

Excerpts from 'Deepening Your Relationship in 7 Words' by James Burgess

Here is a sample from the Ebook '*Deepening Your Relationship in 7 Words*' which in its complete form has 39 pages.

We hope these excerpts encourage you to purchase the complete Ebook which you can do by returning to http://www.7words.co.uk/ebooks/ebt_deepeningyourrelationship

We all want the perfect relationship don't we? But really there is no such thing. Still—we can do better than we are doing with our relationship by giving the matter more considered attention. First of all, we need to move out of 'cloud cuckoo land' and bring ourselves back to reality. In the real world there are problems, there are emotional upsets, there are misunderstandings, there is hurt, deceit and mistrust—and so much else that gets in the way of our perfect happiness. Many, and often the most painful, of these problems get triggered through interaction with our 'special other'. The sooner we acknowledge this, the sooner we can get stuck into the challenge of dealing with the difficulties that come up for us.

No

It's naive to think of a relationship without some degree of separation between the couple—each person has to be true to themselves or they'll be overwhelmed and eventually become resentful. It's better to deal with this openly and honestly—set your boundary markers and speak clearly about where they are. It's okay to say No when it's appropriate, even to a loved one—in fact in the long term this is more loving.

If No is weak you may need to take yourself a little bit more seriously and stand up for your point of view more strongly. Since we are talking about relationships, clearly you'll need to take an adjusted attitude towards your partner—an attitude that might be thought sometimes firm and unyielding. In the short term this could trigger conflict if the partner has no willingness to hear you. In the longer term, it must be remembered, you'll need to find a way to be yourself without being overwhelmed by another's will.

Boundaries

Respect is crucial to a successful relationship and this begins with self-respect. We need to love and respect ourselves before we can expect to receive these gifts from another. With self-respect we are more likely to let others into our life fully and without creating barriers. Yet without it, there is likely to be abuse and the closing down that follows. We need to be clear about the activities we're comfortable with, and firm about the things that we just cannot accept. Being assertive about our needs and wishes may be

scary, but it is important if we want a connection built on openness and honesty. In order to stop people from invading our boundaries, we need the strength to say No. If we can't find this, people will disrespect our needs and wishes, and we may feel confined in situations that we really don't want to be in. By learning to recognise and assert our own needs and desires with greater emphasis, we can build an inner strength, which somehow is noticed by others and tells of our clear boundaries.

Weak Boundaries

Mutual respect is primary, allowing both partners to have authority and power in equal measure; with weak boundaries this can easily tip out of balance. Flimsiness of borders is a matter that can affect many areas of our lives, and if you are reading this, it probably means that you have some such issues. It's good to acknowledge it because it seems important to be aware of the chinks in our armour; this allows us the possibility to develop and strengthen against them. Recognition is the first step towards making changes, so if we are on familiar terms with our weaker points, then we stand a higher chance of transforming them into assets.

Even if in some aspects of our lives we are okay with assertion, this will not always apply to all areas. In relationship, perhaps you find it difficult to say No to certain requests? Or maybe you are easily persuaded to do something else when you have already made prior plans? Perhaps you may unintentionally lead someone on because you feel unable to reject them? Often people with weak boundaries have a fear of confrontation; is this stemming from the fear of being disliked? The fear of hurting someone? The fear of appearing too aggressive? If so, think deeply about these fears—they may be based on false assumptions of the other person's views and feelings.

So how do we correct this and find a better balance? Well, a good place to start is by making small changes to develop assertiveness within the context of partnership. Learn to communicate your needs clearly, gently and early on, so lines can be drawn—allowing the relationship to develop out of an authentic position in which both partners respect each other. Learn to meet your own needs and nurture your own feelings—because if we are mature, we can't really expect anyone else to do it for us. By taking small steps to assert our needs and confront our fears, we are planting a seed of strength. This seed will grow and blossom, strengthening the partnership connection in truth and enabling a deeper level of concern for one another.

Goodbye

Goodbye—Keywords Realization, Decision, Completion, Moving On—is the word that tells of resolutions, ending what has been and being prepared for adventure. Relationship is a journey—so Goodbyes are certain. Maybe it's better to say goodbye to some of your habits than to your partner?

Life isn't always easy, it's very often a real struggle—and often the hardest times arise because we can't say Goodbye well. Some struggles end because we have 'succeeded' some because we have 'failed', although time eventually robs these two words of much meaning. The trick with saying Goodbye smoothly—through the 4

keyword stages shown—is to move on to something else that demands full concentration and complete involvement, an adventure for example.

Realization

There are times in every one's life when something happens that shows the deeper truth of a situation and we know—perhaps after a gradual dawning, perhaps suddenly—that now life is forever different. Usually it will be one of those 'ah ha!' moments and we understand that it can never again be the same. An era has come to an end.

In order to move fully into new relationships we need to first realize this: that *life has changed*. Transformations can be very refreshing, and yet of course scary too; change is not always easy, especially when it comes to relationships. Certainly the end of any intimate involvement is likely to cause dramatic modifications to our lifestyle, this is understandable; is it also clear that a new involvement can be equally dramatic, with all the emotional upheaval that it brings?

Weak Realization

We tend to build habits, and patterns of being that slot in with the partnership we have formed. If it ends, then so must the patterns and habits—because a new person will mean that we have to discover new ways of being. It is useful to be aware of this and not resist it. A healthy life undergoes change regularly, for without it we would run the risk of stagnating. Let the process of change take place, accepting it as a reality. Once we realize and embrace this change, we are then ready to move on to the next steps that will allow us to progress into new and exciting territory. This can make us feel unnerved, bewildered, happy, sad, relieved, fearful and so on... nevertheless there is no doubt that these emotions are all part of a process that allows us to move ahead in life.

We are invited to change every day, perhaps gaining new insights, new connections, and new directions—yet if we are not willing to do so, we risk remaining discontented with our lives and closed to future possibilities. What if we feel 'stuck' in our lives? What if we feel directionless? Unfortunately this is not uncommon. However, we are not helpless in this situation, we can reach into the power of it by realizing something previously unrecognised about ourselves. *What is it that needs to be different about me, so that I can move on towards a more fulfilling period?* It is we who make the choices that create these changes. Nonetheless in order to move on in life, to reach new zones, we will need to say Goodbye to certain unhelpful aspects of our past behaviour.

Decision

Once we have decided to make a change in our lives, it is important to take practical steps to realize it because nothing really happens while our choices are still just 'imaginable options'--gleams in our eye so to speak. The real work begins after we have taken a crucial decision.