



we meet again
coaching for couples

3 keys to a healthy relationship



by professional relationship coaches
Shona & Robert

there are 3 keys to a healthy relationship

A Healthy You
A Healthy Partner
A Healthy Couple

That might sound simplistic, but here's what we mean.

1. let's start with healthy you

Often we can lose ourselves inside a relationship because we're so focused on our partner. On the other side we may be so focused on ourselves that we lose sight of the fact they we are in a partnership.

Here are a few insights to be a healthy you:

- Having a sense of self – apart from the relationship
- Celebrate what makes you unique and different, that's who your partner fell in love with
- Being complete and whole – working on your own growth which may require professional support to discover
- Being open to the impact you have on your partner and be willing to take responsibility
- Share often and openly with your partner what your heart needs

2. now let's talk about your partner being healthy

It's important that your partner be healthy as well so that you're not trying to blame or fix each other. Consider the blame fix "game" is a distraction to creating the relationship you want. This will allow you to focus on your relationship.

Here are a few insights for both of you to consider:

- Look for the good in them and remember why you chose them to start
- Be curious what's behind your partner's words and actions and be supportive
- Appreciate what makes them unique and different
- Your partner is engaged in their own growth to be healthy, whole, and complete
- Be supportive of your partner (ask what that looks like for them)

3. finally the healthy couple

Are you spending most of your time at odds or are you working together in the relationship? Are you turning little things into big things? Or are you ignoring big things by focusing on the little things? It can be easy to let concerns build up over time if they are not openly communicated and addressed.

Here are a few insights to work on to be a healthy couple:

- Align your goals – Are both of you moving in the same direction toward the same goal?
- Remember that you're on the same team – create space to bring you together
- Elevate each other – being together brings out the best in each other
- Be committed to being better versions of yourselves for each other
- Consistently choose love over fear

Here's one of our favorite quotes by Dr. Henry Cloud:

“You and I versus the problem.”

the 3 keys make a healthy relationship possible

A Healthy You
+
A Healthy Partner
+
A Healthy Couple
=
A Healthy Relationship

Sure, it takes intention, time and commitment, but it's totally possible. Share these 3 keys with the person you love and decide to team up against whatever the current problem is. And if you get stuck, we're here to help!

meet Shona & Robert

We believe in creating intentional partnerships with courage and heart. That may take meeting each other again, hence our name "We Meet Again".

Together we make it possible for couples to create new relationships, build upon the strong foundation that is already created, or take the necessary steps to follow your separate paths

Whatever the reason, we'll explore your partnership goals together.



**if you could use some extra support
and want to take this conversation further,
we'd love to connect**

We'd also love to hear any additional insights or perspectives you want to add to the conversation.



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