

Ten Tips on Improving Relationships

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The quality of the significant relationships in our lives is the standard by which overall life happiness can often be measured. Enduring patterns of behavior that undermine these relationships, diminish the parties involved, and result in ongoing conflict or avoidance can be at the core of relationship difficulties. To change the tide from stressful to enriching relationships it is important to know what patterns of behavior people can adopt that promotes relationship health. Here are ten tips to ponder:

1. Listen to understand the other person's perspective.
2. Communicate what you think and feel in ways other people can hear. Avoid language that makes other people responsible for your feelings or attacks the other party.
3. Comment on the positive. Be generous with compliments.
4. Show appreciation. Social graces are not just for strangers.
5. Learn the fine art of compromise.
6. Don't sweat the small stuff.
7. Make time to share activities and interests.
8. Get good at forgiveness.
9. Share the work as well as the fun.
10. Keep expectations realistic.

When relationship difficulties persist and/or there are issues of drug and alcohol abuse or domestic violence, do not hesitate to seek professional help. Work/Life Connections-EAP counselors are available to assist at 615-936-1327.