If not you should prepare for pain as people get upset because of conflicts with their **values and rules** . If you know the values and rules of your partner you will understand their reactions . You will understand why ?

2. **You see the relationship as a place that you go to give instead of a place that you go to take** . This is self explanatory

3. **There are certain things to look for or look out for** : There are warning signals that require your immediate attention that something is wrong . In fact there are 4 phases that can even kill a relationship :
 - **Resistance . You begin to feel resistance** (e g people make stupid jokes , you feel a bit separate from the person)

 - **Resentment** . If you do not address the issue of resistance through open communication then you will not get only annoyed but you will start to feel angry . The solution is open communication . If Resentment is not addressed timely it will turn into rejection

 - **Rejection** . In this stage there is so much resentment that you find your self to search for ways to make your partner wrong . This is the stage where not only emotional separation occurs but also physical . If continues it reaches the last stage called repression

 - **Repression**. In this stage you do not want to deal anymore with being angry or you want to avoid any pain . No relationship is left.

All 4 phases can be avoided with open communication , being honest , being in love instead of being right and use humour .

- 4. Make your relationships one of the highest priorities in your life . This is the only way to keep the relationship for long**
- 5. Focus each day to add value and make it better . Need to find ways to enrich the relationship so you not only keep it alive but make it even more surprising , exciting and attractive .**
- 6. Focus each day to make it better . Any relationship needs daily attention**

Enjoy your passions !

Mike Mastroiannis

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