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5 ESSENTIAL SKILLS FOR A HAPPY RELATIONSHIP



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Important Note:

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Thanks for sharing it with your friends!



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A B O U T C R E A T I V E C O N F L I C T R E S O L U T I O N S

Creative Conflict Resolutions is a group of people working from Fort Lauderdale, Florida to promote more harmony and joy in your relationships.

WE CARE ABOUT:

- Providing fast and easy solutions for inter-personal conflicts;
- Managing and transforming anger into cooperation;
- Healing deep hurts that cause hostility to appear;
- Inviting people to reconcile and appreciate each other.

HOW DO WE DO OUR WORK?

By developing educational materials, like our ebooks:

["The Art of Positive Conflicts: Transforming Confrontation into Relationship Harmony"](#)

["Love, Anger and Trust: Embracing the Passive Aggressive Relationship,"](#)

By offering personal coaching, through Coach Nora's personal site:
<http://www.norafemenia.com>

By inviting our clients to participate in live online presentations on issues of interest, like conflict solving techniques, parenting skills, listening skills, etc.

We would like to hear from you...and what are your interests and needs! Feel free to write and tell us what are you concerned about in your relationships, and how we could provide the help you need.



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Please write us at: info@positiveconflicts.com



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T H E I M P O R T A N C E O F R E C O G N I T I O N

This skill focuses on the ability to appreciate the positive aspects of everything around you: and if you are in a relationship, all that concerns your partner. Instead of having a perception of a glass half empty, you should instead focus on the **"glass half full."**

It takes sustained practice, because all of us have been educated with a critical view. If you are an engineer doing a project, this is a very critical skill, because keeps you apprised of what can go wrong and derail the project. So, you are as good as you can be very critical, focusing on what needs improvement.

But with people in relationships, it is the other way around: as much as you focus on the negative aspects of your partner and try to begin the project of **"improving him or her"** the more the other person feels not accepted and evaluated in a negative manner.

You are in a relationship to support and enhance the positive aspects of your partner. In a sense, you have chosen each other because **we all want and need someone else who can be for us "warts and all;" who can accept and appreciate all of our aspects.** This kind of attitude is generally called love.

Remember that whatever you focus on, tends to take center stage: if you focus on a negative trait of your partner, like her tendency to be late for appointments and dates, then this trait will become prevalent and negate the perception of other positive traits that attracted you to her before. So, let's begin:

- Every time you need to talk about some changes needed, begin recollecting the good things done;
- Try to find a positive thing to comment on daily;



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- Don't you dare to mention negative aspects without talking about how good the positive ones are, **first**.
- If the results are awful, praise the good intention;
- Be very creative and find unexpected aspects to praise: a busy person that accomplishes everything could be praised for her constant smile, or his good disposition even along the busiest day;
- Don't be mean, don't link praise with immediate critique: "you did well, but forgot this part." In this case, the "but" will cancel the praise. The two propositions don't need to be linked.

Apply this techniques for a while and you will see a change in the quality of your relationship, having more trust, and pleasure in the mutual company.

If you care to improve the way you feel in company, and wish to make other people feel happy with you, this small effort in applying the FIVE SKILLS will be very productive.

Eager to learn more? Do you need encouragement, practical ideas, even coaching to apply those suggestions in your own life?

HELP is very near! --> [Click here](#)

And you can have even a FREE online coaching session! PLEASE, [write to us](#), with your big, urgent concern and we will answer!



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D O Y O U W A N T T H E P O W E R O F
M A K I N G T H E O T H E R P E R S O N
F E E L R E A L L Y U N D E R S T O O D ?

HOW TO BUILD TRUST AND CONFIDENCE THROUGH LISTENING SKILLS

This is a crucial skill, the lack of which can be really damaging for your relationships.

A good listener communicates both interest and respect. If we are good listeners, we will avoid jumping in to direct the conversation, or breaking in to make remarks that take the focus away from the person who is talking.

We will avoid being centred in our own thoughts, or let your mind wander or anticipate and block the person from developing his or her own ideas at their own pace.

This is an active process where we try deeply to understand what the other is saying, and why. We let others tell their stories, in their own way, while we attend to the content of the story, but also capture the feelings included in it.

When you listen, you try to take a seat in front of the speaker, maintaining eye contact, and a good posture.

The listener should practice two skills:

1. USING FEELING-INCLUDED RESPONSES:

"As I hear you saying, the fact that your boss stole your presentation and used it as his own product, made you feel abused and deceived.."

