

Subject Line: The Harsh Truth about your Relationship

Are you arguing all the time with the person you thought was forever?

Constantly finding problems with them but never coming to a solution?

Maybe ending the relationship is starting to seem like the last resort.

I'll tell you why it's not.

It starts with **You**.

You are part of the problem and acknowledging this is the start.

Are you always blaming your partner?

Do you ever take responsibility for *your* behaviour?

It's easier to just blame. It's less effort, easier emotionally,

and you can deflect any criticism and avoid consequences.

It can be hard to admit when you're wrong, it takes a lot of sometimes. But this all leads down a one way path to

- loneliness
- abandonment
- low self-esteem
- resentment

And that barely scratches the surface.

Don't you miss that amazing, loving relationship you had at the start?

The excitement before each date, the tiny flutter of nervousness in your chest, the electricity when your hands intertwined and the giddy feeling after it was over?

Communication is the first step in rebuilding that.

So, the next time you feel an argument starting, just ask yourself:

- 1) Is there a compromise?
- 2) Did I approach this aggressively/accusatory?
- 3) Am I prepared to listen to the other person?

Use this and you'll gain a better understanding of your partner, create deeper intimacy, prevent conflicts from escalating and it'll allow you to provide emotional support for one another.

Remember: Accountability is the start

Best wishes!

[client name]

By the way, if you want more guidance or help, don't hesitate to book a free 1:1 breakthrough call with me :)

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