



Strategies To Help
Nine Key Strategies
To Creating
A Great
Relationship



Helping Women Create the
Relationship They Desire.



“ Do You Know How To Make Your Relationship Great? ”

While yours may be just fine for the most part, every relationship has its struggles now and then and could use a little help over the bumps. There are strategies you can use to not only help you through these difficult times but also to enhance the good times.

Leanne has developed ***Nine Key Strategies to Creating a Great Relationship*** to help you move your relationship in the right direction. See how these nine tips can help:

- 1. Know that it's perfectly normal to have relationship struggles from time to time.** Even the best couples have their ups and downs. If you're expecting your relationship to be conflict free and always perfect, think again! When you're having a difficult time, try to stay positive -- think about the good times. Don't make any long-term decisions until the smoke clears.
- 2. Paint your ideal relationship picture.** Know and define what your relationship needs are, then ask yourself "Are they being met?" Everyone's picture is different. Some people are perfectly happy with financial struggles, for example, but for others, that's a deal breaker. Identify what you're looking for and focus on creating it.
- 3. Identify your strengths and weaknesses.** Each of us has something wonderful to offer our partner. Unfortunately, we also all have areas in which we can improve. Take some time to evaluate what your strengths are both inside and outside of your relationship. In addition, do some soul searching and honestly identify the areas of your personality that could be improved. Take responsibility for your weaknesses, and work to improve them.
- 4. Use your strengths to enhance your relationship.** Your strengths can only help your relationship if they're applied correctly. For example, you can use your communication skills to let your partner know what your needs are. Or you can apply your patience when you're waiting for your partner to be ready to leave for dinner. You can apply your nurturing skills when your partner is in need of comfort. Whatever your strengths are, use them to your advantage.

- 5. Realize your feminine side.** It's okay to be feminine and vulnerable. So many women have been taught to be independent and capable that we fail show our soft side. Sometimes it's good to be a girl! Let someone open the door for you or carry something heavy. Have a good cry. Allowing your partner to do some stereotypically masculine favors for you not only makes you feel good, but him, too.
- 6. Clearly and openly express your needs.** Women are very intuitive. When we ask something of one another, it more often than not is understood because we can almost read each other's minds. With men, however, that's just not the case. Men aren't dense, just different. If you want your needs met, it's not enough to just tell your partner what not to do -- you must also tell them what to do instead. If it's a hug you need when you're crying, tell him. If it's help around the house you need, give him specific details as to what you want him to do. It would be ideal if men could read our minds, but they can't. Provide specific, detailed, clear behaviors to help them give you what you need.
- 7. Take care of yourself.** Take time out of your busy life to do something that will put a smile on your face. When we're feeling stressed, we exude it at home, work and even at the grocery store. Stress is not good for any of us, and we function at a lower level when we're stressed. Stress also affects our health. When you take care of yourself, you become a better person in all areas of your life. Why not go for a walk or get a massage? If you're overwhelmed, don't bake the cake for the family party -- get one at the store instead. Talk to your friends. Read a good book. As nurturers, it's important to care for those around us, but we must sometimes put ourselves first. If we don't, taking care of others will become stressful and may build resentment.
- 8. Focus on gratitude and staying positive.** We often get caught up in the minutia of our daily lives. When something challenging arises (your child breaks their arm while out playing with friends), try to keep it in perspective. While it's not OK to turn off your emotions because "others have it worse," it is OK to have some perspective. We all can find incredible things to be grateful for which we don't even think about. Stay positive by thinking about those things on a regular basis. The bad things, like a broken arm, won't feel so bad anymore.
- 9. Get the support you need.** In order to get the support you need, you first have to identify who can give it to you. If you need support because you just had a fight with your partner, turning to him for support may not be the best solution. While friends and family usually want to help, sometimes they'll only tell you what you want to hear rather than the difficult truth. If you have a good support system you trust, turn to them, and open up. You have a right to be heard and validated. If you don't have that support, then consider seeing a professional. They'll not only support you through your difficulties, but they'll help you develop a good support system you'll be able to turn to in the future.

Leanne's **Nine Key Strategies to Creating a Great Relationship** can help you create the great relationship you're looking for. Use the strategies above to work towards a more positive relationship experience. Sometime even if just one of you works on things, the other responds positively. If not, try using them together to get back that loving feeling.

Leanne Hart is a professional therapist, speaker and educator with over 20 years of experience helping women create the fulfilling relationship they desire. She has helped move hundreds of women from relationship confusion and frustration to clarity and understanding. Leanne works actively with her clients, using her expertise in relationship behavior and dynamics, to help women get what they are looking for in all their relationships. Leanne spends much of her time helping women work towards their goals of feeling connected, supported, understood and loved. Through her personal and professional experience, Leanne has developed a true passion for helping women understand their relationship needs and develop strategies to achieve them.

Get a free copy of Leanne's '*Relationship Appraisal*' and explore your relationship's potential.

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