

## Analyse Your Relationship - How to interpret your answers

	If you answered:	Interpretation: Everyone is different so it's hard to tell without seeing you or even speaking with you, however here are a few things you could try...
Q1	<p>1 - Completely                  2 - Sometimes                  3 - Not very often                  4 - Never seems to</p>	<p>Explanation: Whatever your gender is, normally one of you will have more masculine energy and the other will have more feminine energy which means you are opposite in the way you think and therefore the way you understand each other. Now add to the pot different cultures, religion, etc which makes understanding each other even harder.</p> <p>If you answered 'sometimes', 'not very often' or 'never seems to' try, then check it out by:</p> <ul style="list-style-type: none"> <li>• Asking what needs to happen for him/her to understand you</li> <li>• Telling him/her how you feel emotionally</li> </ul> <p>If you answered 'completely'...that's wonderful but do not take your loved one for granted.</p>
Q2	<p>1 - Very difficult                  2 - Fairly difficult                  3 - Fairly Easy                  4 - Very Easy</p>	<p>Explanation 1-4. As above, differences will affect how easy it is to live together. Now add to the pot all your past relationships, including parents, friends and partners/marriages. All relationships are challenging so you bring all your past challenges and he/she brings all their past challenges, so it's not easy. Of course both of you also bring all the good things from each relationship too.</p> <p>If you answered 'very difficult' or 'fairly difficult' or 'fairly easy' try...</p> <ul style="list-style-type: none"> <li>• Saying how you feel emotionally eg 'I feel hurt when you say/do that'</li> <li>• Or saying 'I feel sad when you say/do that and what I would prefer you to do/say is...'</li> </ul> <p>If you find it very easy, that's wonderful however at the same time, do not take your loved one for granted. As all relationships need to be worked at all of the time not just when they are challenging.</p>
Q3	<p>1 - Fully agree                  2 - Agree to an extent                  3 - Disagree to an extent                  4 - Fully disagree</p>	<p>Explanation 1-4. There have been many couples who despite their love for each other, find their loved ones impossible to live with. However with work and both being willing to change how they operate within the relationship, it is definitely possible to live together well.</p> <p>If you have 'fully agreed', 'agree to an extent' or 'disagree to an extent' then you need to sit down with your loved one and discuss how you can move forward by giving to the relationship and not to each other. You see, if you compromise, neither of you will be happy, so it's not about compromise, it's about giving to the relationship...not giving up something but giving something no matter how small.</p> <p>And please start with baby steps! You didn't learn to</p>

		<p>walk straight away, you took one step at a time and you fell down sometimes and had to hold on other times.</p> <p>If you ringed ‘fully disagree’ then do not take each other for granted...express your gratitude to your loved one for being able to live with you and congratulate yourself for being able to live with them.</p> <p>Don’t give up on what you are doing.</p>
Q4	<p>1 - I don't know what to do  2 - I have a few ideas but might not work  3 - I have a few ideas and they might work  4 - I know what to do</p>	<p>Answering 2, 3 or 4: just be careful that you are not manipulating your loved one otherwise keep trying different ways until it works.</p> <p>Answering 1, 2 and 3: try being honest and say “I feel stuck” then talk about it together openly.</p> <p>If it’s appropriate, tell your loved one something good about them and then say what the problem is and then say something else that’s good about them.</p> <p>This way they won’t feel like you’re blaming them but trying to understand what’s happening between you.</p>
Q5	<p>1 - Fully disagree  2 - Disagree to an extent  3 - Agree to an extent  4 - Fully agree</p>	<p>Explanation 1-4. Listening is really important in a relationship. So if you have answered 1 carry on feeling heard and make sure you are listening too.</p> <p>If you have answered 2, 3 or 4: If we don’t feel heard then we feel like we’re wasting our time or we keep saying the same things over and over in the hope that we will be heard.</p> <p>The important thing is to make sure you demonstrate good listening skills and that means really listening, not nodding your head or saying yes or no but silently listening to every word. It does rub off. However it can take a little while so perhaps you would be willing to ask your loved one if they would practice a little exercise with you which is:</p> <p>Sit opposite each other and agree who starts talking. If you do, they must just sit and listen...do this for 2 min to begin with, then swap over and you listen for 2 min.</p> <p>Spend another 2 min each feeding back what you just hear the other saying. Spend up to another 4 min discussing what it was like for you.</p> <p>As time goes on you can increase the amount of time you do this for. This is a very powerful exercise to do but you must find space in your days to make the time to do it.</p>
Q6	<p>1 - Fully agree  2 - Agree to an extent  3 - Disagree to an extent  4 - Fully disagree</p>	<p>Explanation 1-4. To what extent or otherwise do you agree with this statement? “We argue over small things.”</p> <p>It is quite often the small things that start to irritate us and then one day that small thing becomes enormous and “bang” we’re in a full-on argument eg the toothpaste cap not put back on the toothpaste is very</p>

