Relationship Repair

Getting the Most from Your Relationships

We have all different types of relationships with the people in our life. Some may be more formal, distant, or professional, while others may be close, informal, and intimate.

Nevertheless, all relationships take work!

Find some tips and tricks below, to enhance the ones in your life.

Significance of Improved Relationships at Work (and in life)

Improving interpersonal relationships have a bountiful impact on one’s life, including (but not limited to):

- Reduced stress & anxiety
- Improved physical & mental health
- Increased workplace satisfaction
- Increased workplace retention

Revamping Your Approach to Relationships

Speak for Yourself

Avoid using accusatory language while in discussion or conflict. Keeping your focus on how you are experiencing a situation or issue is a great way to keep defenses down, and increases the likelihood that your message will be heard. Try to use “I” feel statements and avoid absolutes (always, never, etc.).

You Get What You Give

Trust is hard to earn in a PSAP, but it is also the foundation of every healthy/functional relationship. Even if you can’t trust that someone has your best interest in mind, trust that you can and want to work to your shared goals.

Stick to the Point

Ever find yourself arguing about something completely unrelated to the topic you started the conversation with? Yeah, that is because the focus strayed from the point of the matter. When you find that you’ve gone down the rabbit hole, acknowledge the digression, and redirect to the point of the conversation.

It is not about you

At home, at work, and everywhere else, we are impacted by other people. The way we are impacted is usually about our own feelings, experiences, interpretations, etc., though it may have been “triggered” by someone or something else. The same is true for others. Even if they haven’t gained the insight to understand it in the moment, what they are responding to is usually not about you, so don’t take the bait!

Avoid Those Logical Fallacies

In a PSAP it is inevitable that you will have a difference of opinion with someone. When that happens it is easy to fall into the trap of these logical fallacies:

- Personal attacks
- False framing
- Over-generalizing
- Either/or mentality
- Distorting/subverting the speaker’s point
- Future telling
- Bandwagon arguments (“everyone else feels this way!”)
- Assuming guilt by association

Remember: an argument is hard to accept if it is based on one of these elements.

Tips to Enhance Your Relationships

- Breathe, it’s free
- Stay goal-focused
- Aim to collaborate, compromise, or accommodate
- Lead with curiosity
- Give the benefit of doubt (you never know when someone will surprise you)
- Keep things respectful