



“Think Rationally” Be Reasonable & Win in Your Relationships (*Refrain from the 7 faulty behaviors*)

By Janelle Johnson



Put Forth Your Best-efforts

You win in your relationships when you put forth your best-efforts. Your best-efforts consist of self-care, being self-aware, listening to others for understanding, being genuine, knowing the boundaries in your relationships, being open and honest about expectations, receiving help or guidance when necessary, working towards self-actualization, loving yourself and others, being vulnerable, sharing truths and confessions.

Functional Relationships

Know your love language, rules, boundaries, and deal-breakers while creating functional relationships. You have free will to create a nurturing environment of positive thinking, considerate actions, and hope in your relationships. Remember you can change yourself. However, you cannot change others. In relationships one person (you) can change the functioning of the entire unit.

Dysfunctional Relationships

Signs of dysfunctional relationships consist of emotional, physical and verbal abuse. Relationship members that practice selfishness by not considering others. Secrets and hidden agendas within the unit. Constant chaos. Walking on eggshells. One-sided expectations. Only one person is putting forth effort in the unit. Lack of communication. Lack of safety.

Trying to compensate, buy, or compromise your integrity for the sake of the unit. You are at your worse in these dysfunctional relationships.

7 cognitive distortions that manifest into faulty behaviors:

1. Overgeneralizing- Going beyond specific information.
2. Catastrophizing- Making situations out to be much worse than they really are.
3. Disqualifying the positive- Overlooking the good things in your relationships.
4. Black and White Thinking- Seeing things from two viewpoints only (either this or that).
Not allowing room for middle ground.
5. Minimizing- Taking major events, situations, or things and making them much smaller than they really are.
6. Personalization- Taking things personally, even when they have nothing to do with you.
7. Magnifying- Blowing up situations; making things much larger than they truly are.

7 faulty behaviors in your relationships:

1. Hitting Below the belt- There is a thought that has moved you to anger, disagreement, or dislike. You cannot take back your hurtful words. Yet you lash out and say something that internally hurts others.
2. Blaming- Not wanting to take responsibility for your part. Truly feeling it is the other persons fault. You hold someone else responsible for an incident or situation.
3. Being Sarcastic- Being passive aggressive. You make comments that mock others.
4. Lying- Telling a lie to hide the truth, not dealing with the consequences.
5. Abusing- Self harm, or harming others verbally, emotionally, or physically.
6. Betraying- Going against the relationship boundaries, loyalty, and rules.
7. Being jealous- Desiring something that is not intended for you.

Your Actions Make a Difference

- Love- What is your love language? What are the love languages of the individual's in your life? How do you marry the different love languages to meet the needs of the unit?
- Rules- Have you defined and set the rules in your relationships? What is allowed, and what is not allowed in your relationships?
- Boundaries- Where does the line end; where does the line begin when setting boundaries? How do you draw a line? How do you make sure the line is not crossed in your relationships?
- Deal-breakers- I am done. It is over. The line was crossed. Have you defined your deal-breakers? When are you willing to walk away in your relationships?
- Will- Are you willing to do your part of the work involved to have healthy progressive relationships?

- Hope- What does positive self-talk look like for you? Are you combatting negative thoughts (the won't's, can't's, shouldn't, and never)? Are you hopeful that you will sustain your relationships?
- Action- Are your actions congruent with your words? How do you keep momentum in your relationships?

Healthy relationships

Tap into your body felt sense when you are with others. What do you feel free to express? Are you constantly on edge, or do you feel free to be? Listen to your bodies healthy internal awareness:

- Butterflies- The good anxiety. A sensational love language you understand from the gut.
- Joy- A pleasure to be in the company of.
- Self-expression- Ability to freely express all emotions.
- Momentum- Growth. Movement. Action towards goals.
- Nurturing- Attending to the needs of yourself, and others.
- Caution- Practicing safety rules.
- Consideration. Thinking of others before making sound decisions.

In summary, the body felt sense and instinctive recognition that the relationship is meaningful to you; is a healthy feeling.

Meaningful relationships

You have a say in the outcome of your valued relationships. Desire for fulfillment can be accomplished through meaningful discovery. Create the meaning of your relationships. Will the relationship flourish, or will the relationship end due to the state it is in. You cannot change other's. You can practice and express loving actions with intention. You can work to maintain rational thinking. Healthy thoughts lead to reasonable actions. If you believe that we feed off other people's energy; then you increase the chances of mutual respect, love, understanding, and effective communication in your relationship (when your energy is positive).

