

# BARBARA GEORGE

## Relationship

Designing happy, successful relationships.

First—know your tools for relating:

What do you observe?

Are you only seeing the good or, even worse, just the bad? Either way, you are distorting your perception and making it difficult to know the real person and have a true and vital relationship.

What do you acknowledge about the person?

What you praise grows and what you ignore disappears (that goes for the good and the bad)! If you happen to appreciate something about someone, be sure to share that information. This is much more powerful in creating a happy and vital relationship than focusing on and communicating about what you don't like.

How do you communicate?

Communication is both listening and speaking. And since you have two ears and one mouth, listen twice as much as you speak. This is a gift to both you and the other person. And when you communicate, speak straight from your heart and you will likely touch the other person's heart. This kind of bond can last a lifetime.

Do you withhold?

Whenever you “close down”; from the simplest—eye contact, listening, speaking, touching, sharing time and activities, you are withholding. In physics it could be argued that you are withholding from yourself as well since we are the co-authors and co-creators of one another's lives. By being more engaged with others you are more in touch with yourself, a true win/win life.

