

The *Really* Amazing™

THE REALLY AMAZING RELATIONSHIP

A Coaching Guide for Couples



Introduction

- What is this guide?
- Who are The Really Amazing?
- What is a Really Amazing couple?

Welcome! We are really pleased that you have found our little guide, The Really Amazing Relationship - a Coaching Guide for Couples.

The Really Amazing is a small but mighty family run business from North Wales. We are coaches and follow a philosophy that anyone's life can be amazing and that

“life can be really simple but we insist on making it complicated”

(We borrowed that part from Confucius but let's be honest, we couldn't say it any better.)

Nobody can go through their day to day lives without forming any relationships at all and many of us will have more than one intimate relationship or partner throughout our lifetime. Relationships form such an important part of our lives and it is commonly recognised that relationships don't just happen, they require work in the sense that we have to pay attention to them and nurture them.

The Really Amazing Couple is about taking our philosophy of making life more simple and providing couples with some tools to help make their relationship really amazing. We started this journey by asking couples their secrets to a successful relationship and by combining their advice with our coaching with our own personal experiences, we have come up with this guide to help you apply this wisdom in your own relationships.

We trust you find what you will learn on the next few pages helps you develop your amazing relationship with simplicity

The Really Amazing Relationship Formula



**Good Quality
Communication**



**Knowing What
Each other Wants**



Trust

We gathered everything we have learned from all our coaching experience, survey responses and research and designed a 3 step formula for really amazing relationships:

- 1. Good quality communication**
- 2. Knowing what each other wants**
- 3. Trust**

Good Quality Communication

The question on everyone's lips. What is the secret to a really amazing relationship? We were wondering the same so we ran a survey and asked people what made their relationship strong. Here is what some of them said:

"No drama. We listen to each other. We trust each other. We help each other."

"Discussing any issues that may be niggling rather than letting them grow."

"Our love and trust, as well as our deliberate choice to be our best selves for our own benefit and the benefit of our relationship. Our willingness to communicate openly and without fear of judgment or ridicule. We are a safe place for one another."

From all the responses we gathered, one thing that kept coming up was that the secret to success in a relationship is:

communication



An Exercise in Communication

Over many years, we have been teaching people how to communicate effectively and we have learned what makes for good communication and the common traps to avoid.

The biggest of these traps, and where we see communication fall apart time and time again is that people are not really listening. Instead of listening to understand what is going on for the other person, they are waiting for their turn to speak. We all do this. We don't hear what the other person is saying because we are thinking about what we want to say. Often either to get our side of the story over or because we think we have an answer to the other person's problem. Before our partner has even finished talking, we have stopped listening, and as a result, we have only got part of the story, which can lead to misunderstanding and/or a partner who feels invalidated and unimportant.

Sound familiar?

So, how do you learn this important step to great communication - listening to understand? Two of the main skills of a coach are listening to understand and asking great open questions that build understanding for both parties, so we are sharing one of the models that we use for this for you to try next time you are listening to your partner.

The foundation of listening to understand is:

1. Pay attention. Look at your partner. Put your phone away and turn your body towards them.
2. Don't interrupt mid-sentence! Wait until they have finished before you ask a question.
3. Ask open questions using the 5Ws model below. Get all the information you need to understand the situation fully before you make any response,

Listen to understand - 5Ws model

Who

Example questions: "So who were you with?" / "Is that the person from Finance?" / "What did they think?"

What

Example questions: "How did that happen?" / "What did they say next?" / "Was that the same as last time?"

When

Example questions: "Was this over lunch?" / "How long did that go on for?" / "Is this before you went for the taxi?"

Where

Example questions: "Which restaurant did you go to?" / "Is that the place on the corner?" / Where did you go after?"

Why

Example questions: "What caused them to say that?" / "How did that happen?" / "That was nice, why did do that?"



Knowing What Each Other Wants

We'll be honest, when selecting the picture to the left all we wanted afterwards was cake, and lots of it! We all want things and we all want specific things out of our relationships. If a relationship does not meet our wants and needs it's unlikely that we would consider ourselves to be in an amazing relationship.

So what do we want? Let's go back to our survey:

"Emotional fulfilment, feelings of being loved, appreciated, important. Knowing that my partner and I have chosen to journey through life together and grow as individuals as well as a couple."

"Marriage? Hopefully. But mostly love and companionship."

"Someone who brings out the best in you whilst also accepting you for who you are, flaws and all."

We have seen a lot of variety in these responses but what is

clear is that people **want** synergy and understanding

of what they want from their partners. Someone who understands you, will help you achieve your goals and respect what you want whilst respecting you in the process.

