

FULL RESPECT LIVING TOOLKIT – THE ESSENTIALS OF LIVING RELATIONALLY

Adapted from Terry Real <http://www.terryreal.com/store/full-respect-living-tool-kit>

1. WHAT IS FULL RESPECT LIVING?

Full Respect Living means making a commitment that, no matter what, you will not drop below the lines of respectful behaviour to another human being. You can stand up for yourself, you can be assertive, you can be firm, but there is no reason to do any of that in a way that is disrespectful to the person you are speaking to. On the other hand, Full Respect Living also means that you do not allow yourself to be on the receiving end of disrespectful treatment and do nothing about it.

Living relationally means **cultivating the daily practice** of Full Respect Living with yourself and with others at the same time. As you'll discover, living relationally is about consciousness, love and respect for self and others, which leads to and sustains healthy intimacy.

HOW TO USE THIS TOOLKIT

This toolkit highlights nine essential skills that we believe will help you to live relationally. On each of the next nine pages, there is a descriptive explanation of an essential skill followed by a summary of supportive practices (referenced from *The new rules of marriage: What you need to know to make love work* <http://www.terryreal.com/store/the-new-rules-of-marriage>)

On the last page of this booklet **The Six Ways We Get Stuck** will help you build an awareness of dysfunctional practices that preclude or diminish your capacity to live relationally. If you find yourself relationally stuck or stalled, the way out is to stop the unhealthy behaviours detailed in “The Six Ways We Get Stuck” and begin or resume your moment-to-moment practice of the nine essential skills.

The Nine Essential Skills

1. Practice Healthy Self-Esteem
2. Practice Healthy Boundaries
3. Stay in the Circle of Health
4. Practice Relational Mindfulness
5. Go After What You Want
6. Shift From Complaint to Request
7. Respond With Generosity
8. Practice Empowerment
9. Cherish Each Other

WHATEVER THE CURRENT MOMENT BRINGS, THE *VERY NEXT MOMENT* IS YOUR CHANCE FOR A NEW BEGINNING.