

21 Words, Phrases and Sentence-Starters That You Should NEVER Say to Your Partner, Spouse or Lover

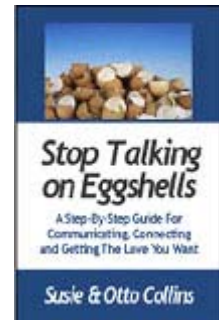
By
Susie and Otto Collins

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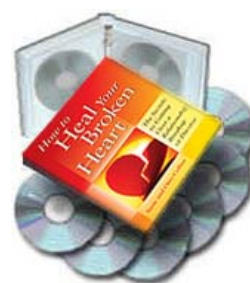
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Have you ever said something that after you said it, you wished you could have "taken it back"?

Or maybe you (or your partner) said one thing that was the "last straw" and a relationship ended or was severely damaged because of it?

The good news is that we all have done this--sometimes intentional but many times from old family "tapes" that we've accessed unconsciously.

The "better" news is that it doesn't have to ever happen again.

Here are 21 words, phrases and sentence-starters you should NEVER say if you want to create a relationship that lasts—and one that is filled with passion, aliveness, love and connection...

If you find yourself using them, stop—take a breath, and choose another way of saying what you need to say—or excuse yourself until you can find your center and speak from that “true” place inside you.

Here they are...

1. "It's all your fault!"

Placing all the blame for something that happened onto someone else, even if you are irritated or upset with them, is a recipe for disaster.

The other person gets defensive and you are no where in finding a resolution or way out of the problem.

Take your share of responsibility for what happens in your life--no more and

no less.

Your contentious situation will soften if you do.

2. "You should..." or 3. "You have to..."

No one likes being told what they "should" or "have to" do.

Inflicting guilt is one way to get someone to do something that you want them to--but it always backfires when you least expect it to.

The other person may (or may not) do what you want but there could be passive aggressive action tied to it or even some sabotage mixed in.

Make a request and ask the other person's thoughts and opinions.

You'll get a lot further if you do.

4. "You always" or 5. "You never"

Anytime you find that you are making global statements like these with words like "always" and "never," you can bet that if you look hard enough, you'll be able to find instances when the statement WASN'T true.

It's tempting to use "always" and "never" to emphasize how "bad" the other person is and how exasperated you are.

But when you over-embellish by using these phrases, you set yourself up to just get more of what you don't want.

The other person either feels so badly that he or she shrinks further into a defeatist attitude (which is probably what you don't want) or he or she feels

5

like there's no pleasing you, and stops trying. Probably not what you want either.

So instead of global statements, be specific about the concern and what you want.

6. "How could you after all I've ever done for you?"

This is a great guilt-inducing phrase and one that parents love to use with their kids--but also with spouses and intimate partners.

It can be spoken or many times it's unspoken--which can be just as damaging because the other person has no clue why you are cold, distant or angry.

When this is spoken (or unspoken), there is an unspoken barter system that's been violated and the other person may not even be aware that such a system was in place.

In other words, something like this might be the assumption that's made...

"I'll make love with you (or take care of our children, etc) if you be kind to my parents (or stay sober or faithful.)"

Again, leave the drama out of it and specifically address the problem and what you want.

7. "You're such a _____."

Fill in the blank with whatever you might be tempted to call your partner at times-- a slob, a pack-rat, a mess, a liar, a prude, a s*e*x* maniac, a lazy bum, bitch, air-head, loser.

Name-calling might make you feel better in the moment but doesn't help your situation.

Assaulting the character of another person instead of choosing to address the action or situation is death to a relationship.

With this kind of contempt, it doesn't take long for the person to move away from you and either bury himself or herself in work or find someone else.

Skip the drama—and what comes out of your mouth from habit (maybe it's what you heard people in your family call each other.)

Just address and deal with the current situation without making it worse, saying what's true for you and what you'd like.

Name-calling makes openness between two people pretty impossible so don't unconsciously shoot yourself in the foot before you even get started in trying to find a resolution to an issue.

8. Why can't you just...

Fill in the blank here with almost anything ("be nice," "be civil," "be romantic," "be more thoughtful," "get along with people," "do it my way") and what you get is finger-pointing, superiority, exasperation and another recipe for disconnection and defensiveness.

Anytime you use this sentence-starter, you are evading the real issue or the action that ignited those feelings.

When you use this phrase, you are saying that if only he or she does something (what you want) everything will be fine. It's usually not that simple and won't take care of the situation.

9. I'm so angry with you I could...

This sentence-starter is usually a veiled threat used to induce guilt or issue an ultimatum that the person really doesn't intend to carry out.

Saying something like—"I'm so angry with you, I could leave and take the kids right now" is a flinch reaction caused by an inability to make a conscious decision and take the next step—(you may not be aware of other alternatives and just be grasping at straws to come up with some action to take whether it's the right one or not.

When you use this phrase, you are at a loss to communicate your feelings, thoughts and emotions in a way that the other person can hear.

Those words said in anger only create more anger, distance and hurt. So skip the threats and go through a thoughtful process of deciding what you do want to do!

10. I'm sorry I ever (met you, married you, agreed to this, bought this house)...

This sentence-starter is also said when emotions are running through you and you don't know how to deal with the situation. When you say something like this, you realize at some level that you don't have the skills to cope with the situation.

Sure, in that moment, you may feel like you are sorry that you ever (fill in the blank)--but if you look underneath at what you are feeling, you'll probably discover that there are other emotions that you could express that would be healthier and would not create or keep your anger and your partner's anger going.

