



Your Relationship with Others

Developing Relationships that Thrive!

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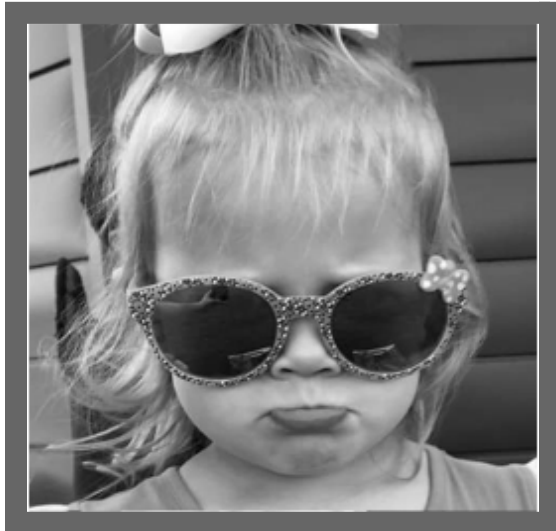
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Decluttering Your Relationship with Others

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READING MATERIAL



In this course, you'll have an opportunity to address other relationships in which you currently have some unresolved wounds or unfinished business. At the same time, however, you'll need to continue to focus on building an even stronger, healthier relationship with yourself; if that doesn't become a lifelong habit, your emotional clutter will continue to damage your relationships and ultimately, prevent you from living wholeheartedly.

Don't get me wrong; we're *all* a work in progress. This side of Heaven, none of us will be completely clutter-free. However, if we make decluttering a habit, we can develop meaningful relationships and avoid causing unnecessary upheaval. Keep in mind that wounded people wound others, so why not work to become a healthier person - for yourself and the benefit of others?

Who's Keeping You Awake?

Which of your relationships is causing you the most angst? With whom do you have internal dialogue about something that's bothering you? With whom do you feel the need to *tell* something, to set the record straight or to stand up for yourself? Is that a partner, sibling, an in-law or some other relative? Or maybe it's an ex-spouse, a friend, your boss or a coworker?

Whoever it is, for this course, choose one relationship to focus on. Then, hold that person in the forefront of your mind as you ponder some of the most common issues within relationships.
