

# Identifying Your Values And Emotional Requirements To Help You Improve Your Interpersonal Relationships



## Identifying Your Values And Emotional Requirements

1. Write down the 10 most important behaviour or character traits of a good person; *(these represent your core innate values regarding human conduct).*
2. Write down, in order of importance, the 10 most important behaviour or character traits of a good partner (spouse, business partner, employee etc). *(These represent your innate core values regarding the type of people you want to be in relationships with. Check these against your answers in step one, they should match.)*
3. Write down in order of importance, the 10 most positive feelings you choose to experience in a good relationship. *(These represent your emotional requirements regarding relationships. Ensure that these are congruent with your values.)*
4. Describe in detail what communications you choose to identify as representing having these relationship emotional requirements met. *(For example, if you write down feeling appreciated describe in detail what communications from a partner represent this to you. If you are already in a relationship, rate how well these requirements are being met on a scale of 1 to 10.)*

## Sharing

5. Share the information from steps 1 and 2 with the person or persons you are in or are considering being in a relationship with. Have them share this information with you.
6. Share the information in step 3. Describe in detail what communications you use or will choose to use that meet the emotional requirements of the other person or persons. If there are any that are incongruent with your values or that you feel would cause you stress, write down why. If you are already in a relationship, rate how well you feel you are meeting the emotional requirements of your partner or partners on a scale of 1 to 10.



7. Share the information from step 4 and compare this to the information generated in step 6. In other words, compare what you each choose to identify as representing having your relationship emotional requirements met with what communications the other person or persons use to meet them. Compare how each person rates how well their requirements are being met to how well the other person feels they are meeting them. This is often a bit of a shock!
8. Starting with the most important emotional requirement that is not being met perfectly, describe in detail the actions that all parties can agree upon in order to improve this score.
9. Create daily strategies and a checklist to ensure that communications to meet these emotional requirements are performed. Remember, the communications have to be agreeable to everyone involved. Never end a day or an encounter without performing at least one of these communications; never miss a chance to communicate your love and appreciation.
10. Create a weekly or monthly discussion time to assess progress and determine the focus of the next week or month.

It is possible, if not probable, that there will be some communications from another person that are perceived as negative. These communication patterns should be stopped immediately. If there is important information that must be shared, both parties must create a way to share this information in a way that does not elicit feelings of judgment or resentment etc. Personal criticisms, gossip, and all other incongruent thoughts and behaviours must be stopped; they are highly toxic!! You can never get anything positive from negative communication.

