

# POSITIVE RELATIONSHIPS

A positive relationship should bring more happiness than unhappiness into a young person's life. They should feel good about themselves, not guilty, angry, depressed or upset. All positive relationships have the following in common: kindness and mutual respect.



One of the most profound experiences we can have in our lives is the connection we have with other human beings.

Positive and supportive relationships will help us to feel healthier, happier, and more satisfied with our lives.

**So here are a few tips to help you to develop more positive and healthy relationships in all areas of your life:**

**"We can improve our relationships with others by leaps and bounds if we become encouragers instead of critics."**

**JOYCE MEYER**

*Joyce Meyer is an American Charismatic Christian author and speaker.*

# 1

## ACCEPT AND CELEBRATE DIFFERENCES.

One of the biggest challenges we experience in relationships is that we are all different. We can perceive the world in many ways. Certainly a stumbling block that we come across when we try to build relationships is a desire or an expectation that people will think like we do and, in this way, it is so much easier to create a rapport. We feel more comfortable when we feel that people "get" us and can see our point of view. Life, however, would be very dull if we were all the same and, while we may find it initially easier, the novelty of sameness soon would wear off. So accepting and celebrating that we are all different is a great starting point.

# 2

## LISTEN EFFECTIVELY.

Listening is a crucial skill in boosting another person's self-esteem, the silent form of flattery that makes people feel supported and valued. Listening and understanding what others communicate to us is the most important part of successful interaction and vice versa.

Active or reflective listening is the single most useful and important listening skill. In active listening, we also are genuinely interested in understanding what the other person is thinking, feeling, wanting, or what the message means, and we are active in checking out our understanding before we respond with our own new message. We restate or paraphrase our understanding of their message and reflect it back to the sender for verification. This verification or feedback process is what distinguishes active listening and makes it effective. In other words, listen to understand, not to respond.



# 3

## **GIVE PEOPLE YOUR TIME.**

Giving time to people is also a huge gift. In a world where time is of the essence and we are trying to fit in more than one lifetime, we don't always have the time to give to our loved ones, friends, and work colleagues. Technology has somewhat eroded our ability to build real rapport and we attempt to multi-task by texting and talking at the same time.

Being present in the time you give to people is also important, so that, when you are with someone, you are truly with someone and not dwelling in the past or worrying about the future. The connection we make with other people is the very touchstone of our existence, and devoting time, energy, and effort to developing and building relationships is one of the most valuable life skills.

# 4

## **DEVELOP YOUR COMMUNICATION SKILLS.**

Communication occurs when someone understands you, not just when you speak. One of the biggest dangers with communication is that we can work on the assumption that the other person has understood the message we are trying to get across.

Poor communication in school or in the workplace can lead to a culture of backstabbing and blame, which, in turn, can affect our stress levels, especially when we don't understand something or feel we have been misled. It also can have a positive effect on morale when it works well and motivates individuals to want to come into work or school and do a great job.

# 5

## **MANAGE MOBILE TECHNOLOGY.**

By now, pretty much everyone has a mobile phone and many people have two or more. While they are a lifesaver in an emergency, and an effective tool for communication, they also can be a complete distraction when people exhibit a lack of mobile phone etiquette.

# 6

## **LEARN TO GIVE AND TAKE FEEDBACK.**

Feedback is the food of progress, and while it may not always taste great, it can be very good for you. The ability to provide constructive feedback to others helps them to tap into their personal potential and can help to forge positive and mutually beneficial relationships. From your own personal perspective, any feedback you receive is free information and you can choose whether you want to take it on board or not. It can help you to tap into your blind spot and get a different perspective.

# 7

## **LEARN TO TRUST MORE.**

The point of building trust is for others to believe what you say. Keep in mind, however, that building trust requires not only keeping the promises you make but also not making promises you're unable to keep.

Keeping your word shows others what you expect from them, and in turn, they'll be more likely to treat you with respect, developing further trust in the process.

Building trust is a daily commitment. Don't make the mistake of expecting too much too soon. In order to build trust, first take small steps and take on small commitments and then, as trust grows, you will be more at ease with making and accepting bigger commitments. Put trust in, and you will generally get trust in return.





# Seeking Support

It might be helpful for you to talk with other people who have been in a similar situation to yours, or to a trusted adult (parent, counselor, teacher).

Identify a change that is happening or has happened in your life. \_\_\_\_\_

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Identify some other people who are, or could be, a support system for you. \_\_\_\_\_

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Based on the change in your life, what opportunities might now present themselves to you? \_\_\_\_\_

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How can you be ready to be open to those opportunities? \_\_\_\_\_

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Are there any silver linings or positives that you can imagine could come from the change?

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