



**AVOID THE 7 BIGGEST MISTAKES**  
**THAT KEEP YOU FROM EXPERIENCING**  
**BALANCED AND**  
**HARMONIOUS RELATIONSHIPS.**

Written by

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*Dear friend,*

*I am pleased to welcome you to my special report.*

*Are you struggling to have a balanced and harmonious relationship?  
Then this report is for you.*

*As with all other problems in relationships, divorce, separation, and friction, are directly attributed by lack of knowledge.*

*Lifting your ignorance can easily be achieved, through committing yourself to life-long learning.*

*I therefore, recommend that you read everything that you can, and learn everything that is needed to enable you to live a happy life with a partner whom you can spend your whole life with.*

*Does this really exist? Yes, it does, and it is possible for you too.*

*To truly understand how you can achieve a balanced, and harmonious relationship, then your full commitment is needed, and you must invest time and energy consistently.*

*This report is not the complete knowledge required, nevertheless, if you do each of the ultimate plans of action, you will get fantastic results, and it will enable you to gain essential insights which will help you build your relationship more consciously.*

*To your success!*

*Yveline*

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## MISTAKE # 1

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*“There is overwhelming evidence that the higher the level of self-esteem, the more likely one will be to treat others with respect, kindness, and generosity.”*

*Nathaniel Branden*

### No self-esteem.

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How do you judge yourself?

Are you aware of your strengths and weaknesses?

How do you manage your weaknesses?

Are you an optimist or a pessimist?

Are you self-confident?

Do you praise your strengths?

Are you grateful towards yourself for each success that you experience in your life?

Do you react responsibly when you are the cause of an argument or do you blame the other person?

Do you respect yourself?

Do you value yourself?

Do you give yourself what you really need?

A balanced and harmonious relationship begins within you.

To have a good relationship with your partner, you must first love, respect, and praise yourself, this is a necessity.

Why is having self-esteem so important?

Let's see what an ideal relationship looks like.

Two individuals who love each other, each investing as much energy, time, understanding, love, and effort into the relationship.

If you have low self-esteem, you are not capable to invest these essential ingredients into your relationship.

So, what happens?

- You do not enjoy the pleasures that can be experienced,
- You are not independent, which means that you rely too much on your partner,
- The partner does not receive the attention, and support that he, or she needs,
- Consequently, the relationship suffers.

Furthermore, if your self-confidence is low, you are much more likely to attract and settle for poor quality relationships.

Therefore, you must increase your levels of self-confidence, and change your mindset into a positive one, to be able to fully enjoy being with your partner, or to be able to find the right relationship.

Self-esteem is beneficial for yourself, your partner, and the relationship.

- You are able to give the support, and attention that each person needs,
- You are able to find the right solutions, whenever there is friction,
- You enjoy being with your partner, and enjoy life more.

### **YOUR ULTIMATE PLAN OF ACTION**

This simple but efficient technique will strengthen your personality and give you a whole new perception of yourself.

Make two lists: 1. My strengths  
2. My weaknesses

Now, replace each of your weaknesses from your list, with the appropriate positive statements from the list below:

I can do it  
I do the best I can  
I am strong  
I am confident  
I have inner strength  
I am positive  
I am worthy  
I am secure  
I believe in myself  
I trust myself  
I love myself  
I can rely on myself  
I respect myself  
I respect others  
I am appreciative  
I love life  
I can change  
I am balanced  
I deserve love  
I give love  
I am grateful

### **Building new routines**

- Repeat these affirmations with faith, attention, conviction and desire to ensure its effectiveness.
- Repeat them mentally, aloud and write them down.
- Build new routines during special times of each day, such as: - when waking up  
- before going to sleep

- whilst taking a break, etc
- Substitute the negative thoughts, emotions, criticisms and judgements that you make about yourself, immediately when they appear in your mind, such as:
  - I am hopeless
  - I can't do it
  - I'm no good...
    - I'm not strong enough, etc.
- Substitute thoughts and emotions of doubt, self-pity and fear with the "I CAN DO IT" approach, immediately when they appear in your mind, avoid statements such as:
  - I hope so
  - I might...
  - I hate...
  - I don't know how...
  - I'm afraid, etc...
- Strengthen your self-confidence by using the affirmations while you think and while you talk at every opportunity.
- Be perseverant, your mind will react and start to accept them as truth.

