

102 / Tips for Establishing & Improving Relationship

Preface

We can develop better relationship with others if we understand their entry in our life. A person may come into your life for a 'reason, for a season or for a life.' If this focus is clear, we can decide our relationship pattern.

A person may enter your life for a 'reason' when you need him for your help. You may call the person by any name or he may be a stranger or from your family. When the necessary help is rendered, the relationship may get broken in spite of your good behaviour. You should be ready for such eventuality. No point doing post mortem of your behaviour and his behaviour.

Some people come into your life for a 'season.' You will learn from these persons many things. These persons will share their experience, knowledge with you and try to enrich your life. You will have unbelievable joy and happiness in their company. But please remember that this association is only for a 'season.'

Some people enter your life for lifetime. You need to take special efforts for building up such relationship. You may need to show more consistency, tolerance etc. in nursing such relationship. Good relationships are like Trees. They demand attention & care in the beginning but once they blossom, they provide you shade in all situations of life.

So whenever you march towards establishing relationship, first decide whether this person has entered your life 'for a reason, for a season or for a life.'

In the light of above discussion, let us try and formulate the Tips for establishing & improving relationship.

- i) Relationship is born simultaneously with our birth.
- ii) Our entry in this world creates various relationship whether we like them or not at a latter stage in our life.
- iii) If we wish to have cordial relationship with others, it is necessary to cultivate the Relationship on same footing. e.g. We must forget our education, designation, status, while dealing with spouse, children, parents, friends etc.

- iv) Relationship is a complex phenomenon.
- v) One should remember that we are all Guests in this world. We don't know our last moment/breath in this world then why not try and develop cordial relationship with others.

Various Relationships with...

Children

Spouse

Older Parents

Friends

Colleagues

Common Tips

- i) Let there be spaces in your relationship.
- ii) Give respect to get respect.
- iii) All fingers are not alike.
- iv) Each person inherits good and bad qualities.
- v) Your behavior with any one should be the replica of your expectation of their behavior with you.
- vi) Respect individuality.
- vii) Always remember that our opinions change from time to time.
- viii) We all need each other.
- ix) No body is perfect.
- x) When you are angry, criticize the behavior, not the person.
- xi) **Human being is a social 'ANIMAL.'**

Children

- i) The relationship with children gives immense joy at least when they are small.
- ii) Parenthood is the 'testing phase of married life.'
- iii) Parents do not leave any stone unturned to give best to their children.
- iv) However our acts and deeds should be motive less and should arise from our duty & responsibility.
- v) We should not look at the relationship as an investment for our old age.

Tips-Children

- i) You should always encourage your children to express their feelings.
- ii) Establish clear limits on their behavior.
- iii) You should act as a Role Model for improving their behavior.
- iv) Praise should be used to promote good behavior.
- v) You should respect your child's choices, unless they endanger safety or health.
- vi) Criticize incorrect/ bad behavior or action, not the child.
- vii) Set clear and consistent rules. Parents should agree on rules.
- viii) Goals set should be within reach of your child.
- ix) Make it a habit to spend some time every day with your children.
- x) Pay undivided attention when your children talk to you.
- xi) Encourage your child to always do their best, and emphasize that what is Important is efforts, not the success.**

Spouse

- i) Marriage is the most difficult decision which most of the persons take relying solely on 'fate.'**
- ii) Decision is tougher for the lady.
- iii) Marriage is like a 'Ladoo'. Whosoever eats also repents as much as who doesn't eat.

Tips-Spouse

- i) Let there be spaces in your relationship.
- ii) When you are angry, criticize the behavior, not the person.
- iii) Feel free to discuss you problem.
- iv) Spend time with each other.
- v) Expectations from spouse should be realistic.
- vi) Never take each other for granted.
- vii) Good points of the spouse should be remembered.
- viii) **Think of the two as a TEAM.**

Older Parents

- i) Our relationship with parents varies as we grow.
- ii) We all carry high opinion about our parents when we are small.
- iii) We soon dislike our parents as more restrictions are placed on us as we grow old.
- iv) When we get married and become parents, we start realizing the challenges faced by our parents and real meaning of their behavior those days gets unfolded.
- v) When we grow old, our original childhood belief gets confirmed that our parents are really great.

Tips-Older Parents

- i) You should stand by your parents in periods of transition such as retirement, death, illness etc.
- ii) Share your feelings with your parents.
- iii) Be sensitive & understanding towards your parents and their needs.
- iv) Express & show your gratitude for all that they have done for you.**
- v) Make them feel that they are special and they matter to you.
- vi) Forgive your parents for their shortcomings.
- vii) If your parents are living with you then spend some time with them every day.
- viii) Even if they are not staying with you, make it a point to visit them regularly, talk on telephone etc.
- ix) If you disagree with them on current issue then make them aware politely of same.

Friends

- i) Every person should have friends of various levels to fill the gap in his life.**
- ii) Many times we face such situations which can not be discussed with parents, spouse, colleagues etc. as each one of them have some stake in you and hence you may be deprived from getting correct advice. Friendship shows the road ahead in such situations.

Tips-Friends

- i) Let there be spaces in your friendship.
- ii) Lose the fight not the friend.**
- iii) Accept your friend's flaws.

- iv) Keep in touch even if you are far away. Distance shouldn't keep real friends apart.
- v) Be loyal and committed.
- vi) Never reveal your friend's secrets to a third person.
- vii) It is not necessary to reveal each and every detail of your life to your friend.
- viii) Learn to forgive.

Colleagues

- i) As we spend our major part of Life in the office, it imperative that we should have healthy relationship with our colleagues.
- ii) When colleagues get along and like each other, going to work can become the great pleasure.

Tips-Colleagues

- i) Feelings play pivotal role in giving insight about people and their behavior.
- ii) It is necessary that you should trust others in the environment as much as you trust your self.
- iii) Good point in a colleague should be acknowledged even if you don't like him.
- iv) One should be emotionally honest with oneself. Every day make it a practice to write for 5 minutes as to how you feel about your self and the surrounding world.
- v) You should not shirk from your actions and emotions.
- vi) Pay attention to the feedback from your colleagues and client's from their non-verbal signals.
- vii) Give respect to gain respect.
- viii) **Your behavior with colleagues should be the replica of your expectation of behavior from others.**

Few Words from Compiler....

- i) Relationship is a complex phenomenon and any laid down principles may still fail because after all each person is unique and for building cordial relationship you need similar thinking from opposite camp.
- ii) You need two hands for 'Clapping' but need only one hand for 'Chutki.'
- iii) Why not make an attempt?
- iv) Best of Luck!!!!