



How to Improve Your Relationships

Things can get better!

Hi there!

I'm so excited that you are here!

I know that you might think "relationships are hard work".

I totally hear you!

Let me share with you a few tips and resources that can help you
A LOT.

Just keep in mind that personal development isn't an exact
science. Not everything is black or white, so take the best and
leave the rest!

You have nothing to lose to try something else, right?

If you have any idea/suggestion/question, feel free to reach out!

I love brainstorming!

Okay, are you ready for this?

Let's do this! :)

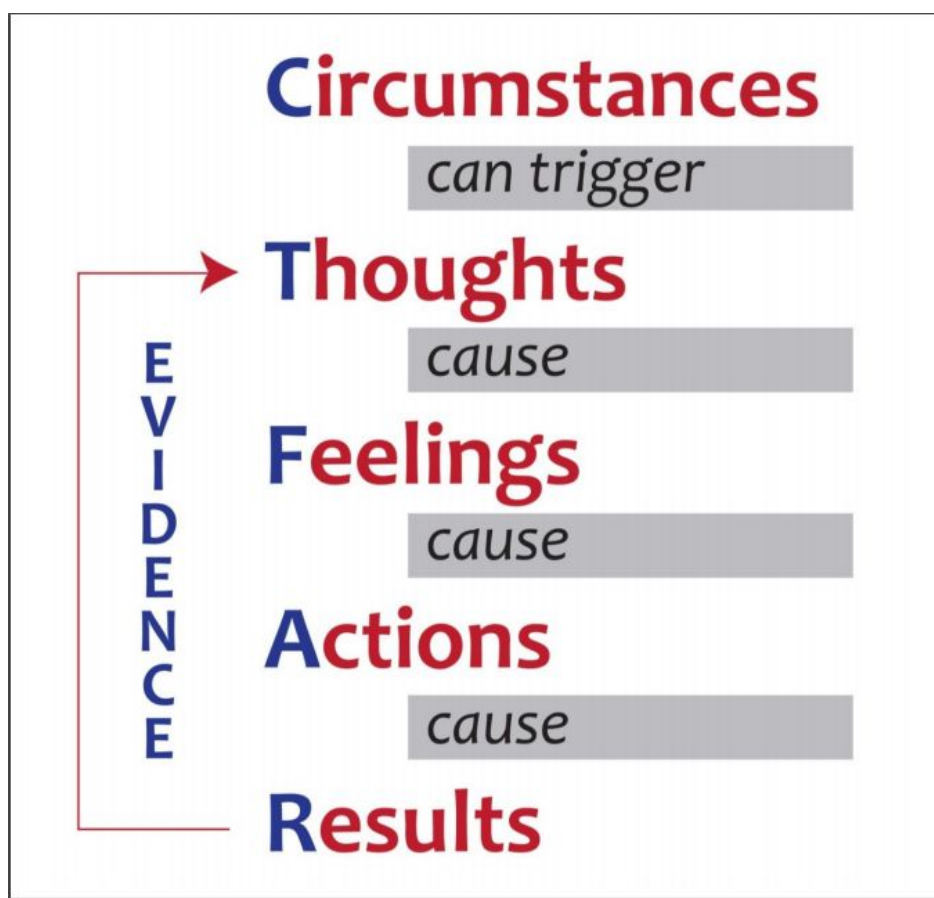
Tamara



Your thoughts create your feelings. These feelings make you take actions that create the current results that you have in your life.

