

** Relationship Help 101's Monthly Ezine **

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If you know someone who could benefit from reading this information and would like to create a better relationship with their partner, please forward this Ezine.

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***** Featured Article *****

How To Stop Arguments From Ruining Your Relationship

How you deal with arguments can cause your relationship to destruct, or it can make your relationship grow stronger. Here's what you could do the next time you encounter an argument with your partner:

- **Listen.** Listening is one of the most critical elements in an argument- but many people neglect to do it. If you're only concerned with getting your point across and having the last word in the conversation, you are making things worse. Be courteous of your partner's feelings and listen to what he/she has to say.
- **Fight Fair.** It's important that each of you explain your side of the story and express how you feel (when you have the floor to speak) without attacking each other's character. If the argument gets too heated, and you feel like taking your anger out on your partner, go for a walk, take few deep breaths, do whatever you need to do that may help you relax- then come back when you're calmer.

- **Deal with the argument now...and only now.** Even when arguments are small and minor, it's still best to work on them. Here's why:
 1. You avoid any re-occurrence of the argument in the future- Repeated arguments happen. Work on them now so it wouldn't be an issue later.
 2. You stop them from building into more or bigger arguments- There may be times when you are so mad at your partner that you bring up non-relevant issues. It's an ego thing. Your ego could be so high that when you feel like you're "losing" an argument, you bring something else up. You argue about something you feel you can "win" at. Doing that may make your partner even more frustrated.

Whether your arguments are big or small, problematic or minor, work on them now so they don't ruin your relationship later.

Tips From a Key Expert Courtesy of: Sallie Felton, Life Coach

"Here is a technique I use with many of my relationship clients. I present them with a small piece of an old branch (smooth, about a foot long). I explain that the Native Americans used this as a "talking stick". The person who holds the stick has the floor to talk for as long as they wish with NO interruptions. This:

- A. Holds the focus
- B. Stops the Partners from jumping in to tell their side of the story
- C. Generates boundaries
- D. Habit forming

The other partner then takes their turn. Issues are dealt with and heard".

Thanks Sallie for that incredible tip. Be sure to visit her website at:

www.salliefeltonlifecoach.com

Tele-Class Info

Guys: Find out how to create an exciting love life!

Join us in February where we'll address: **How to bring passion into your love life!** On this call you'll learn:

1. Why women love romance- and what you can do to turn on that romantic charm
2. 5 tips that will help you get an amazing sex life

Towards the end of the call, I will take a few questions, and answer as many I could. You may also email me your questions to Daniel@relationshipadvice4you.com and put "Questions for the men's tele-class" in the subject line.

This Tele-class will be held on **February 3rd, 2008**- and it will be a 60 min call. *For call details and/or to register, contact me at the email address above.

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Ladies: Make your relationship great in 2008!

Join us in February where we'll discuss: **How to make 2008 a better year for your relationship!**

1. How to create a New Year's resolution list for your relationship- an easy 3-step plan that you will be excited to start
2. Ideas from other women on how to make your relationship more exhilarating

Towards the end of the call, I will take a few questions, and answer as many I could. You may also email me your questions to Daniel@relationshipadvice4you.com and put "Questions for the women's tele-class" in the subject line.

This Tele-class will be held on **February 10th, 2008**- and it will be a 60 min call. *For call details and/or to register, contact me at my email address above.

Products and Services Info

 **Products**

What All Women Want Their Man To Know is now available for **\$19.95** until **February 14th, 2008**. After that date, the price will immediately go back to \$29.95. If you haven't read the book yet, go to www.relationshipadvice4you.com and purchase your copy of the book today!

Coming Soon: *What Every Man Wants his Woman to know, What You Need to Know about Making a Great Relationship (Senior's edition), What You Need to Know about Making a Great Relationship (Teen's edition)*

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 **Services**

The phone coaching program offer of a half-hour free coaching expires **February 8th, 2008**. Don't miss out on this opportunity to get your questions answered on an extended coaching call.

Quotes & Affirmations

“Remember that the best relationship is one in which your love for each other exceeds your need for each other.” - Author Unknown

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Here are your daily affirmations!

Read and/or print and cut out these affirmations daily for one month until you receive your next newsletter:

I will do whatever I can to make my relationship work.

I will make sure that I give the love and consideration that my partner needs.

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Relationship coach Daniel Amis has helped many people create the relationship of their dreams. He publishes monthly E-zines that's inspiring, fun, and insightful. If you're ready to get the love that you desire, then subscribe at www.relationshipadvice4you.com and get your FREE tips today!

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