

Relationship Reminders

© Lifestyle Leaders, PS & T Stewart, 1978. (version 4.9 - August 2014)

20 POSITIVE HABITS

20 DESTRUCTIVE SINS

Work at it—together, forever

(on **problems**, decision-making, goals, fun, finances, kids)

NB: Working at these "habits" requires quality TIME Together, in person.

Neglecting / Taking for Granted /
Being Impatient

(Not having quality TIME Together)

Offer & accept **Trust**(ie: **trust** each other's words &
actions; call when late; be reliable; be **vulnerable**; "Walk away";
do not check calls; allow each other freedom ; be **Responsible**)

Questioning / Doubting /
being Unreliable, Unfaithful/Guarded

Communicate with & Actively Listen
(ask, answer, discuss) (pay attention)

Ignoring / Talking **at**, not with ...
also Arguing, Nagging, Ordering, being Defensive

Empathize (feel how others feel)

(be sensitive, patient & considerate re: feelings, rights, boundaries,
likes, dislikes, property, capabilities, limitations, efforts, wishes)

Being Inconsiderate / Insensitive
or Narcissistic (self-absorbed)

Have FUN together (QUALITY Time): Smile /
Laugh / Play / Socialize or just enjoy each other's company

Scowling / Huffing / Sulking

Offer & accept **Touch / Intimacy / Closeness**
(hug; shake or hold hands; kiss; massage; be intimate)

Being Aloof or being 'cold' /
Avoiding / Distancing

Compromise / Sacrifice / Change
(give something up; do disliked things, **change yourself**)

Being Obstinate
(Expecting others to change without you changing)

Value & Validate: the person, their help, beliefs, time,
efforts, opinions, their role & their contribution...& **tell them!!**

Belittling / Name-calling / Invalidating

Tolerate, Accept & Accommodate
other's differences, needs, faults & friends

Resenting / Rejecting / Comparing /
Denigrate / Denying / Analysing

Give & Share unconditionally:

Give ...pleasure, help, time, space, friendship, recognition.
Share ... **responsibilities**, chores, dreams, activities, fears.

Being Selfish / Taking /
Being Mercenary (*getting something in return*)

Empower – help to develop independence:

(give knowledge, skills, responsibilities, freedom, support, hope,
encouragement, **descriptive praise**)

Controlling / Criticizing / Restricting /
Embarrassing / Complaining

Be Controlled

(being calm & measured; using self-discipline)

Losing Control (anger, silence, hitting,
yelling, threatening, swearing, throwing)

Show Honesty

Deceit / Lying

Be Positive (in attitude to partner; in outlook)

Being Negative (in thoughts, words & actions)

Show Compassion

(when others are hurt, upset or disappointed)

Being Unsympathetic / Unfeeling / Dismissive

Remember (names, birthdays, anniversaries,
details, appointments, & to be on time)

Forgetting

Protect / Provide (emotionally, physically, financially)

Endangering / Neglecting

Be Well Mannered & Polite

Being Boorish / Rude / Uncouth

Forgive

Blame

As Adults, **Role Model Positive Habits** for ALL kids

Being a Negative Role Model

*These lead to INCLUSION,
FRIENDSHIP, RESPECT & LOVE*

*These lead to MARGINALISATION,
DISLIKE, CONTEMPT & HATE*

MAGIC QUESTIONS: (a) "What can **I** do to help/improve/make it better?"; (b) "What would **YOU** like to do?"

HOME TASK #1 for Relationship Reminders

What do I (or did I) *value* about my partner ?

What do I enjoy doing with my partner?

(eg: talking, dancing, shopping, camping, movies, gardening, driving, sex, visiting friends)

What fun, new things would I like us to do together?

Which of the *Positive Habits* do I do well ?

Which *Positive Habits* do I do poorly ?

Am I guilty of sometimes doing any of the
7 shaded/worst *Destructive Sins*?

Yes / No

**What things does my partner do or say (or not do, or not say),
that frustrate, annoy or scare me the most ?**

(In YOUR own words, list the 2 or 3 MAJOR things that have hurt you & your relationship the most)