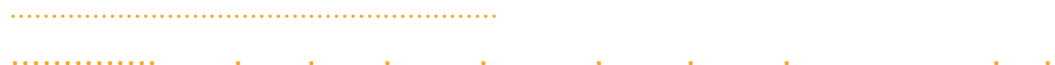
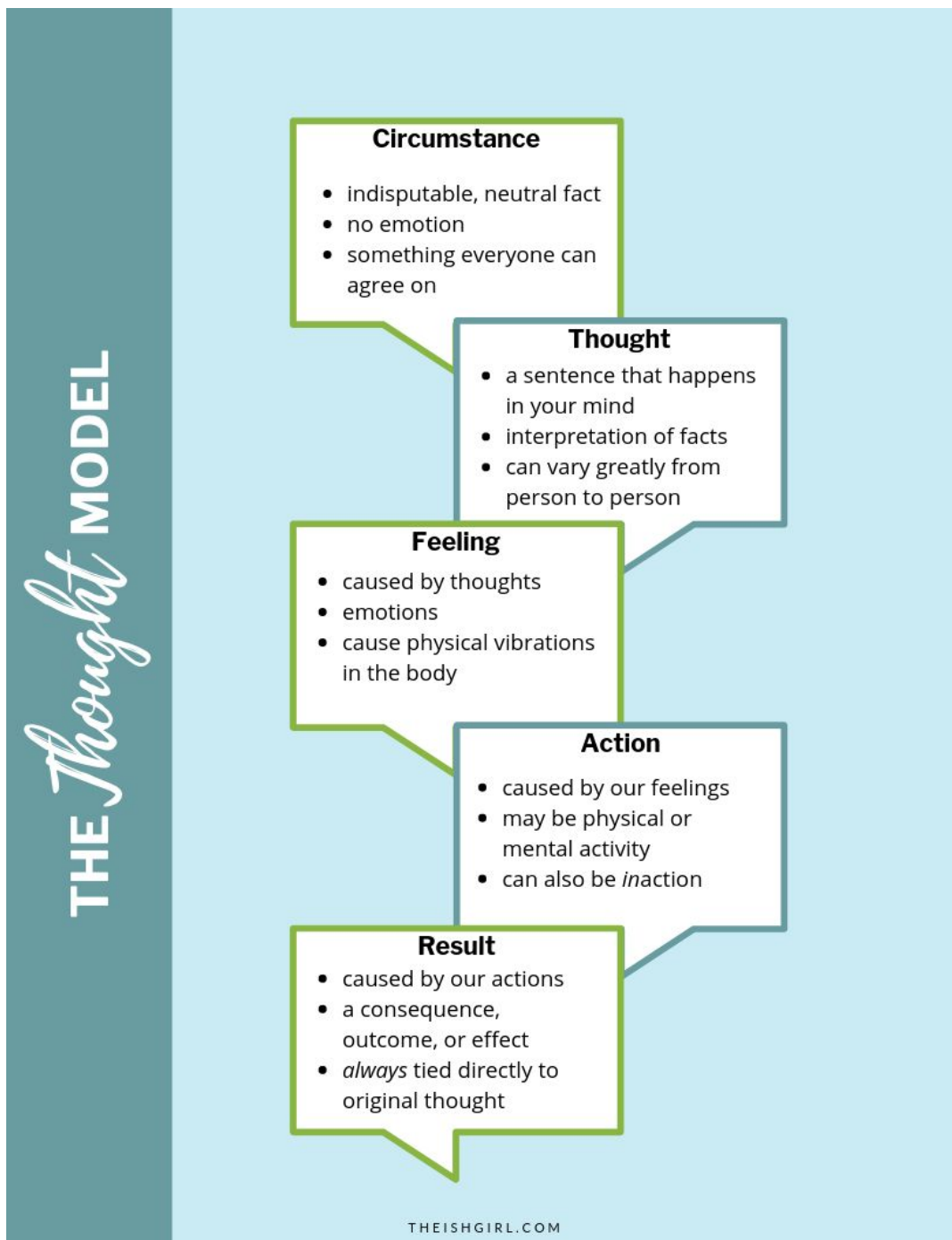
Are you happy with the results that you currently have?

If you want different results, you have to have different thoughts!



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Let's be more specific with this:



As you can see, we all are RESPONSIBLE for:

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It's never someone else's fault or responsibility.

You can have an influence on it!

Each one of us has more than 60'000 thoughts per day! We don't even pay attention to most of them, they are unconscious.

Being more self-aware can already change a lot!

Become the watcher of the way you are thinking.

Of course, it's not easy to change our thoughts and you don't have to do it right away! Just observe what's going in your head.

Look at what you're going to find from a place of curiosity and compassion.

The moment you're going to discover all of what you are thinking, you will maybe want to try to change it right away!

Don't do this, start by being the watcher.



For thoughts to create feelings, we need to truly believe in them.

So, it's not when you will say "everything is great" that you feel this way, right?

The very first step is to understand yourself.

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We all have beliefs regarding ourselves, others and reality in general.

They are a perception of the reality, "our reality" in fact. They are built from the experiences we lived.

For example, a 4 years old kid got bitten by a big dog. From this day on, this kid will maybe believe that "all big dogs are dangerous".

