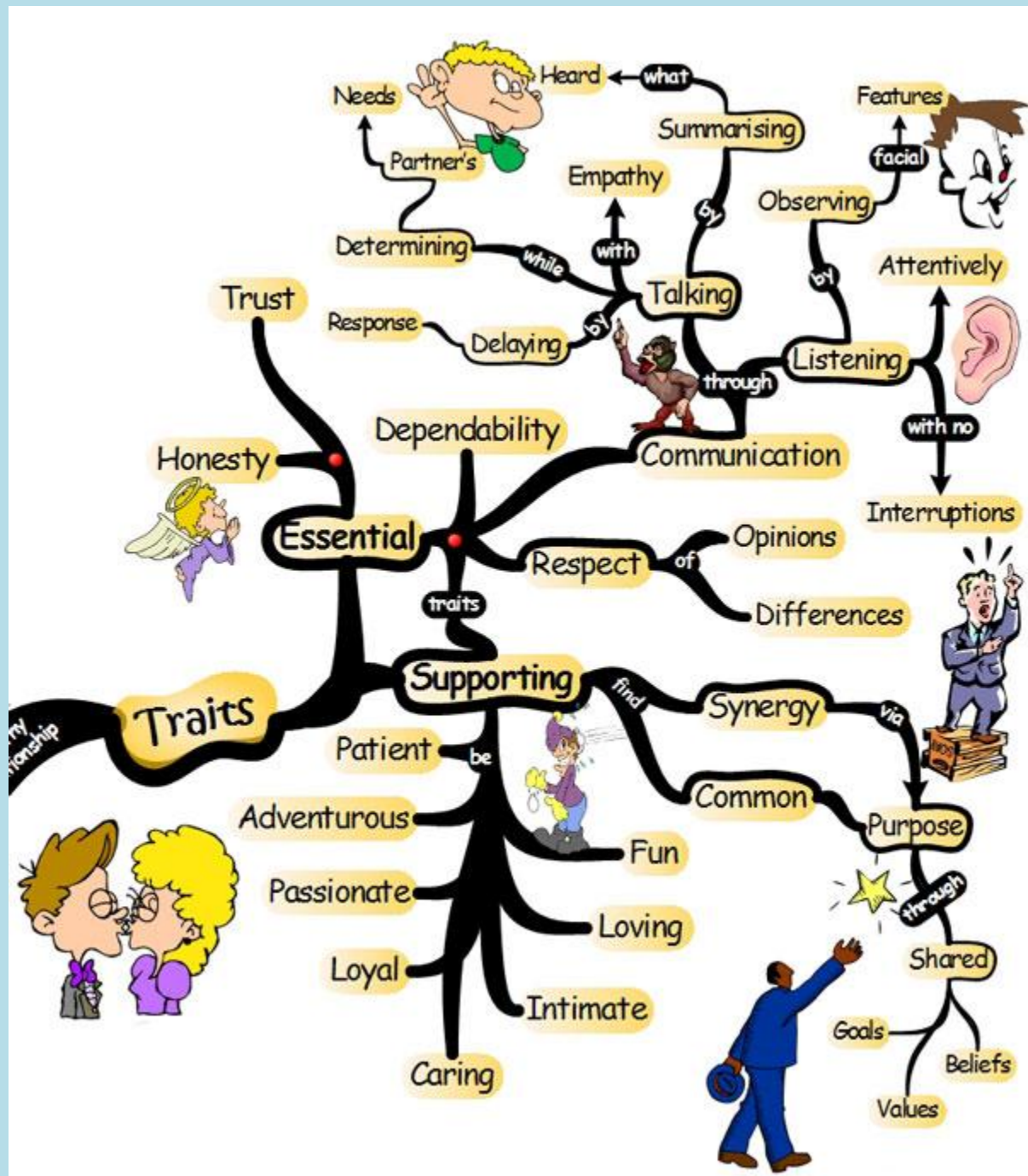


# SOLUTION ORIENTED CREATIVE COUNSELLING

Dena Unger BSW RSW  
Registered Social Worker  
1845 Kinschner Street  
Kelowna BC  
V1Y 4N7



**When it comes to building the strong foundations for a healthy and loving relationship, we must abide by and encourage the development of key essential and supporting traits that are critical to a relationship's long-term success.**

### **Find Common Purpose & Synergy**

Even though many people seem to be attracted to complete opposites. When it comes to key underlying factors and traits, we indeed tend to be attracted to someone who is very similar to us in many ways. Every relationship must have shared goals, beliefs and values that synergize perspectives and actions and move the couple towards a certain direction with clear, concise and precise objectives.

