



The 3 Keys to Every Relationship

- Phil Pollard

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I've been exploring relationship behaviours for over 12 years now, and read multiple books on the topic and what I have noticed is there is a wealth of information out there, and some theories contradict others. Also I have realised that there is a massive gap between 'Knowing' about relationships and actually 'Applying' what you know.

There is often a misheard quote out there that you may have seen before - 'Knowledge is Power' the more accurate version of this quote is - '*The Application of Knowledge is Power*'. It is only in applying consistently what we know, that the real results will occur.

We can sometimes be distracted by the word love. Is love an emotion, a feeling or an action? What if it was somehow all of these, put together as a way of 'Being'?

It was through an act of love that most of us landed on this planet. Again most of us, were then given love, we felt loved, gave love and even told that "Love is all you need" by the Beatles. If love is an action, and we are love, loving or loved then is all else an illusion? So if you can begin to think that every person we ever come into contact with is just love showing up in human form, then everything after that is just made up.

By the way I just made that up!

As a relationship coach, my promise to you is that I can give you these 3 gems, however, my request is that you keep these keys and you keep them locked into your conscious mind And use them, remember them and actually 'Be' them.

If ever there is a breakdown in any relationship I notice that 1 of these 3 keys are missing.

The first key is COMMITMENT

If you can ‘Be’ someone that is committed to the relationship you become the rock in the storm. Commitment is non-negotiable. This is not a trial. It’s like a Bacon & Egg sandwich For the chicken it’s an interest, for the pig it’s a commitment. You need to be the pig, there is no ‘out’ clause.

You actually need to make the time for this relationship, really schedule the time for it, time together. Commit to Love, Respect, Honesty, Trust, Routines, Standards, what you will Tolerate as a couple, Financial commitments, Integrity – having your Word be as gold. Really commit to working the relationship out.

Commitment is an Action, and you need to be unwavering for this to work. Every marriage ceremony or commitment ceremony is just our public declaration of commitment, as our word.

Imagine if someone was holding your head under water. I don’t care how many workshops, meeting, counselling sessions, or further studies you do or mind-maps and flow charts you draw. In a very short space in time, breathing air will be way more important than having your head held under, and I guarantee you will do everything within your capabilities to get your head above water.

Commitment to the relationship must be attained, regardless of any external forces.

The second key is COMMUNICATION

Once we have commitment, or recommitment, then we can establish effective communication. Easier said than done, at times. For a new relationship this can be established from the beginning and kept in place. Just about every conflict or misunderstanding comes from a communication outage.

Here is a check list if you find that communication has let you down

- *Stop and listen* to understand from the viewpoint of the other person. Do your best to imagine what they have experienced and their emotional journey to arrive at their point.
- *Listen without interruption*, If you are preparing something to say while they are speaking You are not listening.
- *Force yourself to hear*. Also known as active listening. Listen without judgement. Notice that you will have opinions when they are speaking ... prepare to keep those opinions to yourself, unless you are specifically asked to give them.
- *Feedback the information* you have just received to ensure it has landed as intended. Also a good way to check in with your communication is to ask if they understand or if it makes sense to them.
- *Stay focused* and on the subject. If you find them, or yourself running off on a tangent, pause, apologise and get back on topic.
- *Do not always offer a solution*. At times our partners just want to get words out just to be heard. As a practice try not to offer solutions unless asked for them. Often the solutions appear in the questions.

- *Stop being right.* If you want peace in your relationship then this is vital. Mr or Mrs Right are pains to live with. Remember it's hardest to give up being right especially when you are But it will be peaceful. If we are really truthful about it, we would realise there is never a right or wrong anyway, just a way that works or that doesn't. Agreeing to disagree is a peaceful solution to live with.
- *Open and Honest* communication. Nothing hidden. This saves reopening a conversation that you thought was dealt with.
- *Defuse a conflict* by focusing on the behaviour and not the person. Also be prepared to have some tough conversations by releasing some highly charged negative emotions beforehand. You could do this by going for a walk, a quick gym session, motorcycle ride, horse ride or doing anything physical to expend energy and disconnect before any conflict conversation. It's actually okay to compromise.
- *Respect the differences.* We are all different. Just like you entered the relationship and appreciated the differences, they will always be there, and this is actually the reason why you are in that relationship.
- *Be aware of the non-verbal signals.* In the model of communication we understand that only 7% is the words. The other factors that make up a conversation are context, tone, volume, body language, emotional energy, etc.
- *Drop the 'Always' and 'Never'.* Generalisations are rarely true.
- *Remember to breathe.* In the space of a breath you can check if what you are about to say is relevant to forwarding the communication.
- *Come from Love.* Having every communication come from a place of love and understanding that the other person just wants to be truly heard and connected with.

"Everything exists in a conversation"

The third key is Care

Care for the Relationship is only one of the 3 components here. In every relationship there are three different perspectives to come from: Your perspective; the other persons view; and the perspective of how you want your relationship to be.

Take Care of You first.

By this I mean to really have your self be worthy and see yourself as worthy and capable of giving and receiving love. This is your relationship (every relationship you have been in has actually been yours) and you are the one to be fully responsible for it. What you allow will continue, what you step over will continue. You get to set the standard for the relationship by how you act and react in every moment.

Take Care of your Partner next.

Imagine if your partner was your ‘million dollar’ customer would you go out of your way to serve them? Would you listen to them with the intent to serve them, and have them be in the experience where they felt they were being taken care of at the highest level? I promise if you take care of your partner it will come back tenfold, in every respect

Take Care of the Relationship

Remember that your partner is not you and this is why you are with them. They will not always have the same view as you. Remember why you established this relationship in the first place. Reignite your passion and be present to who they really are for you. Bring back date night, chocolates, flowers, candle lit dinners, movies, weekend getaways, sneaky midweek lunch dates, etc.

Get creative.

Check in to the website to access the Blogs, Vlogs and Webinars.

See you there, Phil