

PRESENT WAY COACHING



Summary

A healthy relationship is built on emotional connection, trust, and mutual respect. Key indicators of relationship health include:

- Emotional safety
- Effective communication
- Mutual influence
- Maintaining desire
- Self-awareness.

Emotionally safe relationships allow partners to express themselves without fear, while strong communication helps navigate conflicts constructively.

Happy couples value each other's perspectives, share decision-making, and keep the relationship vibrant through novelty and connection. Self-awareness and personal growth prevent harmful patterns and create deeper understanding.

To improve relationship health, we need to focus on:

- Building emotional connection
- Enhancing communication skills
- Nurturing intimacy
- and where necessary, seeking professional guidance.

Assessing your relationship is an ongoing process that requires curiosity, courage, and commitment.

Relationship skills can be learned, and with intentional effort, a fulfilling and resilient partnership can be created.

ASSESSING OUR RELATIONSHIP HEALTH.

A healthy relationship is built on a strong foundation of emotional connection, trust, and mutual respect. The following key indicators of relationship health are present in couples that create a resilient, fulfilling partnership that continues to evolve and deepen over time. The following are some key Indicators of 'Relationship Health':

Emotional Connection and Safety

At its core, emotional connection and safety in a relationship mean feeling deeply understood, valued, and accepted by your partner. It is the foundation of intimacy, trust, and long-term relationship satisfaction. When emotional safety exists, both partners feel free to express their true thoughts, emotions, and needs without fear of rejection, criticism, or abandonment. When we don't feel emotionally safe, we operate from fight, flight or freeze responses (the constant need to defend ourselves).

Effective Communication and Conflict Resolution

Relationships are a constant cycle of connection, rupture and repair. Successful couples are adept at handling the uncomfortable emotions of rupture and addressing the issues without resorting to blame or defensiveness, focusing instead on understanding and resolving underlying problems.

Mutual Influence and Shared Decision-Making

John Gottman's research shows that happier couples allow themselves to be influenced by each other, rather than one partner dominating decisions. This is especially true for men - Gottman found that relationships where husbands accept influence from their wives are significantly happier and more successful. By sharing decision-making and valuing each other's perspectives, partners create a relationship where both individuals feel equal, appreciated, and truly connected.

Maintaining Desire and Aliveness

World leading relationship expert, Esther Perel, discusses the importance of sustaining desire and a sense of aliveness in

relationships. She emphasises balancing the need for security with the need for adventure and novelty to keep the relationship vibrant.

Self-Awareness and Personal Growth

At the heart of every healthy relationship is self-awareness - the ability to recognise our own emotions, triggers, needs, and patterns. Without self-awareness, we unconsciously repeat harmful behaviours, misinterpret our partner's actions, or struggle to communicate effectively. Personal growth ensures that each individual continues evolving actively pursuing interests and passions, making the relationship stronger, rather than stagnant or toxic.

SELF ASSESSMENT QUESTIONS.

This is not a complete list, but these questions are designed to help you gain insight into key aspects of your relationship that shape its health and direction. As you reflect on each statement, approach it with curiosity and honesty - opening your heart and mind to areas that may need attention and growth. It's not about being perfect, it's about being open to growth. Check the box only if you feel the question is true for you:

Emotional Connection:	
My Partner: Do I know my partner's current stresses, aspirations, and significant life events?	<input type="checkbox"/>
Fondness and Admiration: Do I regularly express appreciation and respect towards my partner?	<input type="checkbox"/>
Safety: Do I feel emotionally safe to express myself, my needs, desires and fears?	<input type="checkbox"/>
2. Communication and Conflict Resolution:	
Turning Toward Each Other: Do we engage in meaningful conversations and share daily experiences?	<input type="checkbox"/>
Conflict Management: Do we address disagreements calmly, focusing on understanding rather than winning?	<input type="checkbox"/>
3. Mutual Influence:	
Shared Decision-Making: Do we make important decisions together, valuing each other's input?	<input type="checkbox"/>
Accepting Influence: Am I open to my partner's perspectives and willing to adjust my views?	<input type="checkbox"/>
Finances: How do I handle financial disagreements? Do you feel you find solutions that work for both of you, or does one tend to have more influence?	<input type="checkbox"/>
4. Maintaining Desire:	
Novelty and Adventure: Do we introduce new activities or experiences to keep the relationship exciting?	<input type="checkbox"/>
Independence: Do we support each other's individual interests and personal growth?	<input type="checkbox"/>
5. Personal Growth:	
Self-Reflection: Am I aware of my own emotional triggers and working towards personal development?	<input type="checkbox"/>
Support: Do I encourage my partner's personal growth and celebrate their achievements?	<input type="checkbox"/>

ACTION PLAN

After completing the worksheet, identify areas where your relationship could improve. Discuss these with your partner (if they are open to it) and develop a plan to address them. A great way to make progress is to focus on developing the foundational areas below:

Building emotional connection.

Before employing any strategy or trying something new, we need the emotional connection and safety. Learn to slow down, listen without judgement (replace it with curiosity), speak with kindness and respect, acknowledge and validate feelings, be consistent and trustworthy, create a safe and judgement free space where vulnerability can enter. And MOST importantly, start to develop a safe relationship with our own emotions.

Learning deeper communication skills.

Learning how to communicate in relationships goes hand in hand with understanding our own emotions. Schedule regular check-ins (eg. a daily 10min coffee break) to discuss feelings and concerns, be willing to open up and be vulnerable about grievances you have, or share dreams and visions. Go beyond the daily logistics. This becomes an exercise in being courageous about calmly explaining how YOU feel about something (not what someone else did), while at the same time remaining present with your own feelings so you don't get emotionally overwhelmed. Learning to communicate in this way not only improves your capacity to communicate, it reinforces the emotional safety in the connection, which in turn makes communication and vulnerability easier.

Building Intimacy.

Engaging in shared, novel experiences - whether traveling to a new place, trying a new hobby together, or exploring fresh ways to express affection - stimulates excitement and deepens emotional closeness. Stepping outside of our busy lives and routine invites curiosity about each other, reigniting the sense of discovery that relationships often lose over time. Playfulness, spontaneity, and shared adventure create lasting memories and reinforce the emotional connection, reminding both partners that their relationship is a dynamic, an evolving journey rather than a static state.

Seek Professional Help.

When we try to change ourselves or our relationship, we are often met with overwhelming challenges, not because we are broken, simply we have not yet learnt the skills. Consider coaching or therapy to fast-track your awareness and understanding of the deeper emotions and mechanics of relational dynamics, to work through persistent challenges, deep emotional blocks and fears that hold you back.

Remember, assessing your relationship is an ongoing process. Healthy relationships are not a given, they are created through Curiosity, Courage, Compassion, Commitment, making changes where necessary and taking action.

Learning to relate is a skill – a skill we can learn.

If you would like to seek guidance, feel free to reach out to us at info@presentwaycoaching.com or book in a free call with Justin or Maria using the link: https://bit.ly/PWC_FreeCall