

3
STEPS



How to resolve any broken relationship

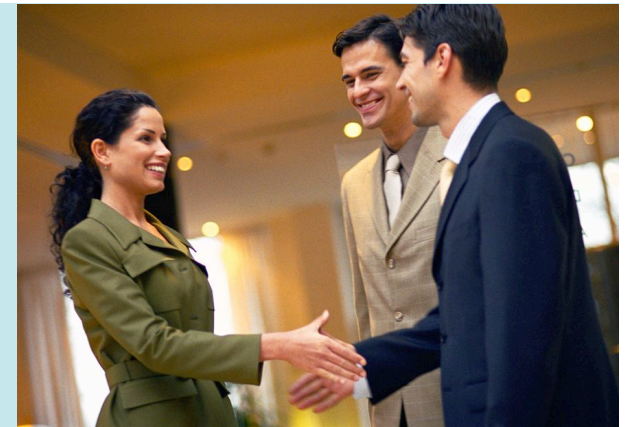
Three steps you can use to resolve any personality conflict.

Strained relationships can hinder good working practice for years, the incredible thing is that you can resolve them extremely quickly if you recognise it's you that needs to behave differently. Here are three tried and tested steps to resolution:

1 Tell the other person what you like and respect about them. Or how you admire them for something they do. Everyone needs to feel appreciated. Say the same things to other parties – it always gets back to them. You will be amazed how quickly they will become an ally

2 Follow up phase 1 by expressing an interest in this person helping you with something – This may be a simple question “What would you do...?”
When we invest in another person we feel closer and more attached. People like us more when **they** do things for us – **It's not the other way around.**

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To remove any final threat to the individual research indicates self-depreciating behaviour is the optimum attitude. Offer information about yourself that isn't flattering. Show humility, honesty and trust - three things that promote a successful resolution to any personality conflict. This evokes a powerful psychological principle whereby they alter their feelings towards you.



A key thing to remember here is that if you do the same thing, you get the same result, so to change the result the first step is to change what you do. That means you are completely in control of mending the relationship. By following these three simple steps you will be surprised at how quickly the change will come. Why struggle with difficult situations, it can only serve to pull you down and generally make life harder for you. Give this approach a go and lift the barriers on your relationships.