*"Respect yourself and others will respect you."*  
Confucius

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### MISTAKE # 2

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*"Where prejudice exists it always discolours our thoughts."*  
Mark Twain

### Prejudice and misjudgements

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- What do you think of your partner?
- Do you respect him, or her?
- Do you praise your partner, in what way?
- Do you criticize the other person, in what way?
- Are your judgments correct or untrue?

A loving relationship is based on mutual respect. If one partner concentrates too much on the defects of the other, then the relationship is going to deteriorate.

If negative thoughts and emotions are dominating your relationship, then consequently this causes friction, misunderstandings, arguments, disrespect, and unhappiness.

It is wise to always investigate external influences. Check it out if people are saying the truth about your partner, before making accusations that might be untrue.

It is in both interests to respect, and praise one another, by choosing to focus on all the positive qualities that you both have.

Valuing your partner, and feeling valued in return will result in mutual trust, affection and respect.

### **YOUR ULTIMATE PLAN OF ACTION**

Both partners will gain insights from this exercise.

First of all you make two lists:

1. What I like about my partner.
2. What I do not like about my partner.

Now, exchange, and examine the lists.

How much of it is true?

Are you satisfied with your partner's judgements?

Does your partner really know you?

How can you change these misconceptions from ruining your relationship?

1. Make a list of your partner's qualities exclusively.
2. Build a ritual, and read the list first thing every morning, and in the evening before going to bed.
3. Substitute negative thoughts and emotions immediately when they appear in your mind, take the list with you everywhere you go, and practise. Positive thinking will become a habit in no time.

The benefits from investing your time and energy in a more positive attitude will reinforce your connection with your partner, and you will attract a wealth of positive experiences.

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### ***MISTAKE # 3***

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***"Communication works for those who work at it."***

*John Powel*

### **Lack of communication**

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How are your communication skills?

Do you express your feelings and desires clearly or do you suppress them?

Do you ask your partner what he, or she feels or wants?

Do you ask for what you want?

How do you respond?

How does your partner respond?

A relationship cannot function well if one of the partners fails to express his, or her feelings, and desires.

Even the most attentive of partners cannot read your mind.

The consequences of poor communication is that one or both of the partners do not know the other, and consequently the partners do not give each other the needed attention, and support to enable them to grow the relationship.

No communication also creates doubts in your own mind, because you do not really know what is going on.

The consequences of suppressing your feelings and desires can be highly destructive for your own well-being. It can affect your health, happiness, self-confidence, self-esteem ... and your relationship with your partner.

However, expressing yourself is something that can be taught.

### **YOUR ULTIMATE PLAN OF ACTION**

Substitute negative thought patterns, such as:

- I don't know how to tell...
- It's difficult for me to express my feelings...
- I'm afraid to ask for...

With constructive effective statements, such as:

- ✓ From now onwards, I express my feelings and my desires clearly and easily.
- ✓ From now onwards, I focus on developing good communication skills.

Read books, and do some research on the subject, and practise, practise, practise!

If you regularly think:

- My partner doesn't listen
- I can't get through to him or her...
- My partner doesn't care...

Substitute these with:

- ✓ I have a loving partner, who cares about how I feel, how I think, what I desire, and respects my opinion...

As long as you harbour a negative state of mind, you will continue to attract these situations. Your situation cannot change if you do not accept the fact that you are responsible for what you think, and feel the whole day through.

So, to make your situation change, you must build up your self-confidence, and your courage.

You should know that you already have these powers inside of you; all you need to do is to acknowledge this fact, and to develop them through practice.

From this day forwards, only use powerful words to create openness, trust, and understanding between the two of you.

The first step can be the hardest; with practise it will become easier.  
Focus consistently on the benefits that it will bring you.

### Important note

#### Formula for success

Decision + positive thoughts + aligned emotions + clear picture + consistency + focus + expectancy = successful outcomes

However, if you have an abusive, or a dominating partner, do not apply this formula with the goal to change the person, it will be a total waste of time and energy.

Nobody has the power to change a person!

Each individual must do this for themselves, by becoming conscious of the fact that their mindset, attitude and actions are destructive for themselves, and even more to others.

Once that awareness is obtained, then only, can the individual start to learn how to change, and becomes responsive to guidance and advice from other people.

