

# My relationships are harmonious

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I deeply enjoy my relationships with others. Because I have so many relationships, I recognize that I relate to others in various ways, depending on the nature of my connection with a person.

I am a friend to some and a co-worker to others. I am a relative to many. But ***regardless of what type of relationship I engage in with someone, I strive to make it harmonious.*** I want peaceful, strong relationships.

Because I learn so well by observing others, I assess everything I see in their relationships. I make a conscious decision that I can have relationships without stressful, stormy times and work toward this intention.

If a friend I am speaking with is getting upset, hurt or angry, I try to listen carefully without much comment. I avoid expressing my own frustration or irritation in the matter. I might state I am trying to understand how he feels.

In these situations, I also share that I am sorry the person is feeling hurt, sad or

angry. As the conversation draws to a close, I make every effort to end our talk on a positive note. ***My efforts are spent on doing everything possible to encourage harmony in our relationship.***

Today, I reflect on what other things I can do to continue to enjoy smooth and gentle relationships, because having harmonious relationships is a major priority for me.

## Self-Reflection Questions:

1. Do I strive for harmonious relationships?
2. Which of my relationships are the most harmonious?
3. What can I do to ensure my relationships are a joy for both of us?