



## MASTER YOUR RELATIONSHIP SUPERPOWERS FOR OPTIMAL HARMONY DURING QUARANTINE

It's easy to forget that we are here to love the people in our lives, not fix them. When two people have opposite perspectives, values and habits, it can be difficult. Set your intent to grow together in the face of opposition, and cultivate the superpowers needed to come out of this ahead.

### COME FROM A PLACE OF CONSIDERATION RATHER THAN JUDGMENT

When you are at odds, instead of your reacting as you normally do, pause and respond with consideration.

### COME FROM A PLACE OF UNDERSTANDING RATHER THAN IMPATIENCE

Even if you disagree, validate their perspective. Do this because you love them, not because you agree with them.

### COME FROM A PLACE OF LOVE RATHER THAN CONTROL

Your purpose is not to make them into who you want them to be, but to accept them unconditionally as they are.

### COME FROM A PLACE OF WHAT'S RIGHT RATHER THAN WHAT'S WRONG

If you affirm more often what's going right, you'll open your lives up to more "right" between you.

### COME FROM A PLACE OF APPRECIATION RATHER THAN EXPECTATION

Take note of every considerate action that the other person is doing, and say thank you often.

### COME FROM A PLACE OF CURIOSITY RATHER THAN BOREDOM

Listen to every word your partner speaks and refrain from disregarding them. What if you learned something?

### COME FROM A PLACE OF RESPECT RATHER THAN EGO

Let go of the desire to be right and remind yourself that every person has their own way of doing things.



**Remember** that all pandemics come and go, and this quarantine too shall pass. Put your focus on eating well, sleeping well, thinking well and showing kindness and affection to one another. When all this is over, you want your relationship to be better, not worse..