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FORGIVENESS

If you're only going to have one tool in your toolbox for relationships, then forgiveness is that tool.

This exercise comes from the ancient Hawaiian practice of Ho'oponopono, which believes that illness is caused by a person's errors, and that reconciliation and forgiveness could be used as tools to cure illness.

Very simply, you hold a picture of the person you are angry at in your mind, or look at an actual picture, and say repeatedly:

I'm sorry. Please forgive me. I love you. I forgive you.

Even if you don't feel it in the beginning, just keep repeating the statement; there will be a point where all of a sudden the energy – your feeling – around the

person or issue will change.

If it's one of those deep, multilayered issues, then just keep repeating the phrase everytime your mind wanders to the issue. It may take some reminding to do that, so maybe write it in pen on the inside of your arm.

You could also make set phone reminders to repeat the forgiveness exercise every couple of hours for five minutes if it's a big issue that requires you to chip away at it. You might even need to do this for a few days.

Regardless of how long it takes though, there will come a point where you feel lighter about the situation, where you break through and feel emotional relief.

Don't be surprised if you hear from the person out of the blue within a short while after you do this exercise.

THE 48-HOUR RULE

If you find yourself constantly losing your cool or always breaking up, then the 48-hour rule can help you.

The premise of the 48-hour rule is really simple: wait 48 hours before you do anything about the situation.

So, when it comes to keeping your cool, what you do is wait 48 hours before responding to any situation or person.

If it's a situation that causes a strong emotional response in you in other words, you excuse yourself from the situation, simply saying you will come back to the person within 48 hours with a response.

In a relationship where you keep breaking up, discuss the 48-hour rule and implement it as a groundrule in your relationship.

So if you do break up, nothing is confirmed until you have gotten back together in person 48 hours later and discussed it.

If you don't think your partner will buy into the 48-hour rule, then implement it yourself.

If you find you and your partner in a break up situation, calmly say: Ending a relationship is a very serious decision to make and I would like a little time to think about this. Can we meet in two days to discuss this over coffee please?

The reason this tactic works is because you feel very different at the height of emotion than you do when a bit of time has passed and you've settled your emotional state.

All you're giving yourself is a little time to settle down and find out how you really feel.



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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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