

Relationship Success

Do You Have What it Takes?

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Relationship success is not easily accomplished. What appears to be wonderful at the beginning can deteriorate rapidly if you haven't learned what it takes to create relationship success and how to communicate with love.

Everybody is just looking to be understood, accepted and loved - without being required to change anything at all. We all want to keep things exactly as they are - and then add a person into our life who will just fit in, so that we don't have to change anything.

What appears to be destructive or self-destructive behavior, inappropriate or demeaning actions, or behavior that is obviously ignoring your repeated requests - is often merely behavior that is designed and intended to be self-soothing, at the moment, for the person exhibiting the behavior. However, when you are involved in a close relationship, any close relationship, your habitual self-soothing behavior can, and often does, negatively affect the other person. Self-soothing at the expense of sharing and loving behavior can cause even the most seemingly wonderful relationships to deteriorate.

When you get into a relationship with someone, anyone, nobody owes anything to anybody else. Your partner does not OWE it to you to be kind and loving, to satisfy your needs - any of your needs. All that he or she has to do is be himself or herself - whatever that is, no matter how selfish it appears to someone else. All you have to do is be yourself, no matter how needy or demanding you appear to someone else.

So, you and your chosen partner are just looking to be understood, accepted and loved. Your partner's and your behaviors that annoy the other person are probably just attempts at self-soothing. And, you and your partner owe each other nothing in a relationship. How do you handle all those emotional ups and downs, hurts and rejections, differences in style, and unfairness that inevitably arise between two people in relationship?

You've heard this word before: communication. We all know that relationships require communication. So we communicate - "You're so selfish." "You have to change this...." "You didn't listen to me...."

What leads to relationship success is not just any kind of communication blasted at the other person to satisfy your own self-righteousness or self-centered demands. There is only one kind of communication that leads to growth and deeper love and success - loving communication.

Loving communication starts with "I", not "You." Loving communication involves a soft expression in your eyes, a relaxed expression on your face and body language that is open and receptive. Loving communication is not just blasted at the partner, but spoken at a time and in such a way that the partner is most likely to be able to hear and respond lovingly to the words. Yes, you may get angry and upset and lose your composure for awhile. But then when your emotional balance returns, you can reach out with compassion and wisdom and make immediate amends.

Loving communication requires one more aspect that many of us leave out of the equation. Essential for any successful relationship is a sense that each of you feels unconditionally loved, respected and accepted, regardless of your current outward behavior. Many of us think we are loving, but our partners and friends may disagree. Successful relationships require communication and emotional skills that most of us have not learned. Yet there is so much help and guidance available if you only reach out to take advantage of what is available. Learning how to love may be the most important lesson of your life. Are you ready to begin?

Here are 5 tips to increase your potential for creating loving relationships.

1. Share openly and honestly about what you really feel, not what you are pretending to feel, not what you think a "strong man" or "sexy woman" should feel. Don't assume you know what another person wants or needs unless you have heard words and observed their body language and you see that both match. Even expressing hurt and anger can be incredibly healing and bring both partners closer when expressed and clarified and followed by apologies, hugs and a sense of greater mutual understanding.
2. Connect with each other regularly by phone, text, or finding at least a few moments to

talk about what matters most to each of you. Be a source of comfort and understanding for each other. Develop a solid, trusting friendship over time.

3. Be vulnerable with each other while maintaining a sense of independence. There is a delicate balance between being too needy, too dependent/co-dependent, and being too independent so that the other person feels powerless. Being needed and valued is important for both partners to feel.
4. Spend fun time together doing new and different and exciting activities. Create a sense of lively adventure often to prevent that sense of dullness and boredom from setting in and slowly chipping away at love and passion and desire to please.
5. Find different ways to show you care. Appreciate what you do have instead of always thinking there is something better out there. Remind yourself of the reason you originally connected, what attracted you, what you liked and loved and admired and what qualities bring you pleasure, safety and satisfaction.

If those 5 simple tips feel impossible for you to implement in your current relationship, it may be time to seek counseling or start having some heart to heart conversations with your partner. Love is a work of art in progress and it requires time, patience, and diligent attention. Study your relationship and learn the keys to making it better and better over time.

[Contact me](#) for a consultation.

Get started now to build the loving relationship of your dreams.

READ A HEALING BOOK



LISTEN TO HEALING WORDS



HEAL THROUGH LOVE AND TOUCH



Warmly,

Dr. Erica

Relationship Healer Helping You Heal Through Love

Remember *Where There Is Love There IS A Way*