

Magic Relationship Method

Destructive Habit #1: CASE-BUILDING

Instead of using shame, guilt and blame to build a case against your partner.



New Habit #1: CONNECTION-BUILDING

Build a stronger connection through understanding, compassion, acceptance and support!
When in doubt, say, "Please tell me more ..."

Destructive Habit #2: STORYTELLING

Instead of staying stuck in the story you've concocted in your head, when you haven't checked in with your partner.



New Habit #2: STORY-BUSTING

Check in with your partner to verify their intention and meaning. Meet them with openness, in receptive mode. Be ready to change your story to what's actually true.

Destructive Habit #3: MESSAGE-ASSUMING

The message sent is rarely the message received. Acting on what you think is accurate is dangerous, as is assuming that *you* were heard.



New Habit #3: MESSAGE-CLARIFYING

Stop and clarify during important conversations. Ask, "Can you tell me what you heard me say?" And, "Can I tell you what I heard you say?"

Destructive Habit #4: CUP-STUFFING

Instead of venting all over your partner when you come home after a difficult day and you just need to get it all out.



New Habit #4: CUP-EMPTYING

Find out where they're at; wait until their cup is empty—or help them empty it!—before asking if they have time to help you process your day. Use "Cup Full!" as a time-out cue to create healthy space.

Destructive Habit #5: THE FATAL Fs

Instead of trying to "Fix" your partner, which can lead to "Fighting" and then "Fleeing".



New Habit #5: ALWAYS Offer EMPATHY FIRST

Be a sounding board, their soft place to fall. Only offer advice when asked. Or ask them, "Do you want empathy or advice?"

For more information on upcoming workshops, seminars and other material to help you bring more love, intimacy and understanding to your relationship, go to www.MagicRelationship.com

If you are interested in private and personalized Relationship Coaching and think I can help. Give my office a call at (303) 807-0159 and we can set up an appointment.