**If you are finding that you and your partner seem to share a different set of goals, beliefs or values,** than it could be an indication that your relationship is lacking the synergy to sustain itself for the long-term.

### **Other Key Traits**

The remainder 8 supporting traits add extra spice, intimacy, love and joy to a relationship that already has the strong essential foundational characteristics discussed above. The traits include:

- Patient
- Adventurous
- Passionate
- Loyal
- Caring
- Intimate
- Loving
- Fun

Each of these traits provide your relationship with the qualities it needs to keep things exciting, unpredictable, joyous, and responsive to changes within the environment and within each partner's personality style.

Your goal is to seek out to cultivate each and everyone of these supportive traits, and your relationship will be propelled into the stratosphere.

Work together with your partner on the process of embedding these key traits into the heart of your relationship on a daily basis, and you will be well on your way towards developing a strong and lasting bond that goes well beyond just plain attraction and intimacy. Instead these traits lay down the foundations of unbreakable friendships that stand the test of time. Here are a few suggestions to get you started in the right direction:

### **Essential Relationship Traits**

#### **Effective Communication**

The act of communication is the foundational principle trait that interlocks all others together. It is actually the primary and most important trait that lays the foundations for the other 4 essential traits that are critical to long, fulfilling and lasting relationships. Communication is a two way median that involves both listening and talking.

## **The Balance Between Talking & Listening**

Of primary importance is listening. When your partner is communicating with you be sure to listen with an open mind, with no interruptions and be very attentive to the words they say, the tone of voice they use and to your partner's changing facial expressions throughout their communication. Within these observations you will find clues towards how they are feeling, what perspectives and beliefs they hold, and you will also gain a clear insight into the needs they are attempting to satisfy within this moment. When it comes time for you to talk, firstly, delay your response with a small pause after your partner finishes speaking. When you do this you may find that your partner may add another couple of points; moreover providing you with a fuller picture of their communication. Next, identify the underlying needs that your partner indirectly highlighted within their communication with you. Now, summarize what you heard, confirm that you thoroughly understood them and begin speaking with empathy while focusing your communication style on fulfilling your partner's needs.

## **Honesty**

Build honesty within your relationship in ways that encourage open communication. Agree with your partner today that you will be honest with each other at all times - even if the consequences may somewhat hurt the other person. Agree that you will always keep an open mind and work through situations in ways that are supportive of your long-term relationship objectives and goals. Always come from the perspective that "It is better to be honest and upfront now, than for my partner to find out later that I was hiding something from them".

## **Trust**

This is a direct outcropping of honesty. When you are honest within a relationship, than trust naturally becomes the flower at full bloom that accepts the warming rays of the sun with all its mite. The openness of honesty builds trust within a relationship and promotes a sense of peace and serenity whether you are together with your partner or separated by distance.

## **Respect**

This all comes down to instinctively respecting your partner's opinions and differences. Yes, you might disagree with their perspective, and that's fine. However, you must respect them for who they are, for the opinions that they bring to the table, and also for the differences that make them so special and unique.

## **Focus Only on Solutions**

Focusing on solutions is closely linked to cultivating an optimistic outlook. However, the major difference is that when you are focusing in on solutions, you specifically target potential scenarios that will strengthen and build on the current problems and challenges that may be holding your relationship back from evolving to the next level. The easiest way to begin cultivating this kind of mindset is to ask effective solution focused questions that will expand your way of thinking in new ways and directions.

## **Cultivate an Optimistic Outlook**

It is easy for us to get disgruntled and depressed when things are simply not going our way. If problems or challenges are testing your relationship, than see them as a blessing in disguise. Actually see them as experiences you can learn from to build even stronger bonds between you and your partner.