When in fact, we know that it's not necessarily true! Beliefs are helping people to decide what is important in life and what is "true" (seems real) to them.

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Most of the time, we don't even know that we have a belief.

It's a thought that we thought so many times that it became unconscious!

Basically, our brain likes to be efficient so after thinking it a couple of times, it delegates it to our unconscious brain so it just thinks it automatically.

And this is where becoming more self-aware can change everything!

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This means that YOUR REALITY isn't actually the reality itself, it's based on the beliefs that you have.

In other words, the map is everything that we THINK is the territory...

The question you may ask now could be: Should I get rid/change all of my beliefs?

You don't actually have to get rid of the beliefs that you have.

But you have to question yourself if they are really serving you in your life, if they are really useful.

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There are helping beliefs and there are limiting beliefs.

Without entering too much into this, I want you to focus on simply paying attention to them and ask ourselves questions like:

- Is it really always like this?
- Do I know situations or contexts when it's not necessarily the case?

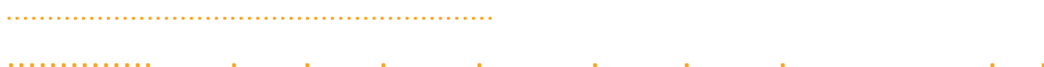
The part that is fascinating to me is the moment when people discover how to “cut a belief in two”.

Actually, I remember sharing when I learned how to coach a very strong belief I used to have:

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Then I asked myself the following questions:

- Do I know some people who are happy and aren't married?
Answer: yes.
- Do I know some people who are happy and don't have kids?
Answer: yes.
- Do I know some people who have kids and aren't happy?
Answer: yes.



- Do I know some people who are married and aren't happy?

Answer: yes.

As you can see, it's never black and white!

And when it comes to relationships, sometimes we have strong beliefs such as "this is how it's supposed to be" or "this is how the other one is supposed to behave" but I really want you to pause a minute and ask yourself...

- Is it really always like this?
- Do I know situations or contexts when it's not necessarily the case?

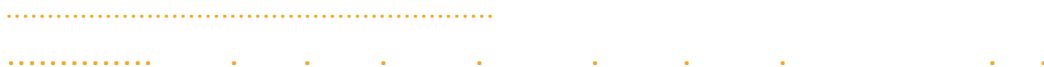
What you might be thinking isn't serving you!

I remember a life coaching client sharing with me that "there is no love, there is only proof of love in relationships".

And I asked her: Is it always like this?

Just by paying attention to it, she realized that there are people that she loves so much without necessarily proving it to them.

The way to hack a belief is this one:



1 · Find the thought (the belief that isn't serving you).

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1 · Notice its impact

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1 · Decide what you want to believe instead

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· · **to do it** · **expecting him to do it**

1 · Create a bridge thought and practice

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The last step is essential because it's also important to find a thought that is in the middle so you can believe in it properly!

When you believe in it, you are creating a feeling (in this case, calm, relaxed, quiet) that can make you take an action (changing the toilet paper) without getting mad and having expectations.



I kind of insisted A LOT on this part about beliefs but I think that when it comes to our life and our relationships, we might have beliefs that aren't serving us at all such as:

- This is how this person should behave! (Partner, kid, boss...)
- This is how life should be!

And the problem with this is that it might make you feel unpowerful and miserable because life isn't black and white but a combination of situations in which you can find a way to fulfill your need! More onto that later...

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We do things in life because we want to FEEL a certain way.

You want to feel happy, you want to feel joyful, complete, quiet, relaxed...

No matter what action we are taking, it's because we want to FEEL a certain way.

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So, everything that we do, we do it because of how we want to feel.

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And everything we don't do is because of how we don't want to feel (we don't want to feel negative emotions).

Also, keep in mind that, as crazy as it might sound, everyone is trying to get a positive result from an action.

Everyone has a good reason (in their mind!) to do the things they are doing it.

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Actually, the problem with negative emotions is that we don't want to feel them!

We think that we have everything to be happy and that we should be happy ALL THE TIME.

The human experience is 50% positive emotions and 50% negative emotions. And that's okay! You also want to feel negative emotions (for example, when a friend is hurt or when someone passed away...). The only thing to do is not to make it mean more than just a vibration in your body!

How to properly do this?



