

Building Trust & Strengthening Relationships

Relationship Resolution**With Yourself**

Don't rush the process. Clear authentic communication takes time. Practicing this will help you both hear and understand the other more clearly.

The struggle

You're not doing what I want with this problem you have.

*The solution*

Solving problems isn't about getting your partner to do what you want.

Whose problem is it? Relationships normally have three types of problems; *your* problems, *your partner's* problems and the *relationship's* problems. The challenge here is to first take care of our own problems, and allow our partner to handle and solve their own problems. As you both do this, you love and support each other in the process. In situations which involve both of you, it is important to come together to problem solve and find a resolution that works for everyone. Too often we allow our partner's problems to become ours, and we get frustrated when our partner doesn't "fix" their problem in the time or way that we want.

Solution: Look closely at what you want your partner to do with a problem. Is this a situation or problem which solely belongs to them? If it is theirs, allow your partner the space to deal with this themselves (or not). If they choose not to, you now have a relationship problem which requires a different conversation. Maybe this is a deal breaker, or something which is not a "need to have" and simply a "nice to have". Maybe you can let it go. If not, then you must address the problem YOU are having with this, and let them be. The goal in relationship problem solving is to own our own problems, solve joint problems together, and do it all with love, respect and support of each other.