		<p>irritating for some; dirty pants and socks lying around; untidiness.</p> <p>These sort of arguments tend to start happening just when the rose-coloured glasses come off and everyday you're faced with your loved one and their not so good habits. Please remind your loved one of their good habits before you say anything about the not so good ones.</p> <p>No-one is perfect - not me, not you and not your loved one, so catch your irritation early, become more aware of your loved one, your surroundings and yourself in every moment of every day. If you catch it early, then you can approach it calmly.</p> <p>I imagine if you answered 2, 3 or 4 that you already are more aware and deal with any irritation calmly or do you just bury it and say nothing.</p> <p>You do have a right to say when you don't like something, however please tell your loved one what you do like either side of what you don't like ☺.</p>
Q7	<p>1 - Fully disagree 2 - Disagree to an extent 3 - Agree to an extent 4 - Fully agree</p>	<p>If you answered « fully disagree » then this may not be useful to you.</p> <p>Support is part of a relationship, however, sometimes we don't always agree with our loved one. It is important, if we don't agree, that we are seen to support each other in public (particularly in front of children, if you have them) and then to talk about the disagreement in private.</p> <p>If your loved one is not supporting you, look at what you're doing and how you're feeling. For example : Maybe you don't feel worthy of their support.</p> <ul style="list-style-type: none"> <li>• Has this suddenly happened ?</li> <li>• What's different ?</li> <li>• Why are they not supporting you in this issue?</li> </ul> <p>In other words, we need to take responsibility for ourselves and look at what we could do differently to have their support. We could ask them:</p> <p>« Why ? » « What would need to happen for them to give their support ? » If they don't know, ask « What if you pretended to know, what would it be ? »</p> <p>This avoids blame which is not useful in any relationship.</p> <p>You could also suggest that they support you in front of others and then talk with you in private.</p>
Q8	<p>1 - Fully agree 2 - Agree to an extent 3 - Disagree to an extent 4 - Fully disagree</p>	<p>Explanation 1-4. Whatever your answer, this is not a good way to live. You must say something, however do it carefully, gently. Of course it depends why you feel you must step on eggshells.</p> <p>Say something like, « I'm wondering if there's something</p>

		<p>on your mind as you don't seem yourself. » Of course there may be nothing consciously on their mind or wrong as far as your loved one is concerned. It might just be that you are feeling very sensitive. If they say there's nothing wrong, then say that you've been feeling as if you have to step on eggshells with them.</p> <p>Stepping on eggshells infers that you are afraid they might do or say something you won't like or scared of, so explore your fears - why are you afraid ? What's the worst thing that could happen ? What's the best thing that could happen ?</p>
Q9	<p>1 - Fully agree 2 - Fully disagree</p>	<p>Explanation 1-4. Physical violence is not acceptable. If this is the case and you both love each other, then you must see a counsellor in order to sort it out. You must both be sure of your love for each other.</p>
Q10	<p>1 - Fully disagree 2 - Disagree to an extent 3 - Agree to an extent 4 - Fully agree</p>	<p>Explanation 1-4. If you answered 2, 3 or 4 then I imagine you may have a lack of self-worth and you may not value yourself. Remember, everyone is important, everyone, including you. It's not really about being right or wrong however start looking at what you do right because you do lots right.</p> <p>Then look at all your achievements and go back to childhood - you got it right when you learnt to walk and feed yourself, etc. It is really important to feel worthy and value yourself and then you allow others to see you as worthy and they value you.</p>
Q11	<p>1 - Fully agree 2 - Agree to an extent 3 - Disagree to an extent 4 - Fully disagree</p>	<p>Explanation 1-4. It is possible that you loved one gets it right <u>but</u> not for you. Your loved one will never be perfect, neither will you be perfect. You must say what you want in your relationship.</p> <p>What is it you want them to do or get right for you ? Ask for it. I can't promise you'll get it but if you don't ask you may never get it. Tell your loved one why it's so important.</p>
Q12	<p>1 - Fully disagree 2 - Disagree to an extent 3 - Agree to an extent 4 - Fully agree</p>	<p>Explanation 1-4. If this is the case, ask them to stop and ask them to do something you do want. Before you do this, tell them what they do that makes you happy. Afterwards, tell them another thing you're happy about.</p>
Q13	<p>1 - Fully disagree 2 - Disagree to an extent 3 - Agree to an extent 4 - Fully agree</p>	<p>Explanation 1-4. This is the case most of the time and it's useful that you can see that. One of the things I say about relationships is that we all repeat problems over and over until we change.</p> <p>To change, means not focusing on the problem and how it's been in the past but looking at how we want the relationship to be now. Look at other couples and notice what you like about their relationship and wish you had in yours.</p> <p>Then start pretending that you are the person in that relationship, that is, start acting and speaking as they do. Or look at couples in films, on TV or in books and do the same. In other words, find the relationship you'd</p>

		like to be in and start practicing how the person is in that relationship.
--	--	--

**Do you have any more questions after doing this survey? Do you have a feeling that you need to do something about it and have done for a while?**

I want you to give yourself permission to ring me to discuss a relationship issue that might feel very real and worrying to you, even though you may feel stigmatised by it. We may need to book some time, but I am often here by the phone, and for a short period of about 10 minutes, we will discuss what is worrying you, and how I can help.

It is far too short a time to get to the heart of a problem, but in that short time, we should be able to identify something about the problem, what may need to be done to improve things, and what to do next.

**So if you are feeling drained by a relationship problem, and you do not know what to do, please call me on 020 8440 0495, for a confidential 10 minute discussion.**

*You will be very glad you did.*

Anita Jackson