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**LIA Lifestyle Instruction Aid**

**abcd6. Mend Relationship snags Daily**  
Compiled by Dr. Victor Jean Ouellette  
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Maintaining relationships is an ongoing responsibility. If you let even the smallest part of your relationship deteriorate, the whole relationship may suffer.

**PERSONAL RELATIONSHIPS**

**Resolve anger.**

Deal with anger as quickly as possible before grudges are formed and the relationship damaged.

**Practice patience.**

To have a relationship, you must accept shortcomings in yourself and others.

**Communicate honestly.**

Trust is the glue that holds a relationship together.

**Affirm each other's worth.**

Feeling accepted by others is one of the main paths to mental wellness and self-worth.

**Criticize constructively.**

Pointing out damaging faults in each other in a loving way can strengthen your relationship.

**Share problems equally.**

Everyone needs help at some point and it's best if you can seek the help from a friend. It's even better when a friend volunteers help without being asked.

**OFFICE RELATIONSHIPS**

**Share expectations.**

Ask about your coworkers' goals and dreams.

**Share you own goals.**

Help each other reach these goals.

**Listen more and talk less.**

Share your own ideas but be willing to listen wholeheartedly to others' ideas as well. Be willing to compromise, too.

**Approach disagreements as negotiations.**

Look at both sides fairly and then make a joint decision. Use your E-mail system or a short note to open communication lines. Drop a short message to coworkers occasionally to motivate them and let them know how much you appreciate them.

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