

Your
Relationship Strength Level,
How It's Impacting Your Business,
And
What To Do About It

Your Results:
Almost There





The strength level of your relationship ranges from low average to high average. Some days may be great, others, not so much. The good news is that you have some support and feel some connection, but perhaps it's not as consistent or as strong as you would like it to be. It could be much worse, but there is still room for improvement, and on some level, you and your business may be suffering from a sub-par relationship.

You need more consistency and a bit more strength in your relationship. The following offers a preliminary action plan so that you know what to do to grow and maintain a strong foundation together. We want those good days to be more of the norm for you. Strengthen your love and you'll be better off in your business.

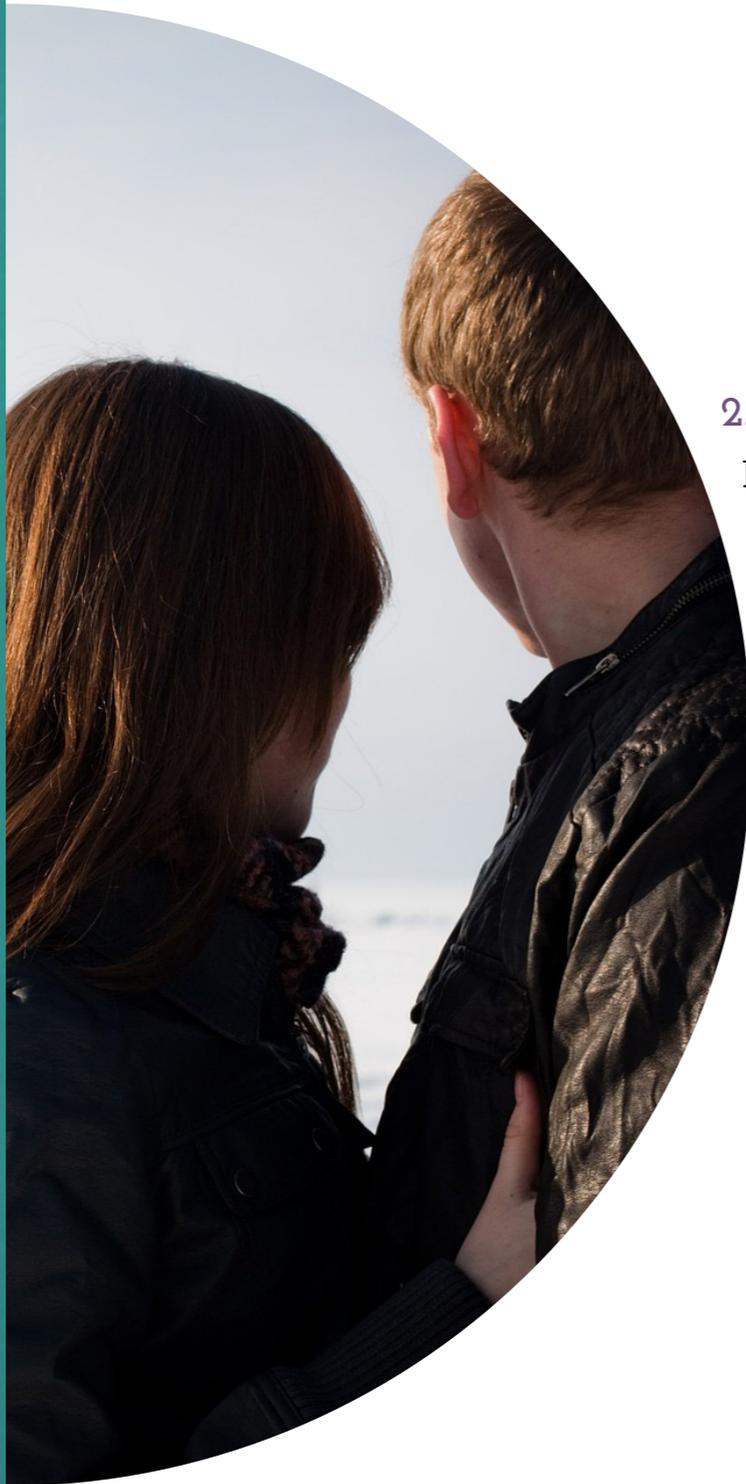


Action steps:



1.) **Make sure to consistently spend time in your relationship and don't let it be an afterthought.** As business owners, we can all get taken away by our latest projects and ideas, and sometimes can get swallowed up whole by them.

