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STATING THE OBVIOUS

If you're in a relationship, I'm sure at some stage you've had that conversation (or 15?) about did you tell the person that fact or not.

You're utterly convinced you told them, they deny it ever happens and... well, was it really in your head or did you actually say it out loud?

LOL, go easy on yourself – we all do it. But it's worth noting that we all do it, because there's more than just an occasional tidbit of information at play here – we forget to say a lot of other important stuff too.

Life gets in the way, it becomes not important, and all that reassurance and positive feedback we were putting into our relationship in the beginning goes to the wayside – and then we're confused when the loving feelings go away :)

We also assume that people know we still love them, when we're nervous wrecks internally who doubt that anyone cares if we're alive. The human experience hey :)

Take every opportunity to remind people how much they mean to you and how much you care about them – it's one of those to dos that too often fall at the wayside and is way too easy to fix for excuses.

Also – it definitely doesn't hurt to have the ongoing infusion of positive words.



A FEW OBVIOUS STATEMENTS...

I love you
You know I love you right?
I adore you
I value you
I appreciate you
I'm so grateful for you
I need you or I need you around
I love having you around
I love spending time with you
I love sharing adventures with you
You make me smile and laugh
I feel secure with you
I trust you
We are a miracle
Our love is a miracle
We are blessed with our love
You are my miracle
You are precious to me
You are a treasured gift
Every breath in your lungs is a precious gift to me
I am committed to us
You can safely assume that I will always be here for you
You can safely assume that I always want us to come out of any fight together
You can safely assume that I do not consider breaking up an option for us
I never want to lose you
There will never be enough years with you
What's happening with and to you matters to me
What happens to you, happens to me
We're in this together
I will always be here to support you
I will catch you if you fall
I will fetch you if you wander away from our relationship
I will believe for you if you stop believing
I see your beauty and you deserve so many wonderful things



MUSIC CHALLENGE

Look up and listen to the following songs for inspiration and statement ideas:

Just the Way You Are by Bruno Mars
Have I told you lately that I love you by Van Morrison
Tell Him by Barbra Streisand
You Light Up My Life by Kenny Rogers

CONVINERS

You know how you know your partner has the point when they say: how many times are you going to tell me?



That's a convincer – the amount of times anyone needs to see, hear or experience something in order to take it on as true for them.

Use this knowledge to your advantage, and instead of just saying I love you, say something like: You know I love you, right?

1. Convincer one: the statement itself.
2. Convincer two, the word right is your first repetition.
3. Asking if they know is your third convincer/repetition.
4. Their need to answer is the fourth repeat.

Four birds with one stone – not bad hey :)



DAILY ROUTINES

Integrate stating the obvious into your daily routines so that the obvious stuff never goes unsaid again.

On an ongoing basis, give genuine and heartfelt compliments, express gratitude, use terms of endearment, work on developing your own unique language and jargon :)

Welcome your love warmly when you see them and greet them lovingly when they leave.

Always tell your love everything immediately to avoid concerns of subterfuge and misunderstandings, eg. I ran into my ex at the store today.

You can always cushion it with a compliment, like: When I saw him/her, it made me realize how lucky I am to have you and share in the miracle of our love.

CONSISTENCY AND COMMITMENT

You can state the obvious all you want, but it will mean nothing if you do not commit to the process and really walk your talk.

So if for example you have told your partner that your relationship comes first and it comes down to a choice between your partner and something else, you choose your partner. Even if that means missing out on or cancelling something you really wanted to do.



categories



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Life Coaches Toolbox has a number of free diagnostic tools and resources that coaches, trainers, mentors and managers can use with clients, or that you can use on your own.

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- Affirmations
- Anchoring
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- BodyTalk Tapping
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