

◆ Monthly Newsletter ◆

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Opening Statement: We can re-energize our relationships by "accentuating the positive."

Feature Article: If you want to re-energize your relationships...as well as your own life...concentrate on one word: **POSITIVE!**

First try to say everything in a positive way. Instead of "You *never* pick up after yourself!", say "Would you please toss your underwear in the basket?" or "I love it when you clean out your car every night!"

Secondly, catch your loved ones doing something right and praise them!

We all find it so easy to criticize when someone does something wrong, or doesn't do what they're supposed to...but that just focuses attention on behavior we would like to extinguish. However, **whatever we focus attention on increases!** So focus instead on the behavior you want to encourage, and ignore or redirect the wrong behavior.

Thirdly, be the one to talk about the positive events of the day...make life fun and interesting.

You will find your own life and relationships will be energized, effective, and rewarding if you **set a positive tone.**

Recommended Reading: Whale Done by Ken Blanchard...best book I've ever read on the sub-

ject of "accentuating the positive" in relationships.

The EVERYTHING Parent's Guide to Positive Discipline by Carl E. Pickhardt, Ph.D.

Quotations and Thoughts:

"When you start a love relationship, the emphasis is completely on the positive; you don't notice anything negative—or disregard it as unimportant. It's not until you get married and move in together that you start to notice all those things in your partner to which your love was blind in the beginning. Pretty soon, *those* behaviors are what you focus on. Even if your partner attempts to change, you don't notice or acknowledge the progress. You start yelling at each other, even for the little things. The final demise of a love relationship is when you do something *right* and you still get yelled at because you didn't do it right *enough!* 'I had to *ask* you!' ... 'You should have done it on *Wednesday!*'"

Sound familiar? Positive responses, instead, motivate people to continue to do positive things. It's an ***upward spiral.***" Whale Done, p. 98, 100.

Remember:
Re-energize
relationships by
accentuating the
positive!

Dedicated to the Promotion of **Positive Mental Health**

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