



Relationship Affirmations

By Charlaine Avery



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**Make the
argument about
the problem, not
each other.**



You're both right
and you're both
wrong - stop the
blame game.



It's impossible to
have long-term
relationships
without
forgiveness.

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**LOVING IS A
CHOICE TO MAKE,
MAINTAIN, AND
CHERISH EACH
OTHER EVERY DAY.**



"IT TAKES TIME TO
ACHIEVE AUTHENTIC
CONNECTION."



Wake up every day
with the thought that
something amazing is
about to happen.



Listen deeply to my
partner. Don't fix or
give unasked-for
advice.



**"Healthy attachment
nurtures long-term
relationships."**



**Whatever I did in the
courtship is what my
partner fell in love with
– keep doing that.**





**Instead of judging
or getting defensive
– try to understand
the other person’s
point of view.**



**Turn to each
other in times
of trouble.**





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**Make quality
time just for
each other.**



Only confide in
someone who is
a friend of the
relationship.



Rituals of
connection will
keep the divorce
lawyer away.



Always
consider how
your choices
impact your
partner.



Reminder

“

Get permission before
difficult conversations
and make your intentions
clear to help us be better
together.

”

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At the end of a discussion, confirm what you have agreed on. If it's important, write it down.

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Use scaling questions
to keep things clear:
How are we doing on
a scale of 1-10?



Reminder

Don't ever take your
partner for granted.



Never assume
– always clarify.



**Be careful with the
thoughts you feed.
We default to negative
in 5 seconds.
Hold onto positives for
30 seconds.**





Reminder

A tune-up in time
keeps the relationship
engine running fine.



Expressed
appreciation is
the link between
you and me



**Life is sweeter
when our primary
relationships are
nurtured.**



**Beware of expectations
– mine, yours & others.**



Relationships are
like cars;
without regular
maintenance,
they break down.





Reminder

Always fight fair.



**Adapt to
changing life
circumstances.**



**It's easy to live
parallel lives, refresh
your connection to
each other regularly.**



Vulnerability softens
the relationship if
reciprocated.





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