

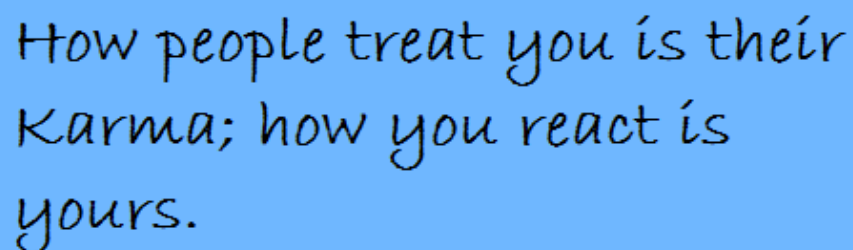
Enrich Your Relationships to Enrich Your Life

Human beings are inherently social creatures. Relationships are important to us. We are constantly interacting with one another on a variety of different levels, from a superficial exchange with a sales assistant as you buy a pair of shoes to the loving attentions of a parent consoling an upset child to a group of young friends out to party on a Friday night. Different personality types may have different numbers and different kinds of relationships, may seek different things from different sorts of interactions, but relationships are important to all of us.

The one simple thing that you can do that will revolutionise all of your relationships is to go into EVERY interaction you have with another person asking 'what can I give?' Whether we like to admit it or not, most of us lead the majority of our lives driven by our ego, meaning generally we go into interactions focused on what is in them for us. A simple change in that perspective can truly transform your life.

This is true no matter what the nature of the interaction. Even if the person you are interacting with is providing you with a service so it seems natural to see them as the one giving in the exchange, you can still approach the situation with an attitude of giving. A smile and kind word, patience and understanding if it's busy; these things cost us nothing and will leave both us and the other person feeling better.

How the other person responds and behaves in the interaction should not influence your behaviour. If someone is being rude, unhelpful or inconsiderate to you, your ego will very quickly want to respond to that by giving that straight back to them. But is that going to help the situation? Offering compassion instead of judgement is a far more helpful and positive thing to do, and will actually make you feel better as well. I love this quote that sums it up perfectly...



How people treat you is their
Karma; how you react is
yours.

Wayne Dyer

Treating people with kindness and respect doesn't mean letting people walk all over you. If you are repeatedly seeing rude or unhelpful behaviour from someone you need to address that with them, but do it in a positive and constructive way. If they can't or won't change then you need to evaluate whether or not you continue to have a relationship with them, but behaving badly yourself in response to their behaviour is never a helpful approach.