

How to STICK TOGETHER...

WHAT CAUSES RELATIONSHIPS TO GO SOUR?



The Lifelong Value Of Good Life Skills

Having good lifeskills is the surest way to have good relationships and get the best jobs.

If two people have the same technical skills but one has good lifeskills and the other doesn't - which one would you employ?

I have developed an online digital bookstore to meet the growing need for us to develop our essential lifeskills. These are digital summaries in tutorial format.

For just a few dollars you can access some top quality, professional tutorials that will put you head and shoulders above the rest.

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THE SECRETS OF SUCCESS

Here's some insights from a recent NZ Families Commission study. In reviewing the behaviour of married couples the study found some common dynamics that were typical in stable, healthy relationships.

Commitment

Having a long-term view of the relationship; perseverance in the face of difficulties; balancing couple and individual needs; connection through friendship, shared values and history.

Communication

Positive and respectful; with elements of humour and compromise.

Conflict resolution

An understanding that some conflict is inevitable; agreement that violence is unacceptable. Appreciation dissolves conflict.

Time together

Sufficient quality and quantity; a good balance of time spent on individual pursuits and the enjoyment of each other's company.

Intimacy and emotional support

Physical and in particular, psychological intimacy, developed and strengthened over time, particularly by overcoming difficulties. Gratitude builds bonds of intimacy.

Deep friendship

Having a growing knowledge of each other's likes and dislikes, hopes and dreams. Most couples report high satisfaction with their relationships at the beginning. However, studies show that relationship satisfaction tends to erode over the first 10 years of marriage.



The causes are varied:

Unrealistic expectations upon moving in together; challenges associated with cohabitation; a lessening of the initial attraction to one's partner; and a failure to develop routines and shared responsibilities.

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Your comments are always welcome and appreciated.

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