



Sure Fire Techniques to have People Love to be Around You

By Dr Peter Holsman

What is a good relationship? With your spouse, kids or colleagues at work?

When it comes to relationships there is good news and bad news. The good news is that getting on well with other people is easy for some. The bad news is that most of us, me included, have needed to work on it. And just when you have solved one challenge, a new one is likely to arise.

Do you believe that the meek really do inherit the earth, or is it your belief that only aggressive bossy people succeed?

The experience of many quiet, polite people is that they have an increased risk of being used as someone else's doormat. And from my experience, a polite smile or nod of agreement may well be passive aggression – the “old stab in the back trick” or use of guilt.

Successful relationships require assertive skills, an ability to express oneself and be heard, being prepared to “brainstorm” possible solutions and respect for others. Often an independent third person is needed to help resolve differences.

A “Blended” Case History:

A man came to see me because his sex drive had dropped. Would Testosterone help?

During the consultation it became clear that he was feeling stressed at work and at home. So I asked him to return with his wife for a combined consultation. Here are some of the key points:

The wife said that her husband spent long hours at work and never showed her any affection.

The husband replied that he had a difficult boss and was tired when he got home from work. His wife was always busy with the kids. Work was secure and they needed the money.

Had they discussed these issues at home?

The answer was yes, but neither “heard” what the other said.

“You don’t listen to me” And... “You should know how I feel”.... – a common assumption often heard in couples therapy... came out in the initial discussion.

Each person was helped to express their feelings.

“Brainstorming” all possible options was given as homework .

Topics explored at the next sessions included quality time together , parenting roles and dealing with “demanding” children , finances and dealing with difficult people at work.

At review eight weeks later, his sex drive was back! As well as being a lot happier at home, he was using his new assertive skills successfully at work and was much more relaxed and productive at work.

What is needed:

The ability to express thoughts and feelings as distinct from assuming that your partner, relative or colleague knows what is in your mind.

Assertive behaviour where each person can politely listen, understand and discuss the issues .

Brainstorming possibilities and thinking of all possible options.

Respect

It often takes time to think through the options. Avoid being pushed into a hasty decision that you may regret, but don’t however procrastinate and let people know that you will get back to them when you have thought it through.

Those of you with children will be familiar with the NOW approach to decision making!

Dr Peter Holsman is an accomplished medical practitioner and enthralling public speaker who enjoys helping people stay young and energetic. His entertaining and actionpacked presentations are for every one who wants to get the most out of life and for organisations that want to put life back into their people. For more information visit www.liveto100.com.au or phone Your Health Camberwell on 03 9882 5151.