How to Know What You Want

When we think about what we want our mind tends to go straight to things like a fancy car, a warm place to sleep, an extra slice of cake (we are still thinking about the photo on the last page).

But when we were thinking about our wants in relationships we wanted to go deeper and we have landed on values. A value is something that is important to us. We all have values that apply to different aspects of life, be that work, play or in love. Understanding your values helps you to understand what is important to you in that context and ultimately what you want. For example, someone who values freedom and travel may not get everything they want from a relationship with someone who deeply values the stability of staying at home.

The following exercise will help you to work out what your values are when it comes to your relationships. If you and your partner understand each other's values then you can build your relationship around supporting each other in what you want and take care not to dismiss something that is really important to them.

Values Audit (it is important you do this without judgement!)

1. Start by writing out a list of 15 things you value in a relationship. If you are struggling with this step look at what people in our survey said on the last page. You will see values such as 'marriage,' 'companionship,' 'acceptance'.. Ask yourself 'What's important to me in a relationship?'
2. Take your list and set yourself a timer of 1 minute, within this time you need to cross out 5 of your values that you are going to sacrifice to keep your top 10. Make a note of these top 10.
3. Set yourself a new timer of 30 seconds, and halve this list. Within your 30 seconds cross out 5 more values to find your top 5. Make a note of these top 5
4. Final step - give yourself a time limit of 10 seconds and cross out all but one value. This will give you your top value for a relationship that if you had to, you would give up all others to be able to keep.

Some will find this exercise harder than others. You are being asked to give up something that is very important to you. Of course in your amazing relationship, you provide each other with many of your values, but this exercise helps you point out what is most important to you in your relationship.

Trust

Out of all the answers we had around people's relationships there was one common theme when we asked about their values -

trust

It seems obvious that a relationship should be built on trust. We would almost go as far as to say that if we asked anyone, they would say trust is important in building an amazing relationship.

But for something so important to us it is hard to say exactly how to build trust. We all have different rules for what makes someone trustworthy. One person might say to be trustworthy you must "do what you say you are going to do." Another may say you should "act in my best interests," or it could be someone who "wouldn't do anything to upset me". Of course it could also be a mixture of these or many other rules.



Building Trust

To build trust with our partners we first need to understand what trust means to them. If we don't know our partner's definition of trust it would be like playing a card game without knowing the rules. We might do the right things by chance and win the game, but the odds of success are much higher if we understand specifically what it is we need to do.

Once you both understand your own and each other's rules for trust then you can work together to honour them.

Oftentimes we aren't aware that these rules are operating, but if someone doesn't meet them, then trust doesn't exist. We can also find that these rules change as we get older. Life offers us many experiences that shape what we think. This does mean that even if you think you know your rules for trust it is worth trying this exercise with an open mind. You might surprise yourself in how your rules have changed.

When it comes to using your partner's rules for building trust it is important you do this with *their* best intentions at heart. Just as we have rules for people we trust we also have rules for people we don't trust and if you approach this selfishly you risk damaging trust rather than building it.

Your Rules of Trust

We recommend you do this exercise with your partner.

Start by thinking about someone who you trust completely. If you can't think of anyone make someone up (trust us we do it all the time).

Ask each other the following questions:

- What has this person done to make you trust them?
- What does this person continue to do that makes you continue to trust them?
- What does this person say that makes you trust them?
- How does this person make you feel?
- Did you trust this person straight away or did they earn your trust?
- If you trusted this person straight away how did you know they were trustworthy?
- If this person earned your trust how did they do this and how did you know it was enough to trust them?

The answers to these questions builds up your rulebook for trust, your rules for what people have to do, say and behave before you decide they can be trusted.

The Really Amazing™

Want to know more?

Couples Coaching

- We offer coaching for couples from qualified NLP practitioners and coaches
- Coaching sessions can be in person, over the phone or online
- You receive a free initial session to work out if coaching is for you
- Your sessions are tailored to your needs
- We don't charge extra for coaching two people per session

Claim your Free Coaching Consultation

We hope you found the information and exercises in this little guide useful. If you would like to take your journey towards becoming an amazing couple even further we have coaches who can help. We offer bespoke coaching sessions tailored around your goals.

You might want to have coaching sessions as a couple to strengthen your relationship, understand each other better or work through some difficult times. Or you might want to see a coach yourself to help get the type of relationship that you want or even improve your relationship with yourself.

All of our coaching packages start with a free consultation. We want to make sure coaching is for you and we pride ourselves in never taking your money if we don't think we are the right people for you.

We offer coaching in person, over the phone or online via video or audio call.

If you would like to know more you can visit our website or send us an email.

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