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6 STEPS TO MINDFULLY DEAL WITH DIFFICULT EMOTIONS



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Turn toward your emotions with **acceptance**

Become aware of the emotion and identify where you sense it in your body.

Identify and label the emotion

To stay mindful, say to yourself, "This is anger" or "This is anxiety."

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Accept your emotions

Don't deny the emotion. Acknowledge and accept that it is there.

Realize the **impermanence** of your emotions

Even if the emotion feels overwhelming, remember that it will pass.

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Inquire and investigate

Ask yourself, "What triggered me? Why do I feel this way?"

Let go of the need to control your emotions

Be open to the outcome of your emotions and what unfolds.

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The Gottman Institute



As you can see, once you feel the emotion, you won't feel overwhelmed.

So, at first, you feel the emotion, you experience the emotion, you open yourself up! It's not going to stay! It will if you resist it, just like a river that you are blocking from flowing.

1 . Allow the emotion to be there 60 seconds. It's uncomfortable but it's not that big of a deal! It's just a negative vibration in your body.

1 . What is the thought that is causing this emotion?

Become more self-aware!

Start looking at yourself from an observant perspective, then you realize that you are not the effect of your emotion, but you are the cause of it and then you get some understanding of it!

So the best way to deal with negative emotions is to allow it and ask yourself: What thought is causing it?

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Do not let anyone have that power on you! Take it back and YOU are determining how you are feeling and want to feel!

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Very often, we cannot recognize it until it's over and that's okay!

We can simply ask ourselves:

What was the thought in that moment that made me angry?

The goal is not to eliminate anger from your life!

We insert this pause button in between your emotion and your reaction.

Then you can decide what to do with this anger.

- Do you want to react to it?
- Do you want to avoid it?
- Or do you just want to allow it long enough so you can experience it?

This is the secret to deal with intense emotions that makes us act in a certain way that we might regret later on. The secret is to allow the anger to be there without reacting.

As you can see, there's nothing wrong with having negative emotions.



We try to avoid the negative emotions but we should embrace all of them.

When we move into fear, into doubt or discomfort, we actually become less afraid of them and we'll do more with our life!

The reason why most of us hide in our life, it's because we don't want to feel negative emotions.

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When you resist them, you create more problems. When you allow your emotions, it's okay and you don't feel so tense and anxious.

This is what it is to be alive!

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You cannot make someone happy because you're not responsible for other people's emotions, but you can make yourself happy.

Also, you don't have to earn your happiness by creating an experience for someone else.



As discussed before, true happiness would mean that we experience both emotions on a regular basis without a fight.

So the way to feel better is

(we do it sometimes with false pleasure such as overeating, overdrinking, overworking...).

The way you choose to interpret the world will determine your experience of it!

The external things in our life cannot bring us happiness, it depends on our interpretations of them and our brain is what causes our emotional life.



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We just want to feel a certain way and have our needs met.

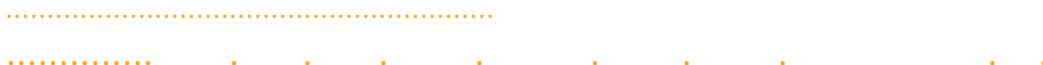
So, during a fight, try to think.

- What is disturbing to you?
- Why is it a problem?
- What need isn't being fulfilled?
- What do you want instead?
- What do you want? If you could use a magic stick, what would you use it for?
- How do you want to feel?

Let's try to make each other (and OURS even more!) life easier. Take responsibility for the way you feel, do not blame others and be action-oriented!

What can you both do in the future to get a different result? Practically, what actions can be taken?

Also, choose your battles wisely. What is really worth it?



In my opinion, we do not need to talk about everything.

Sometimes, if we go deep into a problem, we might get stuck there! This is why I like the question: What do we want instead?

This question (and its answer!) is exceeding the problem (in a good way!).

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[4 steps to improving your relationships. Address your needs!](#)



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Understand how you are feeling and what needs is or isn't being met.

The ultimate list of all the feelings out there!

The Ultimate List of All the Feelings Out There!

