



Characteristics of good relations by Donald Latumahina

<http://www.lifeoptimizer.org/2008/08/25/good-relationships>

Relationships are essential if you want to live your life to the fullest. In fact, relationships should be your top priority. That's why we all need to learn how to build good relationships. Good relationships not only help us meet .our needs but also make our life more fulfilling

One way to build good relationships is by learning their characteristics. By understanding their characteristics, we will be better equipped to build good .relationships in our lives

Here I use the term "relationships" in its broad meaning. Why? Because the principles of good relationships are universal. They apply not only to .romantic relationships, but also to friendship and business relationships

If you look at the points below, you will see an underlying characteristic of good relationships. Good relationships involve "both sides". While one side can take initiative, it still requires the other side to make the relationship a

good one. Only by working together can a relationship reach its full .potential

:Without further ado, here are seven characteristics of good relationships

Both sides see the relationship as an opportunity to give .1

One of the basic relationship problems is selfishness. How does selfishness occur? In my opinion, *selfishness occurs when someone focuses more on getting rather than giving*. The more someone focuses on getting, the more selfish he or she becomes. That's why the willingness to give is essential for good relationships. Both parties should see the relationship as an opportunity to give. This is the foundation upon which the other points below are built.

2. Both sides are willing to change

Nobody is perfect but everyone can grow. In a good relationship, both sides are willing to change. They realize that they are not perfect and there is still a lot of room for improvement. Instead of blaming their partner when something goes wrong, they look inside to see if there is something they can change. When both sides have this attitude, the relationship grows stronger and stronger.

3. Both sides are willing to admit mistakes

In a good relationship, both parties aren't afraid to admit mistakes. Instead of being defensive, they openly admit the mistakes they make. They can

then work together to correct the mistakes. This, of course, is not easy to do. It takes a humble heart to admit mistakes.

4. Both sides are willing to listen first

In a good relationship, both sides are good listeners. They are willing to understand their partner's position first before trying to get understood. Doing this is much easier when both sides see the relationship as an opportunity to give (characteristic #1).

5. Both sides support each other

Not only are both sides willing to listen, but also they give what their partner needs. The law of reciprocity states that when we do good to others they will also do good to us. We reap what we sow. By supporting each other, both sides in the relationship get what they need.

6. Both sides are open to each other

Misunderstanding is one of the basic relationship problems. That's why it's essential that both sides are open to each other. When they have something they don't like about their partner, they should communicate it rather than just keeping it in their heart. Of course, they should do so in a respectful way so as not to offend their partner. Part four of How to Win Friends and Influence People (which I review last week) gives us tips on how to do that.

7. Both sides have integrity

In a good relationship, both parties act in line with what they think and say. They keep their promises. This is important because they can then trust each other. This trust makes the relationship strong.

Relationships that have these characteristics will grow stronger over time. The relationships will be rewarding not just for the people involved, but also for the people around them. Why? Because by working together they can produce more value than they can ever do by themselves. People around them will get the benefit of this increased value.

Now that we've seen some characteristics of good relationships, what should we do? How can we build good relationships? The answer is *we should start with ourselves*. It's difficult to change someone else, but we can always change ourselves. Start applying the characteristics above in your life. If you do that, people who relate with you will notice and eventually do the same to you.

Looking at the above points, here are what you should do:

1. See the relationship as an opportunity to give
2. Be willing to change
3. Be willing to admit your mistakes
4. Listen first
5. Support your partner
6. Be open to your partner

7. Have integrity

If you do them, you will be a good relationship builder.

This article is part of August 2008 theme: Relationships

Photo by ...” ?” i?μ?

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Looking at the above points, here are what you should do:

How to Have a Healthy Relationship

<http://www.wikihow.com/Have-a-Healthy-Relationship>

1

Take responsibility for your own happiness. Save yourself several hours of arguing by remembering this one rule: it's not up to anyone else to make you happy. In a relationship your partner will try to please you and make you happy but in the end you are responsible for your happiness.

2 **Make good on your words.** Follow through on your promises. When

you say you're going to do something, do it. Don't say that you'll cook dinner, or get a birthday present, and then blow it off or simply forget about it. What this does is systematically destroy trust. And relationships need trust in order to thrive.

3. Admit your mistakes. If you know you've done something to hurt your partner, intentionally or not, own up to it. Humble yourself and apologize sincerely, without making excuses or justifications like "I'm sorry you made me angry."

- Commit to changing your behavior. If you notice yourself apologizing for the same mistake over and over, step it up a level. Tell your partner that you recognize this mistake keeps happening, and you want to train yourself to stop. Request help and ask for him or her to gently point it out to you when you're making this mistake again.

. 4

- **Be realistic.** Every relationship has disagreements and days when staying isn't the easiest choice. But what makes a relationship healthy is choosing to resolve those problems and push through the hard days, instead of just letting issues and resentment fester.
 - Review your expectations. Do you see your partner as a person, with both winning qualities and flaws, or as someone you expect to be perfect? If your expectations are so astronomical that no one could live up to them 100% of the time, you're setting up your relationship for failure.
 - Accept that conflict happens. If you expect to be in a long-term relationship, you're bound to have the occasional disagreement. Remember that one argument isn't the end of everything, and there's no person on earth that you'd agree with all the time.
 - Always ask yourself whether you're better off in the relationship than out of it. If you don't think you're better off in the relationship, then you probably should have a serious discussion with your partner. In a loving relationship, this question almost always gets a simple "Yes."

