

RELATIONSHIPS



- Start by having a positive relationship with yourself. Your own wellbeing, values and boundaries is a good start.
- Relationships are a collection of small gestures that all add up. Be kind wherever you can and don't wait for the big moments.
- Prioritise time. If it's not always practical to get out, schedule time to be off devices and be present.
- Scale of 1-10, how much do you like how you have been in the relationship? Ask your partner the same? Now how do you each feel about the relationship? What does 1 point higher look like?
- Be curious. Questions like "What are you most looking forward to?" "What's on your mind?" "Does anything about the project surprise you?"
- Communicate. You don't have to have the answers, just share what's on your mind.
- Disagreements are normal. Listen and acknowledge your partner's view. Avoid bringing up the past, and focus on behaviours. "You didn't check in with me" rather than judgements "You don't care about me".
- Seeing a Psychologist is like seeing a Personal Trainer, but for your relationship. It's worth taking the time to get it right.

For More Information

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