



## Experiencing Relationship Difficulties Couples ~ Families ~ Groups

*"The only thing worse than having a relationship in trouble is to have a relationship in trouble and be in denial about it" - Dr. Phil McGraw*

A relationship is like a 'dance', and a complex one at that! Imagine trying to dance the Tango without learning some basic steps, or to continue dancing the Waltz without treading on another's toes, when your partner keeps slipping in another step? Some questions that may be worth thinking about:

- Do you struggle with conflicting needs for closeness and individuality?
- Is it difficult for you to be 'yourself' when with a significant other or with someone in authority?
- Does it always seem to be the other person's fault?
- Do you feel you are 'heard' in your relationships with those emotionally close or with those in authority roles around you?

Life is lived in relationships with others and communication happens at many levels. Only 7% of communication is verbal. The greatest part of our communication comes from our physiological behaviour, such as body language, tone and pitch of voice, facial expressions etc. More often it is what is not being said, or what is being assumed, that can cause significant confusion, chaos and upheaval in our relationships.

The Scottish bard, Robert Burns states "Oh whit a gift God wid gie us, Tae see oorselves as ithers see us". Being able to understand what it is that you do, how it is that you are, that contributes to how others behave or act towards you can indeed be the greatest gift to receive in life. This awareness enables you to make conscious choices about how you want to relate to others and about how you may wish to allow them to relate to you, then learn how to make that happen.

Working in a safe coaching or therapeutic environment with a partner, your family or within a business or social group can greatly enhance understanding of your own and of other people's contribution to the success—or failure—of your relationships or your communication goals.

Coaching or Psychotherapy can offer you considerable support and guidance if you are struggling with business, social or emotionally close communication in your relationships.

I encourage you to contact me if any of the above has meaning for you when I will be happy to share with you how this process may be useful for you.

**Further Resources:**

**Relationship Rescue** - Dr. Phil McGraw  
Hyperion Books ISBN: 0-7868-8598-X

**Really Relating** - Jansen & Newman  
Random House ISBN: 0-09-184006-6

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