Set boundaries with your business and prioritize your relationship as well. If you have to put time with your partner in your planner, it may not feel romantic, but go for it. You need to do whatever it takes to continue to breathe life into your partnership. That means being within it, emotionally present, and away from your computer, tablet, or phone.



2.) Practice gratitude with your partner. When things are going well, notice your partner. Appreciate him. If you are pleasantly surprised, touched or happy with something he does, let him know. He has no way of knowing unless you tell him. Pay attention to the positive.

The average ratio of positive to negative interactions among happy couples is 5:1. Work on that ratio to get yours up there or even higher. Unhappy couples who wind up divorcing have a ratio of positive to negative interactions that is closer to 1:1.

You need at least 5X as many positive interactions for every negative interaction. Practicing gratitude is a perfect example of how you can increase that positive to negative ratio in your relationship.



3.) Make sure to implement the 3 keys to a healthy relationship as often as possible.

This will help you for a lifetime of healthy communication. These 3 keys can be remembered by the acronym "A.R.E." They are: **Accessibility, Responsiveness and Emotional Engagement.**

These keys were originally written about by Dr. Sue Johnson in her book, *Hold Me Tight: Seven Conversations for a Lifetime of Love*, and I covered this a bit in my book, [*Your Best Love: The Couples Workbook and Guide to Their Best Relationship*](#). (Bonus points: go check out these books.)

When couples have this A.R.E. foundation in place, they are immune to many difficult arguments and miscommunications that so many other struggling couples have.



Make love your bottom line.

– Marianne Williamson



The thing is, when people get into horrific fights with each other, it's typically never about what they think they are fighting about. It's not really necessarily about the laundry, the mother-in-law, or – dare I say it – even the money.

When fights become toxic between partners, it's typically because underneath whatever the context of the fight is, you don't know for sure that your partner understands you, will be there for you, is dependable, reliable and that he really values you. **It's about feeling seen, heard and appreciated.**

So when you have these A.R.E. qualities down, the answers to the questions, "are you there for me?"; "can I rely on you?"; "can I depend on you?"; and "do you understand me?" are affirmative, and you can argue about whatever you're arguing about without it feeling like life and death in your relationship.



*Remember, we are wired to grow
toward true love and connection.*

– Dr. Jenev Caddell



Let's discuss each briefly:

♥ **Accessibility**

Are you and your partner accessible to each other? Can you reach your partner when you need to go to him for something – is he available and accessible to you? Are you available and accessible to him? Can he reach you?

♥ **Responsiveness**

When you call for your partner or ask something of him, does he respond to you? Do you get the message that you matter to him from his response? And vice versa - are you responsive to your partner and does he know they matter to you? Does he know that he is more important to you than your business? Or, for all of you real die hard business lovers -- does he know that he is at least equally as important?

♥ **Emotional Engagement**

If you are able to be accessible and responsive to each other, excellent, but are you emotionally engaged with each other? The quality of your emotional engagement with each other speaks volumes about the strength of your relationship, and when the emotional engagement is off in your relationship, everything is off.

Emotional engagement basically translates to being empathic and understanding of each other and truly caring about your partner and his feelings. This has to go both ways. The more you can strengthen your emotional engagement, the better off you will be together.





Recommended resources include:

Hold Me Tight: Seven Conversations for a Lifetime of Love by Dr. Sue Johnson

Love Sense: The Revolutionary New Science of Romantic Relationships by Dr. Sue Johnson

[Your Best Love: The Couple's Workbook and Guide to Their Best Relationship](#) by yours truly, Dr. Jenev Caddell



Also, stay close to my community where I will continue to share information on how to grow and strengthen your foundation in love

[Join my Facebook group](#) for business owners and their partners who desire to thrive in business and in love

[Schedule a call with me](#) if you feel that I can be of further assistance to you.

