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Relationship Repair Kit

S U Z A N N E G I L L
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WELCOME

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**Happily ever after is not a fairy tale,
it's a choice
- FAWN WEAVER**



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THOUGHTS

We tend to get dragged down and overwhelmed by things that accumulate over time, which end up cluttering our minds and our hearts.

You may not want to do anything about them right now, but just writing things down will raise your awareness and you'll naturally start handling, fixing and resolving them.

So below, I've put together a few exercises that will help to identify what's really bothering you in your relationship and see what's cluttering your mind and bringing your relationship down.

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So what's the problem in your relationship?

Maybe you don't speak out because you want to keep the peace?

Maybe you're a people pleaser or you keep putting others first,
therefore de-valuing your own feelings and desires?

I know that many are really feeling the pressure of the current social distancing restrictions, with the lack of connection that has been enforced. I know that personally this is affecting me hugely. I am heavily relying on my own partner to provide me with the connection that I would normally receive through my daughters, family, colleagues and friends, which is adding strain and pressure to our relationship. During these challenging times, it's increasingly difficult for most partnerships to remain positive.

If you're both working from home together, there's no break from one another, there's less to talk about as you're both sharing the same experiences, day in - day out. There's also the added pressure of not seeing family and close friends, meaning feelings of guilt and anger are on the rise. All of these things aren't healthy, we need to continue to focus on staying connected using different methods of communication, whilst ensuring that we are taking care of ourselves and the people who we share our lives with.

If you're experiencing some kind of breakdown in your relationship, here are some tips to save it and get back what you feel has been lost.



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Allocate some alone time. Get yourself comfortable with a drink, a pen and a notepad (this is gonna take some time) and write, **in very specific detail**, what a truly perfect relationship is to you. Write this as a story 'A day in the life of a perfect relationship'. Start from the beginning of the day (waking up in the morning) right until the very end of the night (the point where you close your eyes to sleep). Be detailed with colours, smells, activities, how you're feeling throughout the day and what you can see. As you really get into this, you'll feel like you're writing a short story – this is good! Keep going until you literally cannot think of anything else to write. Dig deep! The deeper you go with this, the more you'll start to learn and understand your deepest relationship desires.



Now that you have an idea of what your ideal relationship looks, feels, sounds and tastes like, write a list of all of the positive things you already have in your relationship. Think about what was great in the beginning, why did you both fall in love, how are you connected, what brought you both together, the things you do together, etc - focus on the positives here. Really spend some time with this one, it's important to start appreciating what you already have, then you have a good base for building what you feel is missing.



Gratitude:

Did you know that people who are truly grateful for everything they have in their lives are less likely to suffer from depression? This is because gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.

What's great about your relationship, right now?

[illegible]

Now that you have an idea of what you actually want from your relationship, list your top 10 values, with the most important being number 1. Keep your list of values one worded, and don't overthink each word or your list for too long. These words will come at you quickly, the more you think about this the more skewed this will become.

(The next page will help with this exercise)



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Values:

Values are what we consider to be most important in life. Values are our heart's deepest desires for the way we want to interact with the world, other people and ourselves. They're what we want to stand for in life, how we want to behave and what sort of person we want to be. Examples of values are: creativity, honesty, freedom, etc.

Values are the answer to the questions:

- What's important to you in your life?
- What is your life's purpose?
- When do you feel satisfied and fulfilled?

If you need inspiration, use the free Values List located on my website here:
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Write down 3 things that you think/feel are failing in your relationship. I say only 3 as it's so easy to get caught up in the details here. Don't start going into stories for each one, keep it short, sweet and specific. Chances are, all of the other things you want to add into the list come from one of these 3 things anyway. This isn't the time to have a rant. If you want to truly fix things, let's just get to the point without the drama. Think about negative behaviours that you are displaying, this isn't just about what the other person is doing wrong. Growth is about learning how you can change and accepting that you are only human too. Let go, to grow!

1.

2.

3.



This step is extremely important! Now that you're fully aware of how things are through your eyes and from your heart, this is the time to speak with your partner/the other person in the relationship to let them know that you are wanting to improve your relationship with them.

Think of a nice spot and take your partner to a place that is neutral or where you won't be interrupted. Maybe a nice picnic or a walk in the park. Once you've found the right surroundings, where you both feel comfortable and relaxed, now is the time to make a start.

