



Maureen Brine's "Top 10 Tips for the Relationship of Your Dreams!"



1. Add romance! Think of something your partner will appreciate (love note, CD of their favorite musician, a new pet-name). Try adding little selfless surprises gradually and you'll see a huge difference!
2. Allow your partner's needs to help YOU grow as a person. Rather than feeling judged, take a step back and look at your own defects of character. No one is perfect, but we all have the opportunity to grow!
3. Make love, not war! Stop fighting and reacting. Instead, attempt acting with love and understanding.
4. Blame and negative criticism will get you nowhere! If your intention is to have a loving relationship, keep that in mind BEFORE starting an argument. Take a breath, and speak from how you feel rather than what you think your partner is doing wrong.
5. Dialogue your way to a better relationship. Go to a "Getting the Love You Want" workshop or read the book to learn the International Couples Dialogue. Whatever you do, remember, communication is key to understanding each other and being understood.
6. Be the partner you would love your partner to be.
7. If you spot it, you got it! If you think your partner is controlling...say hello to your own controlling self. If you think they are angry, ask yourself if you are angry. Your partner is the mirror for the denied parts of yourself.
8. Take ownership for what is not working in your relationship. The hardest thing to do can be sitting with feelings of inadequacies but by being honest with yourself you are making room for growth.
9. Create a relationship vision together. Have a relationship by design rather than happenstance (exercise is in Getting The Love You Want). Energy follows attention. The minutes you begin to create the vision, you will move towards it. Write it as if you are living it now. Everything is possible.
10. Know that Love is a decision. We choose to give it and we choose to take it away. We can also change that position at any time so why not choose Love today?

*Maureen Brine, Reg.N., I.C.A.D.C. is a well known Canadian Therapist, Educator and Consultant. In the helping profession since 1971, she was a former Director of the Donwood Institute of Toronto. An International Addictions Specialist, she is well known across Canada for her work with Adult Children of Alcoholics and Recovering Couples. Maureen has been in private practice since 1985, in both Vancouver and Toronto. She was one of the first fully accredited Canadian Imago Relationship Therapists and has been personally trained by Dr. Harville Hendrix the Founder of the Institute for Relationship Therapy.*