



8 Ways to Destroy Your Relationships ...and How to Avoid Them!

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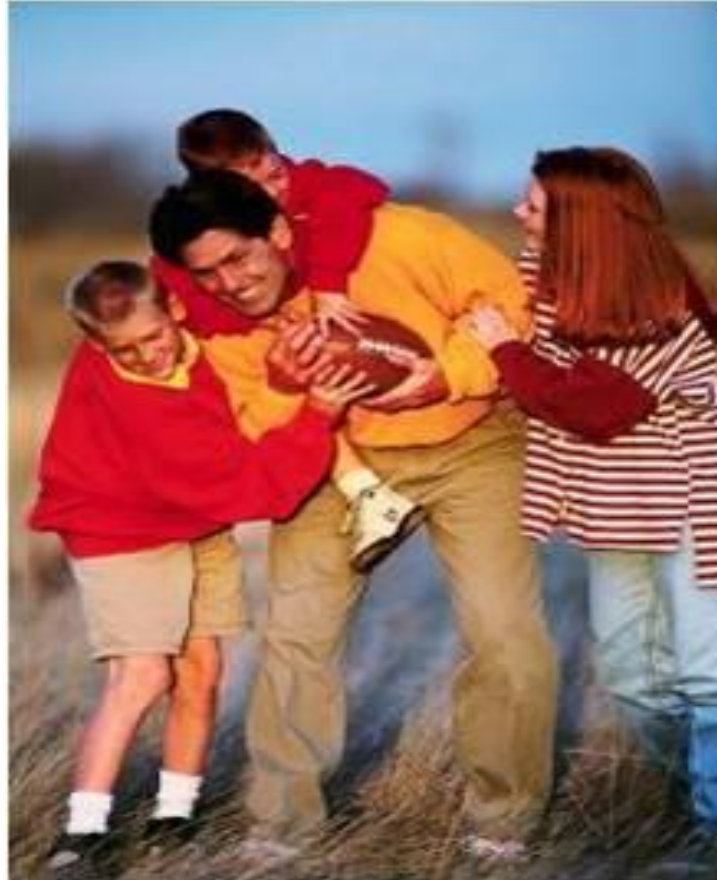


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Types of relationships

- Supervisor
- BFF
- Volleyball club
- Significant other
- Parents
- Family
- Friends
- Religious Groups
- Reports
- Neighbors
- Co-workers
- Kids
- Extended family
- Church choir
- Bicycling club
- Spouse

Family of origin







Family of necessity

- Co-workers
- Leaders
- Reports
- Customers



Family of choice





Book

Chess

Art

Bowling

Softball

Yoga

PETA

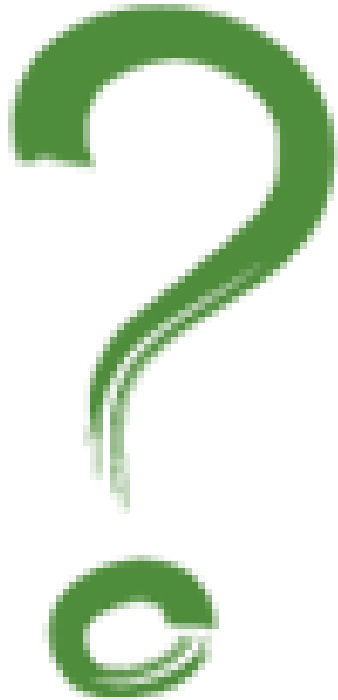
Green Peace

Political





Which describes your interest?

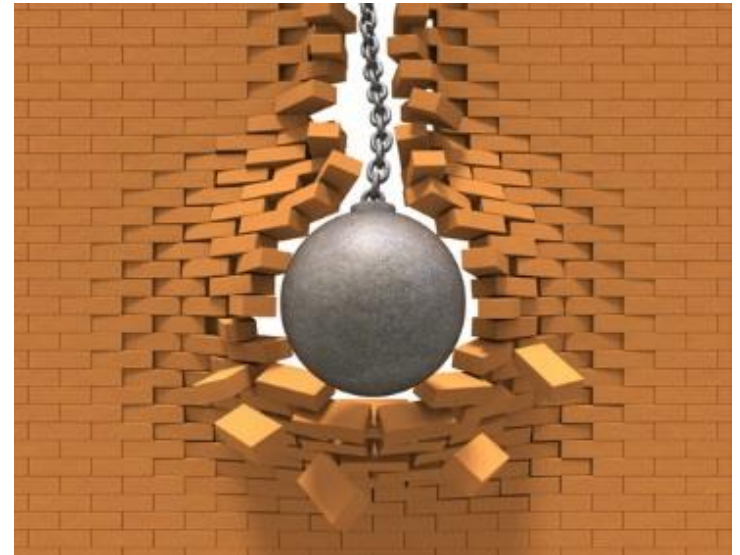


- Preventive
- Whaaaat?
- Desperation
- Ammunition
- Justification
- Owners Manual

8 Ways to Destroy Your Relationships

--and How to Avoid Them!

1. Dishonesty
2. Unrealistic expectations
3. Not managing emotions
4. Attempting to change your partner
5. Lack of engagement
6. Insisting on being right
7. Being unconscious/unaware
8. Selfishness



1. Dishonesty





2. *Unrealistic expectations*





3. *Not managing emotions*





4. *Attempting to change them*





5. *Lack of engagement*





6. *Insisting on being right*





7. *Being unconscious / unaware*





8. *Selfishness*





Two personalized relationship destroyers

9. _____

10. _____



Your score

100 – 80 Pack your bags?

79 – 60 Get serious about changing

59 – 40 Make some adjustments

39 – 20 Room for improvement

19 – 0 Doing well

Your takeaway



Tips for a healthy relationship

- 1. Dishonesty** -- Ask yourself: *Is this True, Kind and Necessary?*
- 2. Unrealistic expectations** — *Honestly separate out your “wants” from your “expectations”; Is this realistic given the circumstances; Mantra...”you just might find, you get what you need!”*
- 3. Not managing emotions** -- *Label and Externalize the emotion: (I’m having a feeling called _____); Observe the emotion; Use the energy constructively!*
- 4. Attempting to change them** -- *Find the Good in what they do, in who they are!*
- 5. Lack of engagement** -- *Exercise: Hold each other, look into each others eyes and breathe together for 1 minute!*
- 6. Insisting on being right** -- *I like _____ about your idea! I especially like _____ about your thinking!*
- 7. Being unconscious/unaware** – *Honestly answer: How’s that working for me...for them...for us?*
- 8. Selfishness** – *Develop your compassion: What do they struggle with? How can I help them with their suffering?*
- 9. Relationship destroyer #9** _____ -- _____ !
- 10. Relationship destroyer #10** _____ -- _____ !

Resources for change

www.coachic.com/leadership

Magellan

- Counseling/EAP
- Training/Webinar
- Website

Your Employee Assistance Program

**Call toll-free or visit us at
www.MagellanHealth.com/member**

24 hours a day/7 days a week

Thank you!

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