Part II: Feelings we may experience when our needs are not being met

- Afraid**
apprehensive
dread
foreboding
frightened
mistrustful
panicked
petrified
scared
suspicious
terrified
wary
worried
- Aversion**
animosity
appalled
contempt
disgusted
dislike
hate
horrified
hostile
repulsed
- Confused**
ambivalent
baffled
bewildered
dazed
hesitant
lost
mystified
perplexed
puzzled
torn
- Disconnected**
alienated
aloof
apathetic
bored
cold
detached
distant
distracted
indifferent
numb
removed
withdrawn
- Angry**
angry
enraged
furious
incensed
indignant
irate
livid
outraged
resentful
- Disquiet**
agitated
alarmed
discombobulated
disconcerted
disturbed
perturbed
rattled
restless
shocked
startled
surprised
troubled
turbulent
turmoil
uncomfortable
uneasy
unnerved
unsettled
upset
- Embarrassed**
ashamed
chagrined
flustered
mortified
self-conscious
- Fatigue**
beat
burn out
depleted
exhausted
lethargic
listless
sleepy
tired
weary
worn out
- Pain**
agony
anguished
bereaved
devastated
grief
heartbroken
hurt
lonely
miserable
regretful
remorseful
- Sad**
depressed
dejected
despair
despondent
disappointed
discouraged
disheartened
forlorn
gloomy
heavy hearted

Part I: Feelings we experience when our needs are being met

hope when we want to express a combination of sensations.
unhappy to support anyone who wishes to engage in recovery and to facilitate greater recovery between people!

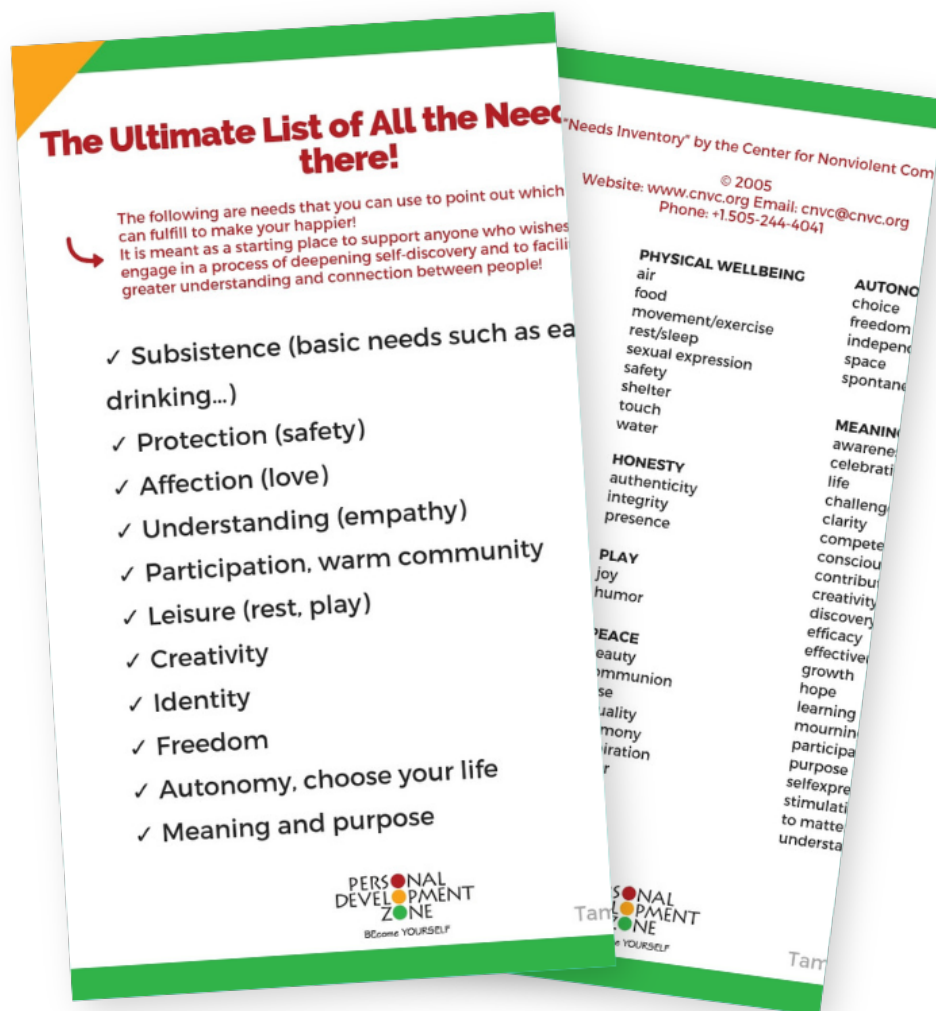
- Hopeful**
hopeful
optimistic
positive
- Happy**
glad
gleeful
happy
high
jubilant
pleased
tickled
- Refreshed**
enlivened
rejuvenated
renewed
rested
restored
revived
- Thankful**
appreciative
grateful
gratified
indebted
obliged
relieved
- Thoughtful**
challenged
curious
illuminated
informed
interested
pensive
reflective
- Peaceful**
calm
clearheaded
comfortable
centered
content
equanimity
fulfilled
mellow
pleased
quiet
relaxed
relieved
satisfied
serene
still
tranquil
rusting
- Yearning**
envious
jealous
longing
nostalgic
pining
still
wistful

