



# Relationship Matters

Embracing Personal Growth to Improve Your Relationships

# Who am I?

Good Question!

Licenses: LPC/LMFT/CST

1750 Client Hours per Year x 32 years = 50,000

Classes, Workshops, CEU's, Personal Growth,  
Relationships, Pre-Marriage, Marriage, Sexual Issues,  
Individuals, Couples, Systems



# Some Basics

- Our Time Together: 6 Weeks: January 22–February 26
- The Format: 7:00 – 8:30 Content, Interaction, Break
- The Rules: Please do not share the website with friends who are not attending the class.
- This Class is Designed to be Positive, Empowering, Interactive and Personal Growth Enhancing.

[www.billygrammerdallas.com/hcf](http://www.billygrammerdallas.com/hcf)

Password: hcf

# Our Focus

Inside Your Own Hula-Hoop, There is an Amazing,  
Fascinating, Wonderful World.

Inside Your Own Hula-Hoop, There is an Amazing World  
that Makes You, YOU - the Amazing Person that You Are!



# Making the Shift toward Growth

1. Grow A Solid-Flexible Self
2. Manage Your Emotional System
3. Control Reactivity
4. Find the Value
5. Increase Personal Desire

# It's Wake Up Time!





# A Personal-Growth Approach

Making a Shift in How You Think of Relationships!

# Not: Relationship Matters

How to Influence, Teach, Correct, Control and Change your Spouse, Partner, Significant Other, Family Member, Friend, Boss, Co-Worker or Sales Person at Dillard's to Get Them to be Who You Want Them to Be - So, You can Be Happy.



# Not: Relationship Matters

How to Get Others to Listen to You, Understand You,  
Validate You, Empathize with You - So that They Will  
Cooperate with You and Do What You Want them to Do

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So You Can Have Your Needs Met, be Happy and Have a  
Good Relationship.

# Not: Relationship Matters

How to Focus More on Others, Point Out Their Blind Spots, Confront Them More, Pray for Them More, Think About Them More - So that They Will Finally GET IT and Change!

Cause Lord Knows it Seems Like I'm the Only One Who Really Cares About this Relationship!



# Shift: Relationship Matters

How to Harness Your Personal Growth in order to be the Best Person You can Be to Have the Best Relationship Possible (in Real Life and not in Your Head) – No Matter What Your Spouse, Partner, Significant Other, Family Member, Friend, Boss, Co-Worker or Sales Person at Dillard’s Decides to Be and Do!

Learn to Become a “Navy Seal” in Relationships!

# Principle #1

**Your Primary Happiness (Source of Satisfaction) Comes From Being the Very Best Person You can Be - while in the Relationship You are In.**

Your Primary Happiness is NOT the RELATIONSHIP and What You are Getting Out of It - but, Who YOU ARE IN IT and WHAT YOU CONTRIBUTE TO IT.

Your Primary Source of Satisfaction (Happiness) is Your Own Knowledge of Yourself, Your Courageous Choices and Acting Within Your Personal Value System, with Integrity, Wisdom and Love.



# Illustration

Teaching our Children to Ride Rides at Six Flags.

The Ride itself is the Vehicle for Their own Self-Mastery  
and Courageous Development.

The Ride is the Vehicle - Their Satisfaction and Happiness  
is the Result of Their Courageous Choices and Self-  
Mastery!

RIDE THE RIDE INSTEAD OF THE RIDE RIDING  
YOU!

# Quote

People are often unreasonable, irrational, and self-centered. Forgive them anyway.

If you are kind, people may accuse you of selfish, ulterior motives. Be kind anyway.

If you are successful, you will win some unfaithful friends and some genuine enemies. Succeed anyway.

If you are honest and sincere, people may deceive you. Be honest and sincere anyway.



# Quote

What you spend years creating, others could destroy overnight. Create anyway.

If you find serenity and happiness, some may be jealous. Be happy anyway.

The good you do today will often be forgotten. Do good anyway.

Give the best you have and it may never be enough. Give your best anyway.

# Quote

**In the final analysis, it is between you and God.**

**It was never between you and them anyway.**

Even though this document has been attributed to Mother Theresa, it was written solely by Keith Kent when he was a student at Harvard University at the age of 19

See the following website:

[http://www.kentmkeith.com/mother\\_teresa.html](http://www.kentmkeith.com/mother_teresa.html)



# Let's Make a Shift

- Shift away from focusing on everything outside your Hula-Hoop and shift toward everything inside your Hula-Hoop.
- Shift away from thinking your “problems” are outside your Hula-Hoop to focusing on what’s going on inside your Hula-Hoop and how you might be contributing to the “problems.”
- Shift away from confronting others to confronting yourself.
- Shift away from having to change everyone and everything else to a radical acceptance of “what is.”

“Worry ‘Bout Yourself!”





# Principle #2

**Work on Yourself FIRST in Your Relationship to Create a Better Relationship!**

- There's No Such Thing as "Working on Your Relationship."

*"We're Here to Work on Our Relationship."*

- You Can Work on Yourself While You are "in a Relationship", i.e. As You "Relate" to Others.
- The Best Way to "Change your Relationship," is to Change your Self while in the "Relationship."

# “Normal” Approach

- “We both have to cooperate in order to have a good relationship.”
- In order for our relationship to improve, I need you to come to therapy with me! We BOTH have to invest in making this better!
- “I have to get you to listen to me, understand me, validate what I’m saying – so that you will cooperate and do what I want you to do (so we can have a good relationship).

## “Good Communication”

- “I must get you to listen to me, understand me and validate me because you are the source for my own validation. You must tell me I’m O.K.”



# Principle #3

The More You Need, Demand, Require – Cajole, Bind,  
Nag – a Person to do Something You Want Them to Do,  
the Less Motivation They Will Have to do it!

High Desire / Low Desire

High Motivation / Low Motivation

Wish, Want and Desire Usually Evolves into Need,  
Demand and Require.

“Honey, Would You Please Consider . . .”

# “Normal” Approach

- “To get what I want in this relationship, I need to constantly focus on you to teach you, correct you and influence you so that my needs will be met. I will accomplish this by:

Talking to you so that you will “Hear Me.”

Sharing my Emotions with you to Influence and Change you.

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# Principle #4

**Stop Using Negative Emotions, Negative Words and Negative Behaviors to Motivate Your Spouse, Significant Other, Relative or Friend to Make Positive Changes. Changes YOU Want Them to Make!**

Use Positives to Motivate Toward Positive Change.

Give a Person Room to Find the Value for Themselves to Make Changes.

“Honey, Would You Please Consider . . .”

# Negatives Lead to Escalation

Using a Negative Usually Invites a Defensive Response.

Any Person Who Feels Attacked Responds with a  
Defensive Counter-Attack!



# The Argument Clinic





# Please, “Stop It!”