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#### **MISTAKE # 4**

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*“The thing always happens that you really believe in; and the belief in a thing makes it happen.”*

*Frank Lloyd Wright*

### Limiting beliefs

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What are your beliefs concerning relationships?

Do you believe that it is possible for you to have a balanced and harmonious relationship?

Do you believe that you are worth it?

Do you believe you do not deserve it?

Do you think you can't have more?

Do you believe it is difficult to achieve, or do you find it easy?

Nurturing negative beliefs prevent you from having a balanced and harmonious relationship.

Your beliefs determine what you have at the present, and what you will have in the future.

A situation cannot change if you are not willing to change the limiting beliefs that you keep in your mind.

*“If you do not change the direction in which you are going,  
you will end up where you are headed.”*

*Confucius*

### YOUR ULTIMATE PLAN OF ACTION

1. Examine your beliefs.
2. Answer the above questions as sincerely as possible.
3. Write down what the origins of these beliefs are.

So, where are you heading?

What do you desire the most?

What is your goal?

What do you need to change?

What you need to do is to build a new ritual.

Take a moment of your time, each day, and go in front of a mirror and have a pep talk.

Repeat positive statements, adapted to your needs, such as:

- I believe that it is possible for me to obtain a balanced, harmonious relationship, based on mutual respect, love, friendship, ...
- I believe that I am worth it.
- I believe that I deserve it.
- I believe that I can have more than what I have now.
- I believe that I am capable of obtaining a harmonious, and balanced relationship, easily and effortlessly.
- I can, and I will!

Remember, changing your habitual way of thinking, feeling, and acting takes time, and your consistent attention.

If during the day you start to focus on your shortcomings, then you actually destroy all of your efforts that you make to change your situation.

So, focus on the changes that you want, and never give up!

### More Tips

- Surround yourself with positive, inspiring people who have achieved a balanced and harmonious relationship, listen to what they have to say.
- Avoid people in your environment who are negative, and full of criticism about themselves and others, choose your friends well.
- Read articles, and books about how to create positive relationships.

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## MISTAKE # 5

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*“Fear is an acronym in the English language for  
-False Evidence Appearing Real-”*

*Neale Donald Walsh*

*“When I saw you, I was afraid to meet you...  
When I met you, I was afraid to kiss you...  
When I kissed you, I was afraid to love you...  
Now that I love you, I’m afraid to lose you.”*

ANON

### Fears

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What do you fear in relationships?  
Why do you have these fears?  
Do you fear loss, failure, infidelity, mistrust, domination, abuse or other?  
If you’ve experienced these situations in the past, do you still fear them now?

Fear is mainly caused by bad experiences, doubts, external influences, and ignorance. By harbouring thoughts and emotions of “it might happen to me”, you actually project that action into your own future.

Notice that this action hasn’t happened yet, and might never do.

However, if you consistently continue to nurture the fear, and truly believe that it can happen, you consequently attract the situation that you fear, the Law of Attraction is one of the Universal Principles that attracts everything that you consistently love, and fear.

### Did you know

Fear of loss, creates loss?  
Fear of infidelity, creates infidelity?  
Fear of abuse, creates abuse?  
Fear of being dominated, creates domination?

*“He, who fears being conquered, is sure of defeat.”*

*Napoleon*

### YOUR ULTIMATE PLAN OF ACTION

1. Write down what your exact fears are.
2. Substitute statements such as:
  - I am afraid to lose ...
  - I can’t or do not know how ...
  - I do not trust ...

- I always attract the same type ...
- I am afraid to be abused
- I fear..., I fear it might happen again,
- I'm never lucky
- This always happens to me...

Use strong, positive words to substitute the above destructive statements that keep you from having a balanced and harmonious relationship:

- ✓ I am strong and capable of having a loving, and lasting relationship, based on mutual trust, and respect,
- ✓ I always get lots of help and receive the all the answers that I need,
- ✓ I am grateful, everything comes to me easily and effortlessly
- ✓ I replace my doubts with a positive attitude,
- ✓ I am the master of my life.

Adapt these statements to your needs and write them on a card, so that you can read these whenever doubts arise, or when you feel the need to do so.

