

# Choose Love to Thrive

Daily Action Steps For Conquering Adversity

## CHOOSING LOVE TODAY: HOW TO BUILD RELATIONSHIPS

COURAGE + GRATITUDE + FORGIVENESS + COMPASSION = THE CHOOSE LOVE FORMULA

**Want to make your social circle a bit bigger or build stronger connections with those around you?**

Think of some of your happiest memories. 9 times out of 10, those memories include another person, someone close to you. Building healthy relationships tend to bring an overwhelming sense of joy. There is nothing like having someone you can go to, to share secrets with, laugh with, cry with, etc.

Building relationships may be hard at times but it is important for us to try to make as many connections as possible. All relationships are different, varying in strength, nature, and development, but each holds a special place in our lives. Most healthy relationships start with a display of compassion. A cheerful smile and thoughtful introduction is one of the easiest ways to begin a relationship. Compassion also keeps the relationship going and growing. When you listen to someone's troubles or accept them for who they are, you are practicing compassion and strengthening the bond you share with them. Positive relationships create a positive world, so create and maintain as many healthy relationships as you can.

### Practice Compassion Today:



1. TO CREATE/MAINTAIN RELATIONSHIPS, IT IS IMPORTANT TO BECOME A GREAT LISTENER. MAKE SURE THAT THE CONVERSATIONS YOU HAVE WITH A PERSON GOES BOTH WAYS.
2. REMEMBER THE THINGS THAT ARE IMPORTANT TO OTHERS. REMEMBER THEIR LIKES AND DISLIKES, CHILDHOOD STORIES, ETC, TO SHOW THEM THAT YOU CARE.
3. BE OPEN AND GENUINE. SHARE INFORMATION ABOUT YOURSELF LITTLE BY LITTLE AND AS YOUR RELATIONSHIP GROWS SHARE MORE. DON'T FORCE THE RELATIONSHIP, JUST LET IT HAPPEN NATURALLY.
4. CREATE HAPPY MEMORIES TOGETHER.
5. ACCEPT THE WHOLE PERSON. EVERYONE HAS FAULTS, BUT IT IS IMPORTANT TO ACCEPT NOT JUST THE GOOD IN PEOPLE BUT ALSO THE BAD.



### Parent Practice Tip:

Take some time to strengthen the relationship between you and your child(ren). Together plan a fun activity (e.g., water balloons fight) and create some happy memories.

### To Learn More:

What is Compassion?

Getting Relationships Right

Healthy vs. Unhealthy Relationship (For

Teenagers)

Friendship Soup

[www.ChooseLoveToThrive.org](http://www.ChooseLoveToThrive.org)