

6 Tips to Keep Your Relationship Alive



John Kenny Coaching

Hi, and thank you for downloading your E-Book on how to keep your relationship alive.

I am John Kenny, the UK's leading Interpersonal Relationship Coach.

I have over a decade of experience of working professionally as a counsellor and coach, both in private practice and within the NHS.

I am a registered member of the British Association of Counselling and Psychotherapy and qualified to diploma level in coaching, counselling and hypnotherapy.

I have worked with hundreds of clients to help them overcome their blocks to success, experience the best relationships they have ever had and fulfil their purpose.

If you want to jump straight to the 6 tips then you will find them at the end of the book. If you want to know why connection is so important to us a species, then read on...

Think about the most important and meaningful things in your life, whether it is now or from your past: what stands out for you the most from those experiences?

I am going to guess that, as you think of those now, you will start to feel something, right!

I am also going to guess that feeling is quite powerful, as you go back in time to the place that you are in and re-experience your memory.

Whether it is a positive or negative it doesn't matter, what matters is how you feel about it.

The reason that you have this emotion rising within you is because of the connection that you have made to that experience. What it meant or means to you is because you have connected emotionally to that moment.

To connect to someone or something will entirely depend on there being some emotion.

There is a science behind connection that takes us back to the time of early homo sapiens, when we first evolved as a species.

Picture if you will a group of early humans, sitting outside their cave, around a fire, cooking today's catch.

Imagine the feeling of being in this group, safe in the knowledge that if you are attacked at any time there are lots of you to defend the tribe.

That if you were sick for any reason that you would still eat and be looked after.

You would receive love, affection and a sense of belonging.

Now imagine that you are out on your own, watching this group from a distance as they eat, keep warm, interact and protect each other, as you sit by yourself, with the few berries you have managed to scrape together and are wary of every noise in the bushes, as it could be your last moments alive!

We carry this within our genes, the security of belonging, the fear of being on our own.

I know that it is very different in this modern age, but it is also very true today as it has always been. We are essentially group animals that feel our best when connected to others.



There have been studies to prove this too.

In America in 1944, a study was carried out on forty new born infants where twenty were given no emotional contact whatsoever and just had their physical needs met, food, washing etc.

After a while the twenty children that had the emotional contact withdrawn showed signs of shutting down from their caregivers.

They would stop verbalising, moving, wouldn't cry or show any signs of emotion, stopped growing, and some even died.

The research, carried out by psychoanalyst Rene Spitz documented high infant death rates (one out of three) and, among the babies who didn't die, high percentages of cognitive, behavioural and psychological dysfunction.

There were no such issues within the other group of twenty who did get physical attention, such as touch, hugging, yes you guessed it, connection.

I know this sounds an amazingly harsh experiment to prove a point, but we are talking of a different time where they still electrocuted people because they thought anxiety was a sign on insanity!

Other studies, which overlapped and were combined in their results are the Grant and Glueck Studies.

These were carried out by Harvard University for a staggering nearly seventy-five years from 1938 until 2012.

They determined that the main reason for someone to feel happy and fulfilled in life, was the quality of their relationships.

It states that 'connection is crucial' and the strongest indicator of life satisfaction.

So that is the science study stuff out of the way. Let us get back to those emotions!

Why don't we connect?



I know from my own relationship experiences as I grew up and how they impacted on how I allowed myself to connect to others throughout my life because of them.

It is a very common topic that work on with my clients.

What we learn as children determines how we allow ourselves to connect as we grow up and will also influence the types of relationships that we choose.

If we learn that connection means emotional pain, then we carry this like a physical wound throughout our lives and look to avoid it at all costs.

Hence, we will then choose to relate in a way that keeps us emotionally 'safe', avoiding the connection that we fear will lead to pain.

On the other side of this, we tend to choose what we know, (again our brain looking for 'safety') and choose relationships that we know will end in a certain way or lead us to feel a certain way and will continue to have these types of relationship whilst our brain tells us it is our preferred choice.

Our brain is telling us that we can 'survive' these relationships because it is what we know, and it stops us connecting at a level that will offer us the deepest fulfilment, happiness and satisfaction in life.

As you can see, connection in relationships is not only critical to us living our best lives possible but can also be essential to our very survival!

So, when you have connected to someone how do you keep that connection alive?

Here are the **6 tips** for you to consider and try out:

1. Prioritise Each Other

When I first started working with clients, especially couples, the word compromise came up a lot.

Keeping a connection is never about compromise as the word suggests we are giving something up. Rather than see it this way, what we need to try and do is put the needs of someone else first sometimes. Do it because you care enough about them that this makes you happy. In turn of course, they can do the same. If they/you can't then it may not be the right relationship for you.

2. Spend Time Together

This may sound simple, but with everything else that goes on in our lives, the ones we are closest to sometimes are the ones we take for granted as they are always there, or we expect them to be.

Make sure that you spend some quality time where you can bond and re-connect on a regular basis.

3. Respect Each Other

Another issues that comes up a lot when experiencing difficulties in relationships is a lack of respect. As time goes by, we get to know one another and as mentioned above can just expect that someone to be there.

Also, the things that were overlooked at the start of a relationship that you weren't keen on become an issue over time.

Be accepting of each other, respect the needs and wants and try to overlook the little things that you did at the start.

4. Learn How to Show They Care

What we tend to do is to show affection in the way we like to receive it.

If you like to hear the words, I love you, but your partner likes to be hugged to feel loved, you can tell them forever, but it is unlikely that they will ever feel that you truly love them. And this means that your partner may be showering you in love, but you never really feel it as it isn't the way you need it.

5. Be Aware of Your Own Feelings

As stated above we all have our own protective mechanisms that keep us 'safe' in relationships.

If yours come into play for any reason, then you may find that you withdraw from a relationship and the connection will be lost.

Being aware of what your safety zone is and telling yourself you don't need to go there, will keep you connected.

Learning others' will also be helpful as you don't need to take it personally if they withdraw, and you can help them to come back and re-connect.

6. Love Yourself

Yes indeed 

For you to connect as fully as possible with someone else you need to show yourself some self-love, care and attention.

If you can do this for yourself then you will be able to openly accept someone else can love you, not feel vulnerable giving love and have an abundance of good loving positive feelings to go around for everyone.

You will also attract the right kind of person into your life as you will be giving off the confident, self-caring vibe that you want someone to be attracted to!

Now that you have your list put them in the order that means the most to you.

Think about the things that you recognise in your life.

What ones can you act on the easiest and soonest and give them a go.

Go connect and feel the love!

Please visit <https://www.johnkennycoaching.com> for more information about how coaching can help you in your life, and book your free discovery session to see how I can help you in your life.

