

3 Questions To Ask Yourself About Your Relationship

Your Relationship Minute, I'm Douglas Johns.

You know the old saying, 'It takes two to tango'? You both play a part in making your relationship enjoyable. And if you're tempted to solely blame your partner for most of your relationship problems, check your ego at the door; with some blatant exceptions, it's likely you're behaving in ways that inflame the problem and contribute to your own suffering.

Here's an exercise that can start bringing some clarity to what I mean. Spend at least one week answering three simple questions at the end of each day:

1. What have I received from my relationship today that I am grateful for?
2. What did I contribute to my relationship today?
3. What troubles or difficulties have I caused my relationship today?

I've adapted these three questions from a Japanese form of contemplative therapy called Naikan. Honestly reviewing these three questions on a daily basis can be a powerful catalyst for improving your relationship. You have a responsibility to your relationship; these questions can help clarify your part in promoting love and respect, as well as fomenting difficulties.

I'm Douglas Johns and I'm a Couples Therapist. Please like and subscribe. More information at Your Relationship Minute dot com.