



Keys to Connecting



The irony is that accepting one another exactly as we are, without demanding that the other change, is the greatest impetus for change in a relationship.



Simple steps that promote positive, constructive relationships are:

- Listening better,
- judging less,
- forgiving more,
- and relating with unconditional positive regard.
- Before arguing your point with a loved one, ask yourself: *Do I want to be right or do I want to be connected.*