





Relationship Rules: The 4 Secrets to Caring Communication™

We can escape The 4 Relationship Titanic Traps of Assuming, Blaming, Criticizing and Disrespecting. The Four Relationship Rules all start with the letter A, so they are easier to remember...

	<p>Access inner freedom</p> <ul style="list-style-type: none">• Begin every day and every communication by making sure you are breathing deeply and fully. Also, make sure you are feeling warm, well-rested, well-fed and well-loved.
	<ul style="list-style-type: none">• Appreciate everyone in the situation (look for the good in yourself & others, and mention it). I use a magnifying glass as a symbol of appreciation because when you're frustrated, appreciation can take a little detective work.
	<ul style="list-style-type: none">• Ask questions & ask for what you want. The clearer and simpler your request, the better your chances of getting what you need.
	<ul style="list-style-type: none">• Actively listen for feelings & needs. <p>For example, you can say things like, "Are you feeling anxious (angry, sad, overwhelmed, excited...)?" or "Do you need safety (love, stability, connection, freedom...)?"</p>