"It looks to me that John said things to you that made you feel like he is not interested in you any longer, and also he left you without warning



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waiting for him at the movies, and it felt to you like you were abandoned, right?"

2. WATCHING FOR BEHAVIORS THAT INTERFERE WITH GOOD LISTENING:

- Do not offer any advice.
- Do not do a sermon, now is not the time to say "I told you so" or say "it was your fault" .
- Do not interrupt and tell about your own time when you felt in that way! It takes the focus off the other person.
- If you feel like so, make a summary:
- "It appears to me, if I hear you right, that the whole situation of being fired so soon after being hired has left you very confused and unsure what to do for the search for a new job.."

And then, verify:

"Have I understood what you told me well"?

"Is this what you mean? Or there is something else that I don't get?"

PRACTICE MAKES PERFECT!

If you need more information, more practice or more encouragement, please, do [email](#) us to schedule your FREE coaching session, or keep learning good, practical and effective strategies to improve your relationships from the ebook:

["The Art of Positive Conflict!"](#)



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T H E T O P S I X P R E D I C T O R S O F A L O N G - L A S T I N G R E L A T I O N S H I P

1. FREQUENT DEEP, HONEST COMMUNICATION:

Verify how the other person feels about the relationship OFTEN. Ask, ask and ask! Without asking, you will assume that everything is OK, when it could not be...

2. OPENNESS TO ACCEPT OUR OWN MISTAKES:

Both sides know and accept gladly that they could eventually be wrong, regardless their perceptions, and thus they are open to verification of assertions. And, of course, both know how to apologize graciously..

3. ACCEPT THE DIFFERENCES:

There are many...what used to marvel you in the beginning, how different the other was from your own experiences, now is a source of irritation.

STOP, and remember that you are in a relationship exactly because the differences were exciting and a source of learning.

Think of the differences as assets and always ask: "Do you have a different opinion"? before proceeding to implement a joint decision.

Accepting that a difference exists is not the same as changing your views.

You can learn more about how to agree to disagree in the eBook
[The Art Of Positive Conflict](#)



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4. CULTIVATE YOUR INTERESTS:

Don't think that you have only to pursue shared interests... having your own pet hobbies will give you a different take on reality, where from you can share with the other person your learnings.

5. GO THE EXTRA MILE:

If something is required from you, at the home or elsewhere in the relationship, just deliver promptly and with a smile. Do something extra; it builds a lot of good will for the future.

6. HUMOR:

Don't take yourself too seriously; you are only a little bit of the universe, and looking at yourself in this context is very humbling. Be sure that you do your life mission, though.

STILL concerned about the quality of your love relationship? Are there too many confrontations and too little humor and fun? WELL, you have some resources very much at hand....

Want to Get Results Faster?

[Click Here](#) ,To try our FREE email coaching session Today.



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A R E Y O U R D A I L Y D I S P U T E S
E S C A L A T I N G O U T O F
C O N T R O L ?

Escalation is the progressive use of aggressive communication during a fight, be it yelling, calling names, making accusations increasingly hostile, and in general intending to silence or scare the other person.

It is produced by our perception (probably imaginary) of the other person's bad intentions, which prompts us to defend ourselves by attacking.

You can be under stress, having an emotional bad time or a lot of frustration, but escalating any dispute beyond what is a normal dispute has a very high price. The other person ends up scared, intimidated and loses any hope of a rational, respectful conversation.

Look out for these signs that your fight or confrontation is posed to escalate more, and remember that NOW is time to do some repair work in order to avoid relationship destruction.

WATCH OUT FOR THE FOLLOWING INDICATORS, BEFORE THE DISPUTE:

. Message is sent that "all is wrong," but there is no open discussion to improve.

- People sulk, whine, withdraw or explode over small slights.
- More detachment and non-involvement than ever .
- Escalation of "omission behaviors": more promises forgotten, etc.
- Demeaning partner in public by using sarcasm or criticism.
- One side withholds important information, or "forgets".



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- Or refuses to share financial information with the other.
- Conversation is impersonal, only about neutral things.
- Self-destructive behavior, drinking, drug use, overworking.
- Walking around without a word, in silence, for long time.

Now, Can You Count Your Results?

How many + results did you get, from the ten situations described above?

If you get more than three or four, it is highly possible that you will have a yelling match if you want to bring up the issue of how much hurt you are because of this kind of distance in the relationship.

