**Defining Yourself Through Your Relationships**

**Whether we know it or not and whether we believe it or not, we are defined by our relationships, the good ones and the not so good ones.

Our relationship with our parents set the foundation for how we will interact with the world outside of our parents home. Are you anxious, untrusting, angry or have trouble with boundaries?

In your dating relationships, have they been long lasting and satisfying or have you found yourself at the short end of every "relationship stick" and unable to communicate effectively?

Is your relationship with your siblings and/or co-workers antagonistic and full of drama? Are you having trouble understanding why you are the common denominator in several bad situations?

Do you wonder why your children cannot seem to keep it together for a sustained period of time, leaving you exhausted, confused and guilt-ridden?

If you can see yourself in any of these scenarios, I would be honored to have the opportunity to walk with you as we work together to correct the negative effects of your past and present relationships. It is my desire for every human to reach their full potential and achieve balance in their life and in their relationships.

Each of these negative experiences eat away at the loving, joyful, peaceful, gentle, patient, kind and self-controlled person that you are meant to be. Healthy relationships help us to grow, confront us when we are wrong, and leave us better off than we were before.**

**If you are ready to make a bold new difference in your relationships, I challenge you to contact me to schedule an appointment for entrance into the next phase of your life.**