

with



THE  
**HAPPY**RELATIONSHIP  
COMPANY

*Everyone deserves a happy relationship*

## Emotional Support

Our clients tell us that when they come to see us about key events in either their personal or business lives, there are often emotional factors that cloud the issue. We are aware that our training and perspective leads us to focus on the legal issues. Therefore we have teamed up with the Happy Relationship Company whose skills in personal communication, coaching and therapy fill this gap. They have put together this help sheet to share some of their top relationship tips.

### **Acknowledge your emotions**

✦ Give yourself time to work through your feelings — they often carry important messages for you that are not immediately clear.

### **It's good to talk**

- ✦ Don't bottle up your feelings or they may emerge when you least want them to.
- ✦ Find someone who is good at listening — maybe family or friends. If they can not help giving their own opinion, look for objective and non-judgemental support from a professional.

### **Minimising conflict**

- ✦ Avoid complaining for the sake of it. Work out what it is that you really want and phrase it positively.
- ✦ When others want to help and yet you feel they are interfering with your decisions, consider if there is a specific role or job that you can give them. This makes them feel valued and involved without getting in the way.

***‘ It's not always possible to agree about everything. Sometimes it's important to see the other person's point of view. This can be difficult when you are caught up in your own issues, so get objective support that helps you deal with the conflicting emotions involved. ’***

# Top Relationship Tips

1 in 50 marriages fail within 2 years. Many cohabiting couples decide to separate. Nowadays, there are enormous financial and emotional costs associated with relationship breakdown. The changes from 'happy couple' to 'family in crisis' take place gradually. Of course, not all relationships can or should be saved, but here are some top tips to keep your relationship on track, whether or not you have begun to notice tension.



## Be clear about what you really want

- ✦ Discuss and agree the goals you share, e.g. children, home, career, holidays...
- ✦ Make sure you identify your individual goals: how can they be included?

## Take responsibility for your behaviour

- ✦ You always have a choice about how you respond to other people and situations
- ✦ Use a softer tone of voice to turn criticism or nagging into a discussion
- ✦ Ask questions or give more information instead of being defensive
- ✦ Agree a time to discuss difficult issues together instead of ignoring them
- ✦ Criticise behaviour not the person. For example, say: "That is a silly thing to do" not "You are stupid"
- ✦ If your habitual responses are no longer useful, ask for professional help

## If it goes wrong and you have an argument, remember...

- ✦ Either of you can make the first move to repair the damage
- ✦ Leave enough time for both of you to simmer down
- ✦ Being in love means you do have to say sorry from time to time

## Make time together

- ✦ If life is very busy, book time for each other and be clear about what you want from this time
- ✦ Find something you enjoy doing together

## Share out the chores

- ✦ Be clear who is responsible for which jobs
- ✦ Question your assumptions: is 'putting out the bin' or 'cleaning the toilet' really always your job/their responsibility?

## Avoid infidelity

- ✦ Don't put yourself in situations where you may be tempted
- ✦ Be aware of signs that your relationship isn't fulfilling all your needs and work together to plug the gaps

## Remember all relationships have ups and downs

- ✦ 'What doesn't kill you makes you stronger' — you can learn from every 'down'
- ✦ Acknowledge there may be experiences in your past that condition the way you respond now.
- ✦ Asking for support is not an admission of failure but a sign of commitment and can help you weather times of stress

## About the authors

Nigel and Jenny Heath are the architects of the Happy Relationship Company's approach. As relationship specialists and personal coaches they offer co-coaching sessions for individuals, couples and family members. They also offer group facilitation and support to businesses. Visit [www.bishopslaw.com/relationships](http://www.bishopslaw.com/relationships) for further information and articles.

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