Understanding the real roots of anger and escalation will make it easier for you to take a step back and send the message that is needed to stop aggression

To learn more about the true reasons for people to do conflict, visit



"The Art Of Positive Conflict"



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The situation is already tense, and there is some distance between you two. It depends from the kind of approach you use, that you can clean the tension and be in normal terms again. Beware of beginning any conversation with the phrase: "Because you do...."

You need to learn how to do assertive, not aggressive, behavior:

Begin the conversation with:

"When you (include the behavior to talk about) I feel, because..."

"When you forget to pay the bills, like this month, and we have problems with the credit cards, I feel concerned because our credit goes down"

"When you critique my clothing in public, like last night at your buddy's home, I feel sad, because looks like my taste is not appreciated."

This technique is geared towards bringing up the upsetting behavior in a way that it does not provoke a shouting match: you want to invite to a conversation on the impact of the behavior on you, but no yelling or name calling. If done with the right voice intonation, it invites to a "conversation about us" that focuses on how to improve the behavior, but is not accusatory.

IF you want more techniques to assert yourself without conflict escalation, the best resources are all packed together in the ebook:

["The Art Of Positive Conflict"](#)

Need Help Right Now?

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P R A C T I C A L T I P S W H E N T H E R E
I S T O O M U C H A N G E R I N Y O U R
R E L A T I O N S H I P

When there is some residual anger, probably it has been before a build-up of negative reactions. Things are said, probably with best intentions, but incomplete or ill explained, which create a negative perception. We are so busy that have not the time or the skills to measure up every day how is our relationship doing: we let it go in automatic pilot and then get utterly surprised when things blow up in our faces.

If there is anger, both partners are in a difficult situation. If you have not agreed beforehand on how to restore the relationship when the fight happens, you need to be creative:

1. Avoid ignoring the situation, because even when convenient, silence is the more damaging thing you can do! You add insult to injury in this way, and send the message that you want to ignore the other person's pain.
2. Doesn't matter any longer who is right or wrong on the dispute issue, you need now to bridge the gap by apologizing.
3. Restore the communication in creative ways, if you don't dare to speak: send a mail message, try a phone call, and leave a post card on your partner's side of the bed; bring flowers, or music.
4. Redouble your efforts to perceive the hurt of both sides under the anger....What is hurting you now? What are the needs unsolved that prompted the fight? What are your partner's unsolved needs?
5. Next time, try to have a conversation when both sides are at peace and contented. The idea is to learn from the experience: What needs caused the explosion? How can we check the level of needs before people feel so aggravated as to need to fight? What ways of communication can be included? How often do we need to check



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needs/anger build up?

Plan for the next fight, applying the learning on how to do fair fighting. This is a wonderful way to confront without anger or resentment, so both sides are on the same page concerning your reciprocal needs.

To learn more on "Fair Fighting" techniques refer to chapter 4 of the Positive Conflicts eBook, [click here](#).

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R E S O U R C E S

Coaching by Coach Nora:

www.norafemenia.com

Positive Conflicts Discussion Forum

<http://forum.positiveconflicts.com>

Earthling Communication

<http://www.earthlingcommunication.com/>

<http://www.earthlingcommunication.com/blog/>

Abuse Prevention Centers:

http://www.womanabuseprevention.com/html/emotional_abuse.html

[Center for Health and Gender Equity \(USA\)](#)

[Center for the Prevention of Sexual and Domestic Violence \(Seattle, Washington\)](#)

[Center for the Study and Prevention of Violence \(Colorado, USA\)](#)

[Domestic Violence & Incest Resource Centre \(Australia\)](#)

[Family and Intimate Violence Prevention Team \(USA\)](#)

[Family Violence Prevention Fund \(San Francisco, California\)](#)

[Living Without Fear: An Integrated Approach to Tackling Violence Against Women \(U.K.\)](#)

[National Coalition Against Domestic Violence \(USA\)](#)

Divorce Prevention

[Save My Marriage Today :](#)

www.lightyourfire.com/divorce-prevention.htm

<http://www.familydynamics.net/divorceprevention.htm>

<http://www.judithbarnett.com/divorce.htm>

Anger Management

<http://www.angermgmt.com/angertoolkit.asp>

Mediation Training

<http://www.learn2mediate.com/index.php>

www.mediationworks.com



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Manifesting

Manifest Life

Ask and It Is Given

<http://www.askanditisgiven.com/>

Meditation and Centeredness:

www.meditationcenter.com

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