

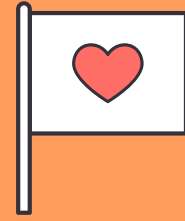
THE FIVE WINNING STRATEGIES FOR GETTING WHAT YOU WANT IN YOUR RELATIONSHIP

FROM "THE NEW RULES OF MARRIAGE: WHAT YOU NEED TO KNOW TO MAKE LOVE WORK" BY TERRY REAL



Shift from Complaint to Request

Instead of complaining about what your partner did wrong, ask them for what you want. Let your partner know what you would like them to do, now or in the future, that would give you more of what you want. You have no right to complain about what you never asked for.



Speak Out with Love & Savvy

In the midst of conflict and disappointment it's often difficult to behave constructively. But if you take the time to think about your true goal, connecting and repairing with the person you love, you have a much better chance of getting what you want from your partner.



Respond with Generosity

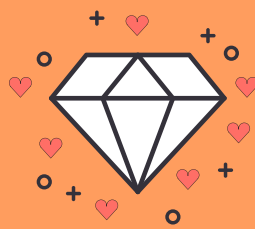
When your partner comes to you seeking repair a natural response is to counter their position, defend your actions, or to tell them the ways you also feel dissatisfied. None of this will help move you back into connection. Instead, listen to truly understand, acknowledge your own behavior, and give your partner as much as you can.



Empower Each Another

The final steps in the repair process are to express appreciation for everything that your partner has agreed to do for you and, to offer to help your partner deliver on what they have agreed to do.

Ask your partner:
"How can I help you to give me what I want?"



Cherish what you have

Cultivate joy and pleasure in your relationship. Express appreciation for your partner. Demonstrate your love, passion and affection for your partner. Rediscover romance, fun, and new experiences together. Find time to be fully available and in tune to one another. Focus on the good in your relationship and in your life together.

To Learn More about Terry Real's Relational Life Therapy

Visit www.SavvyStrategies.com

©2020 by Savvy Strategies Relational Life Therapy - created with Canva