

## "Spring Cleaning for Your Relationship(s)"

*By Dr. Cindy Brown, "The Business & Relationship Doctor."*

Spring is seasonally a time of new beginnings for plants and animals. It's also a time for assessing what's happened previously in the first quarter and determining if you want to continue that for the rest of the year.

I think it's a great time as well to look at your relationship(s) and cleanup, or clean out what is not working and plant something new that will grow and harvest throughout the rest of the year. Here are some steps you can take that can help you clean-up your relationships so they are more fulfilling:

1. **Take an Inventory:** Ask yourself right now- is your relationship the way you want it to be? Look at your personal as well as your relationships at the office and with friends and family. Be honest with yourself, dig deeper, this is the first step to creating change and having the relationship of your dreams!
2. **Write a list of all the things, issues you don't like in the relationship.** The issues you are angry or frustrated about, The things you are not getting or that you want instead, The things that dishonor you, The issues that take away your ability to be loving or kind to the other person.
3. **Prioritize each issue you'd like to discuss and change using a range of 1-10;** 1 being most important, to 10 being least important. Determine for yourself what issues are the most urgent or most important to your happiness and the success of the relationship? Write this number next to each one so you will know what to discuss first.
4. **Arrange a time to discuss your list with the person involved in the relationship with you.** Make sure you ask to discuss this list with love and/or kindness and compassion. First describing to that person what you want to say and do, how long it will take and then asking what time that person will be available for this. This way the person is prepared and has agreed and hopefully will be more open to listening and participating in this discussion.
5. **Hire a Relationship Specialist and Coach like me to help you with all of the above if you can't do it yourself. I will help you** discover your challenges and needs, create your list, help you discuss together the different issues and challenges you may have, teach you communication and listening skills and lastly help you both create a plan for change and support you through that growing, learning and moving forward phases.
6. **Learn new tips and skills** from a variety of great relationship experts and books from these authors-Pia Mellody, Terrence Real, Dr. Phil, Dr. Cindy

Brown, **Purchase my Relationship CD & Guidebook** and work with the exercises and tools for the greatest success. Visit my website for FREE AUDIO Class and FREE Special Report [www.SuccessfulRelationshipsNow.com](http://www.SuccessfulRelationshipsNow.com)

7. **Sign up for a relationship workshop, or my Couples Retreat-Relationship 911 Makeover**, to renew your relationship feelings, discover challenges and learn new skills and tips for successful relationships now!. **Email me for more information** about this upcoming Relationship Makeover and retreat in Palm Desert and in Orange County.

These are just a few steps you can immediately take during this Spring Cleaning-up your Relationships Season so you can have more successful and fulfilling relationships NOW! There are more advanced strategies you can participate in, however these are the beginning steps you must explore and do so the floor is clean enough to move forward. Happy Cleaning-up!

**Remember: In order to be the person you have never been, In order to have the life and relationships you have never had, You must do what you have never done before: Give me a call or contact me so I can support you (and your relationships) in having the best life you've ever had!**

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