

* 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.

What's in this Issue?

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

How To Handle The Drama In Your Relationship

Everyone experiences some type of problem or issue in their relationship. But not everyone knows how to handle it. Though this topic is a bit broad, it still seems to boil down to one thing: **Communication**.

Communication can make a relationship grow stronger or it can shatter a relationship if there's lack of it. If you're going through a problem that's causing your relationship to break, speak to your partner. Let him/her know your feelings and work on a solution. Involve your partner in the situation- especially if he/she is the cause. Don't build up feelings of resentment or anger.

There may be other times, however, that the problems that you're going through may not involve your partner. Though it may not be a relationship issue, I still advise that you communicate. By talking with your partner you'll gain three things:

1. Valuable feedback
2. Support
3. Someone who'll listen

Whatever drama you're going through in your relationship, understand that **you** choose the direction you want your relationship to head in. Make your relationship stronger by communicating.

Tips From a Key Expert Courtesy of: Lyn Newton

Successful Serious Discussions with Your Mate

There are many cases in a relationship and marriage when a couple needs to discuss serious issues. One well known phrase to begin one of those serious talks is "we need to talk".

Each time that I hear this phrase, it automatically sets up a negative tone in my mind. It refers to a problem at hand and often a complaint from a spouse or mate.

Therefore, when needing to discuss a serious issue with a partner, I suggest using a more positive tone.

Much in what you receive from a conversation goes into what you put into it. If you go into the discussion with negative feelings and a blaming tone, you will likely get the same out of it.

Below I have listed some ideas on how to go into a serious discussion with your spouse or mate in a more positive manner. Using some of these ideas will help you get better results and get closer to the outcome that you desire.

Do not begin with "we need to talk". Most men are not big on serious, emotional talks. By beginning the conversation with this phrase, he begins to shut down before you start. Ease into the conversation before he knows what he has gotten into. Begin with the topic at hand. There is no reason to set a negative mood from the beginning.

Do not use "you". When you begin a sentence with the word "you", you are putting your mate on the defense right from the start. "You" is a term that blames the other person and makes the person feel that there is a need to defend him or herself. When you begin attacking your partner with "you" statements and naming all of the things that he or she does wrong, the conversation will shut down.

Thanks Lyn. That's great information that you've provided. Be sure to read her articles on www.marriage.families.com.

Tele-Class Info

Guys: Learn how to make a long-lasting relationship!

Join us in March where we'll discuss: **Important tips to make your relationship last longer than any other you ever had.** On this call you learn:

1. Communication tips... and why these tips are so important when it comes to women.
2. Why romance and foreplay is a must when it comes to pleasing a woman sexually.

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 March 22nd, 2008- and it will be a 60 min call. *For call details and/or to register, contact me at my email address above.

Ladies: Get better communication with your man!

Join us in March where we'll discuss: **The keys to getting better communication with your partner.** On this call you'll learn:

1. Why men and women think, speak, and act differently and what you can do to effectively communicate with your man.
2. Why body language and non-verbal communication plays a huge in your relationship.

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 March 30th, 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**

Ladies: There's a new e-book I wrote called: ***Ladies: How to bounce back from a break-up!*** It will be available for **\$12.95** on March 20th, 2008. And don't worry I'm still working on the book *What Every Man Wants his Woman to know* which will be available in August.

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 has expired. You will be notified soon when the next offer will occur.

Quotes & Affirmations

Trouble is part of your life, and if you don't share it, you don't give the person who loves you enough chance to love you enough. ~Dinah Shore

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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 work on communicating with my partner.
I will give my partner trust and respect...and expect nothing less in return.

DO YOU WANT TO USE THIS ARTICLE IN YOUR E-ZINE OR WEB SITE?
You have my permission to do so as long as you include this complete blurb with it:

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!