PERSONAL DEVELOPMENT ZONE
BECOME YOURSELF

Tamara Pflug | 1

Of course, it's hard to point at what need isn't being fulfilled if you don't know what your needs are!

[The Ultimate List of Needs out there!](#)



1. Commitment

You have to commit to loving them.

What do you want to feel toward that person?

Love! Love is always a choice, you do the love for yourself, not for the other.

2. Letting go

Give up the need to be right, be in a neutral place, being right isn't making you more confident or making your life better in any way.

3. No control

You have no influence on this other person. You don't have control over their behaviors, their thoughts, the way they are feeling etc.

Adults can behave the way they want in a relationship, adults do whatever they want to do.

4. Responsibility

You are responsible for yourself and ONLY yourself! Not for the way other people are behaving, what they are doing or saying.



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(You HAVE TO watch it... It's fascinating!)

[Self Coaching 101 Part 1](#)



You can watch the next video (part 2) if you feel like... Very interesting too!!

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(VERY interesting too... Really! You won't regret it!)

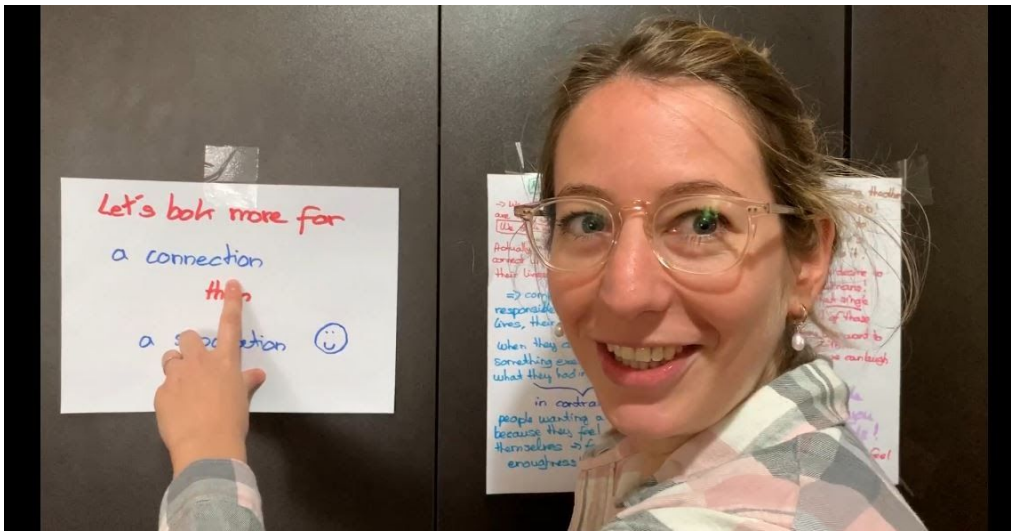
[Ep #23: Challenging Relationships](#)



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(I know, I look a bit scary but you won't regret watching it!)

[How to Improve Your Relationships](#)



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Relationships aren't easy... But they are worth it!

It's actually a skill that you can develop!



All this information may be a bit overwhelming. Go through each document again.

Ask yourself the following questions:

- How are you currently feeling?
- What are your thoughts creating these feelings?
- Are you satisfied with the results that you currently have in your life?
- If not, what do you want instead?

Personal development isn't always easy, we never learned it at school!

It can be quite overwhelming too!

But as I said it before, being more self-aware is already amazing!

And, don't forget...

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Take care of yourself and have full control of your life!

Cheers! :)

Tamara

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