Managing the relationships in your life

It's not always easy to figure out what your roles are in a relationship. We forget that not everyone has had the same examples or has the same ideas about roles and responsibilities in a relationship. For many couples, families, clients, and colleagues, this can often result in conflict.

Relationships can either be a source of fulfillment or irritation. While no one expects any relationship to be perfect, there are certain basic guides that without which, a relationship becomes negative and even harmful.

Long-term relationships are one of life's most wonderful experiences. But how do you make them last?

Relationship roles don't have to be a source of conflict.

Once we understand what they are, why we need them, and how to define and negotiate roles in our day-to-day relationships, we can increase our relationship satisfaction, intimacy, closeness, and comfort. The first step is knowing yourself and focusing on your own relationship with yourself.

Renew your relationship

... with yourself

Many don't realise it, but the relationship you have with your physical body and mind is very important. It won't always be easy, but it is one of the most important relationships you will ever have. Believing in yourself can be hard at times, especially when things don't go as planned, but it is during these times that you need your own love the most.

The wonderful thing about believing in yourself is that you are the only one responsible. You don't need others' stamps of approval before you can begin to have faith in yourself – you just need your own.

Five tips to help you love yourself:

1. *Eliminate self-criticism.*
2. *Make daily positive affirmations.*
3. *Forgive yourself.*
4. *Boost your self-confidence.*
5. *Make time to relax.*

Make each day a day in which you continue to deepen your relationship with yourself. Ask yourself, 'Do I love me?'.

... with your loved ones

Successful long-term relationships with loved ones involve ongoing effort and compromise. Building healthy patterns in your relationships can establish a solid foundation for the long run.

Three tips to help build strong relationship foundations:

1. *Build.*

Build a foundation of appreciation and respect by focusing on all the considerate things your loved ones do. Happy families make a point of noticing even small opportunities to say 'thank you' to their loved ones.

Healthy lifestyle

2.   *Explore.*

Explore one another's interests and try new things together to expand mutual interests.

3.   *Establish.*

Establish a pattern of apologising if you make a mistake or hurt your loved one's feelings. Saying 'I'm sorry' may be hard in the moment, but it goes a long way towards healing a rift in a relationship.

... with your colleagues

We spend a substantial portion of our time at work and around our colleagues, so it is important to have a good relationship with fellow co-workers.

One of the first ways to establish a good relationship with your colleagues is to show an interest in their lives and listen to them.

Conversation that is simply 'small talk' to you can mean a lot to someone else who is shy or feels that their opinion isn't taken into consideration often enough.

Four tips to help strengthen workplace relationships:

1.   *Give.*
Give out compliments that you mean.

2.   *Nurture.*
Nurture talent in others and encourage them to make use of their skills.

3.   *Eliminate.*
Eliminate negative thoughts and focus on projecting happy and positive emotions.

4.   *Help.*
Help foster creativity by empowering other people and avoid being too critical.

Be aware of your body language. Your body language sends a strong message to others, so be aware that if you have your arms folded across your chest while you talk, you may be shutting others out.

Relationships are not easy. They require work. However, if all partners/parties are willing to work together and overcome difficulties, relationships can be the most rewarding experience you will ever have.

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