# Relationships

The most important aspect of our human journey is our ability to have and sustain relationships. We are not meant to go it alone and it is not possible to grow alone. Relationships are our biggest teachers. We cannot have a good relationship with another until we have a good relationship with ourselves. When we establish a good relationship with ourselves, we attract someone who has also developed their own self-worth. Then a balanced inter-dependence is formed, whereby each stands in their own power, completely whole unto themselves. There is a knowing that more can be achieved by being together than by being alone.

On the other hand, when we do not feel complete ourselves, we develop relationships that are co-dependent. This does not work, is not healthy and will not bring us happiness. When we do not depend on another for our good feelings, we do not blame them for our bad ones. No one else can complete us; no one else can keep us alive. When we leave this planet, we are meant to have a sense of fulfillment and completion within ourselves. To become enlightened is to become enlivened by our own goodness and greatness.

## **Testimonial**

"My wife and I have been using the Harnessing Happiness Conflict Resolution Boards, Feeling Dictionary and Universal Truths Cards every morning. We made these tools a part of our morning ritual...breakfast, workout and Harnessing Happiness! We had been married for ten years when we committed to exploring our feelings every day. What we discovered was astounding. First, we had not truly developed a language to find or share our feelings. Over a three month period of time, we gained a common language. Second, we discovered that we had to work on ourselves first to work on our relationship. Third, by helping each other with our feelings, we have learned more about our relationship than any time before. Together, we continued the work be doing the Keys & Codes to Living Good. As a result, we reached a more authentic relationship. Thank you Harnessing Happiness for everything!" Arthur, California

## Ten Commandments for a Healthy Relationship

#### **Truth**

Love cannot live without it.

### Respect

Love cannot grow without it.

#### **Commitment**

Love cannot work without it.

#### Acceptance

Love cannot be peaceful without it.

#### Perseverance

Love cannot be sustained without it.

#### **Sense of Humor**

Love cannot blossom without it.

## **Self-Responsibility**

Love cannot breathe without it.

#### **Kindness**

Love cannot endure without it.

## **Integrity**

Love cannot seed without it.

## Inspiration

Love cannot create without it.