*“Nothing in life is to be feared. It is only to be understood.”*  
*Marie Curie*

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### **MISTAKE # 6**

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*« It concerns us to know the purposes we seek in life, for then, like archers aiming at a definite mark, we shall be more likely to attain what we want. »*  
*Aristotle*

### **Not knowing what you want**

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- What kind of a relationship do you desire to have?
- Do you know what you want?
- What is important to you?
- What are your needs?
- What do you like?
- What do you not want?
- Are you clear about everything?
- Do you have the relationship that you desire?
- Or do you settle for second best?

In order to create a balanced and harmonious relationship you need to know exactly what you want, and what you do not want.

When you define what kind of partner and relationship that you want to have, you will identify more easily and more quickly if the relationship that you are in now is right for you.

Note that two persons who love, and respect each other, can find the solutions to most obstacles together.

Knowing what you want also has another benefit. It helps you to find out what your boundaries are. Everyone has the right to set the rules as long as you are not taking your partners freedom of choice away, and does not harm anyone in any way.

A balanced and harmonious relationship is also about looking after each other's interests, the sharing and support of ideas, the friendship. It is much more than just "being in love", "just wanting to be together".

### **YOUR ULTIMATE PLAN OF ACTION**

Take your time to think about the above questions, and answer them sincerely. If some things are not clear, then ask yourself:

- If I could have the ideal relationship, what would it look like?

Make a list of everything that you want to achieve in the ideal relationship.

What do you already have at the present?

Make a list of the things that need to be changed.

Now, prioritize.

Write in the weekly action plan, the three most important goals that you want to achieve in your relationship.

<b>Week 1 Priority goals</b>	<b>Actions Monday</b>	<b>Actions Tuesday</b>	<b>Actions Wednesday</b>	<b>Actions Thursday</b>	<b>Actions Friday</b>	<b>Actions Saturday</b>	<b>Actions Sunday</b>
<u>Goal 1.</u>							
<u>Goal 2</u>							
<u>Goal 3</u>							
<u>My Progress</u>							

Take notes, every day, about each action that you have made to make progress, and to make your goal real.

If you do not know what these actions are, then research the subject thoroughly, reading about it is taking action towards the achievement of your goal. Then apply the new knowledge accordingly. Make notes of what works, and of what not works for you, and your partner.

Record each step that you take, good and bad, making mistakes doesn't mean that you are dumb, it makes you realize that you need more information to be able to change these mistakes into positive outcomes.

Remember, you are not alone, every human being goes through similar situations to learn about the lessons of life that are needed to have a balanced, and harmonious relationship.

Taking action in a consistent way helps you to focus on what really matters to you.

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### **MISTAKE # 7**

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*“Marriage is not a love affair. A love affair is a totally different thing. A marriage is a commitment to that which you are. A love affair isn’t that. That is a relationship of pleasure, and when it gets to be unpleasurable, it’s off. But a marriage is a life commitment, and a life commitment means the prime concern of your life. If marriage is not the prime concern, you are not married.”*

*Joseph Campbell*

### **No commitment**

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How committed are you to your relationship?  
Do you give as much as you receive?

Making the committed to have a balanced and harmonious relationship means that you are prepared, and determined to make this happen.  
It means that you recognize, and accept your share of the responsibility for the well-functioning of the relationship.  
It is also the acceptance of the efforts, and actions that are needed to obtain the desired results.

In an ideal relationship, both of the partners are willing to invest equal time, energy, and are willing to learn from their mistakes to enable them to make progress.  
Friendship plays also a vital role in a balanced and harmonious relationship; it’s a symbol of respect, unity, and love.

So, where are you in your relationship?

*“Put your heart, mind, intellect, and soul even to your smallest acts. This is the secret of success.”*

*Swami Sivananda*

### **YOUR ULTIMATE PLAN OF ACTION**

Make two lists: 1. My input  
2. My partner’s input

Are you satisfied with the results?

Is there a balance?  
What would you like to change?  
How can you make these changes happen?

Prioritise them, by importance and urgency.

Now, that you know what needs to be done, you can both work at getting results.

Keep in mind that a balanced and harmonious relationship is also about team work and partnership.

Each individual must decide whether he or she wants to find the solutions for the problems experienced in the relationship.

If the relationship is based on mutual respect and love then both partners can make an agreement of equal investment as a starting point.

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