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Choice Relationships: Choose to Change Your Relationship

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My Personal Insights:



One of the "truths" of life I try to help people see is that you can't change anyone or anything. The only one you can change is yourself and your reaction to a situation. But if you think about it, that really gives you a lot of power. You needn't passively wait for things to happen to you. I've just launched my new website,

Accepting That Which You Can't Change

So many of you start out in a relationship and like the overall person you meet. But as you get deeper involved with him or her, there are things that start to displease you and so you try to change those traits. This is a dangerous place to go. You've probably heard the expression that you can't change a leopard's stripes. I believe a person can change their character traits - but they have to want to. And it takes work. As far as the little annoyances or habits - well, that's another thing because those are more behavioral. But again, it's much more appropriate and respectful to think in terms of changing *your* reaction rather than the other person. Who they are is who they are. Once you get this, it will really help to improve your relationship.

Choice Tips:

1. When you badger your mate you are basically asking that person to make a change because you are pointing out something you don't like. Consider how important this behavior is to you. If it's really not, then learn to let it go.
2. It's really important for couples to spend time with each other - and for married couples with kids to make sure they have a "date night." But to really get the most out of the time you spend together, do something different, change the usual. It's been found that novelty increases the hormone dopamine which is linked to happiness and energy.
3. Change your attitude about what marriage is supposed to be. There is a difference between a happy marriage and using marriage as your main source of your happiness. The latter is just putting too much unrealistic pressure on

www.ChoiceRelationships.com

which looks at relationships from the vantage point of **Action = Reaction**. In conjunction with it, this newsletter will focus on change. Come on over and visit me at the new site!

Not a member yet? To receive your copy of helpful tips to create more satisfying and powerful choice relationships, simply fill in your e-mail address in the box below and click "Join." You will receive this newsletter once a month.

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- your relationship and it will likely fail the test.
4. Retirement is certainly a major change for couples. Not only do you have to be financially prepared to take this step, but you also have to consider whether you are emotionally ready. This is as much of a life change as having kids or becoming empty nesters.
5. Your relationship is not stagnant. Rather, it grows and changes and evolves. It needs work which includes you doing a periodic check-in with each other. After all, you do check-ups of your car.

Additional Resources I Recommend:

Having the proper expectations of marriage:
[Click here to Read!](#)

To learn more about badgering:
[Read the entire article!](#)

To assist you with your relationship check- up:
[Click here for your check-up!](#)

Empowering Tools and Information:

Look for a very special email from me in the next week or so - it will really help you change!!

email: drk723@aol.com

web: <http://www.drkarenshearn.com>

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