. 5

- **Listen to your partner.** Sometimes, all your partner wants is for you to lend an ear and be sympathetic about one of their problems. Other times, your partner wants you to actively give them advice. Know which one your partner is looking for, and try to give them what they

want. Being a good listener is all about paying attention to what they're saying and not blowing it off.

- Listening to your partner will enhance your relationship in many ways. It will help you resolve differences without arguing; let you explore each other's personality more deeply; and even help you pick out an awesome Christmas present. There are no downsides to listening.

. 6

- **Show your affection in whatever way you can.** There's a difference between *knowing* that you're loved and *feeling* that you're loved. Sometimes, we bank on the fact that our partners should know that we love them even when we don't show it. Don't rely on this too much. The best relationships use affection to *show* love.
 - Do something for your partner that you know s/he will truly appreciate. Whether it means getting up early to mow the lawn, taking the kids to karate, or baking that nutella shortcake, it's often the little favors that say the most.
 - Don't be afraid to show physical affection every once in a while. Loving relationships feed off of the little kisses, hugs, and back-rubs that are mainstays of affection.
 - Do the unexpected. It's one thing to kiss your partner after you come home from work; it's another thing to kiss your wife while you're skydiving, falling 10,000 feet (3,048.0 m) from a plane.

It's the thought that counts, so put a little effort into it for huge returns.

. 7

- **Be loyal.** Make sure he/she knows that you will always be there for him/her. Put him/her first in your life as much as you possibly can. Not that you have to only see him/her ever, or never talk to anyone else, but he/she should know that he/she can always count on you if he/she needs something. Also, expect the same loyalty from him/her. You deserve to feel prized in the relationship just as much as him/her.

. 8

- **Do not ever hide anything from him/her.** Especially your feelings about him/her and your relationship - whether good or bad! This way you will be able to overcome all the difficulties and challenges together. If something bad happened in your past that still affects you in the present, he/she needs to know about it. Note: you should be able to discuss your sexual history. It is an obligation before you decide to be sexually involved with your partner. But you should make them feel safe and not judgmental and you should expect the same from your partner.

9

Give him/her some space. Everyone needs their own privacy and some freedom, so don't constantly watch everything he/she does. Everyone hates to be watched, stifled and controlled.

- Do not ever spy on him/her (reading his/her phone, stalking him/her on social networks, following him/her around). If he/she is cheating on you, you will find out. These things cannot be kept secret for very long. But if you spy on him/her and he/she is innocent, you will lose his trust and respect forever.

10

Express your feelings towards him/her. Always remind him/her of how much they mean to you, and what they represent to you. Women are not the only ones who need expressions of love and care, men need that too.

- If you have a problem, you need to let him/her know - preferably in a clear and calm manner without any yelling. If he says `Are you OK?` and you answer yes, do not expect him to understand that you really meant no. Be honest and open.

- Let him/her know it is safe to open up to you about what he is feeling. Reward his/her trust in you by sympathizing with him/her and, but you don't need to say much, just listen.
- Don't be afraid to lose him/her or spend every minute fearing the huge pain that that might cause you. Enjoy each wonderful moment as it happens, and realize that there will never be another one just like it.
- Never be pathetic and needy just to make him/her pay attention to you and give you sympathy.
- A solid relationship should be based on mutual respect; if you are constantly trying to pull him/her down with you, this means you don't respect him /her enough to want him/her to be happy. If you are depressed, see a doctor - don't pull some guy/girl into your problems.

11

Encourage him/her. So that he/she can be more successful at work or study. That will make him/her realise how much you care about his/her future and wish that he/she'd become one of the best. It will also make his/her feeling towards you grow even stronger, and he/she will believe that you're ready to support him/her on anything he/she does.

12

Always make sure to notice your partner and compliment them. It will make them feel appreciated. Has your partner got a new dress or has changed their hairstyle? Tell them your suggestions about it. It will make their day.

13

Sweet talking. A simple 'Good morning Beautiful/Handsome' would be an amazing start to your partner's day. Send texts like "I miss you babe" when you miss them. They would definitely feel more loved.

Make a Relationship Work Quiz

1. True or false: It is totally normal for sparks to slow down or ebb and flow.

- True
- False

2. Which of the following is NOT recommended for building trust?

- Keeping things private between the two of you
- Frequently spending time together
- Constantly prioritizing your significant other over your friends
- Respect and love his family as your own

3. Which of the following is NOT a sign of an abusive relationship?

- Fighting
- Making you feel guilty
- Deflecting criticism by making excuses
- Playing innocent

4. True or false: It is okay to tell your best friend about everything in your relationship.

- True
- False

5. True or false: Disagreements destroy your trust.

- True
- False

6. True or false: Sometimes you have to change yourself in a relationship.

- True
- False

Answers:

1. A. True.

After a while, infatuation is replaced with faithfulness and trust. This is a sign that your love has matured, not dissipated.

2. C. Constantly prioritizing your significant other over your friends.

Don't distance yourself from your friends, as they can keep you grounded.

A partner who makes you choose between him/her and your friends is too controlling and perhaps even abusive.

3. A. Fighting.

Fights and disagreements are actually part of a healthy relationship, provided that they are dealt with reasonably and respectfully and don't turn into physical altercations.

4. B. False.

Unless your partner has specified that it is okay, you should make sure that certain very private issues stay between you and your partner.

5. B. False.

People are different, and you must learn to agree to disagree.

6. B. True.

You should never be something that you're not, but bad behavior and habits can destroy a relationship.