This is going to be intense so you will need to pre-warn the other person. Firstly, establish if they want to do this with you. The reason I say this is the other person may not believe that there is anything wrong with the relationship - this may be about you, rather than them. However, if there are certain negative behaviours that you or the other person are displaying, that is affecting your relationship, this needs to be talked about.

This needs to be a two-way conversation, listen to the other person, it's not just about you. Now is the time to become aware of how things are viewed through the other person's eyes and learn what is hurting him/her.

(Do not discuss what you've already completed in the previous worksheets as you'll cloud their perception of the relationship. You will get your chance to discuss this with your partner later on.)



Once you are both happy that you can (and want to) work through this together, it is now time for the other person in the relationship to work through the steps as you did. Allow them to complete this process in the same way you did - in other words, don't interfere.

Please ask your partner to work through Relationship Repair Kit (Partner).



This is where big things happen

You have both established your wants and desires, you both know what areas of your relationship that need to be worked on.

You're ready to get dirty and get shit done!

If you can, plan a full day that is dedicated to just you two.

Do this alone in your own space.

Make sure you're in a position to just focus on working through this activity over the course of the day.

Wear comfy clothes, eat and drink casually throughout the day.

You have established how important this relationship is to you, so place 100% focus on one another and rekindle that connection you both once had.



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Firstly, sit closely opposite to each other (face to face), then....

[Partner] Read your 'Day in the life of a perfect Relationship' story (that you created in Day 1) out loud.

Really feel the story as you're moving through the words. Both of you visualise what's being said and feel the experience in full. Close your eyes if it helps! Remember, tell your story as it happens right from the beginning of the day to the very end. Explain how you're feeling throughout - if you need to get emotional, get emotional. (Notes to the listener - do not interrupt, just listen)

[You] LISTEN to the story completely. Use the below section to make notes so you can ask some questions at the end.

[You] Read your 'Day in the life of a perfect Relationship' story (that you created in Day 1) out loud. Really feel the story as you're moving through the words. Both of you try to visualise what's being said and feel the experience in full. Close your eyes if it helps! Remember, tell your story as it happens right from the beginning of the day to the very end. Explain how you're feeling throughout - if you need to get emotional, get emotional. (Notes to the listener - do not interrupt, just listen)

[Partner] LISTEN to the story completely. Use your notebook to make notes so you can ask some questions at the end.



Now that you have listened to what the other person truly wishes for in this relationship, you'll be realising that there was so much about this person that you didn't know.

- How does the other story differ to yours? Are they similar, or worlds apart?
- Do you currently express your gratitude to each other? How do you express this?
- How do you express your love for one another?



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[Both] Read through the remaining sections of the workbook, taking it in turns and being respectful of each other's answers, opinions and view of the relationship.

[Both] LISTEN to one another. If needed, make notes so you can ask questions at the end.

Now that you have both shared your views and listened completely, have a discussion about what needs to change. Go through your values in order of priority, this will explain why you have different priorities (although the partnership/relationship should always come first). Discuss your own failures in the relationship, acknowledging where **you** have gone wrong and coming up with ideas on how **you** are going to correct them. Again, listen to one another fully.

Get creative on how you both want things to be, talk about love, sex & intimacy, places, all of your favourite things.

What next

Go shopping, buy things that are going to bind you both even further, visit places that are special to you both, talk about positive things and nurture one another. Make the other person feel like they're a priority, special, wanted and needed, praise each other every day and acknowledge (or at least notice) the little things that your partner does for you.

All of these things seem like common sense but you'd be surprised how many relationships just go through the motions without these little, yet essential things.



I hope you found a few new ideas for how you can bond with your partner. Please also know that there is no such thing as a perfect relationship, there are only perfect ways of showing up for each other, especially when times are hard. No relationship is without an occasional problem, and even the very best need to put in some extra effort from time to time.

Whether you are in a new relationship or going on for your 30th anniversary, there is still more to learn about your partner and more new and interesting things to do together.

What do you think keeps your relationship happy and healthy?
Will you make any changes after completing the activities within this workbook?
What do you think is most important in a good romantic relationship?

Thanks for being here and remember to appreciate your love and significant other.
It will benefit both of you.

I hope you enjoyed working through this workbook. If you wish to learn more, please visit my website for more information.

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- ROBERT BRAULT

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(Partner)

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