11. How could you be so (stupid, mean)...

When you make a statement, like “How could you be so (fill in the blank)” — you are attacking, belittling and doing everything you can to prove how wrong the person is—and that won’t solve the problem.

Sometimes our minds get hung up in asking the wrong set of questions. This is certainly the “wrong” question to be asking someone you care about—if you are finishing the phrase in a negative way.

If you are saying “How can you be so unkind, uncaring—(or any other negative descriptor), you will only create more of what you don’t want because no person in their right mind will be more caring or kind if they are accused of being the opposite in this belittling way.

If you want someone’s actions to change, focus on what the person is doing “right” instead of “wrong.” We know that it’s tough to do (we’re certainly not perfect at it) but if you find yourself using phrases like this one to put someone else down, switch your focus—and see what happens for the better.

12. Why didn’t you just (do it right, do what you were supposed to do)...

When you use this phrase, you are not listening to the other person to find out what happened so that you can understand from his or her point of view.

Again, you are making yourself and your way superior.

You are shutting off all further communication because there is no response when the obvious implication is that the other person didn't "do it right" or "screwed up."

You need to tune into what you are feeling and what you want—and change it to the positive.

Give a clear, specific, positive request instead of using this phrase—

Instead of “Why didn’t you just call me when you were going to be late for work?” --

Make this request—“Would you be willing to call me if you know you’ll be late from work so I won’t worry about you?”

13. Everything would be so much better if you only...

Maybe you’ve said these words-- “Everything would be so much better if you only...” and filled in what you thought in the moment about someone. If you haven’t said them to someone, you’ve probably thought them when thinking about someone (like your partner).

Here’s the problem with these words and why they don’t work...

You’re only looking at the situation from your point of view and not theirs, as well. Maybe they have a good reason for doing things the way they do or why they hesitate to do things your way.

When you think (and especially say) “Everything would be so much better if you only...” you are instantly elevating yourself to a “superior” position and that’s not what you want in a relationship. No one wants to feel less than someone else. You want to at least be equals in your relationship and hopefully value your partner or other person’s opinion enough to make it just as important and relevant as yours.

Because the truth is—you really can’t know with total certainty that everything would be better if they would only...

That's your mind chatter talking without you questioning it—and that kind of mind chatter will only push the two of you further apart.

14. You're not as good as...

When you are angry, frustrated or exasperated with your partner, it's tempting to compare him or her to your ex or maybe another man or woman.

If your partner isn't particularly good at cooking as your mother or as good of a handy-man as your brother or your ex, your partner probably already knows this.

You don't have to say it and rub it in.

So often, we say this kind of phrase to feel superior because of what we perceive we're not getting in the relationship.

We play a one-upmanship game in our relationship.

Putting your partner down will only create more of what you don't want.

Instead, create more of what you DO want.

15. You can't be trusted to...

If you've asked your partner to do something and he or she doesn't do it the way you wanted, this phrase may slip out of your mouth in exasperation.

This phrase destroys trust and is a self-fulfilling prophecy.

Instead, address the specific action that needs attention and again, don't make it a slam on his or her character.

16. F___ you!

Saying the phrase "F__ K you!" might feel good, might be what you're thinking and what you're feeling—but when said in anger, it's such a slap in the face that couples rarely really get over it. This exclamation reeks of contempt and hatred—and if you try to "take it back" later, it's not possible. It's not forgotten.

So don't use it. If your loved one uses it against you, don't be tempted to say it back but do say that it's not respectful and this is not something one says to someone they love.

17. Do it yourself...

When your partner asks you to do something, and you have unspoken grievances that you've been holding against him or her--you may find yourself saying with anger--"Do it yourself!"

It may have nothing to do with that request but it may have everything to do with what you have left unsaid from the past.

If you find yourself saying this phrase, stop yourself and go inside and you'll probably find that there's unfinished business from the past. Then, take a step back and tell your partner what's really going on and how you feel.

Separate out the current request or question--like "Did you iron my shirts?" or "It's your turn to pick up the kids tonight after work"—from your feelings of being taken for granted or whatever they may be.

Address those feelings but first address what's been asked of you--that's separate--with either a yes or a no.

It may not feel like a separate request but the more you address each circumstance instead of lumping all "transgressions" together, the clearer your communication will be.

18. Why do I have to always do...(everything around here)

Before you're tempted to use this phrase, check inside yourself to see if it's really true. Do you really do everything (or whatever else you finish this phrase with)?

Probably not. When used, this phrase is meant to induce guilt so that the other person steps up and does what you want them to do—but it's doesn't work that way—ever!

Once again, if you use this phrase, you are probably feeling overwhelmed—feel like you've taken on too much and life has handed you more than what you can handle in the moment. And you don't know how to ask for help.

So stopping and checking in with yourself is the first step if you hear yourself use this phrase. Then see if you need to say no to something or need to make a clear request and ask for help.

Do something positive instead of create defensiveness and anger in the other person.

19. They're your kids too...

If you say this to your partner, they already know this to be a fact. What you are really meaning and not saying when you use this phrase is “I need help.”

Instead of overtly asking for help from your partner with the kids, when you use this phrase, you are putting your partner on the defensive, fueling their anger, and actually feeding their justifications for not helping.

If you use this phrase in anger, you are simply keeping an argument going without any resolution.

If you want resolution, you have to shift your energy to what it is you want—specifically—and then ask for it (and be ready to compromise if needed)—instead of lashing out and criticizing him or her.

20. My ex was much better at...

Nobody wants to hear how their partner’s ex (or mother or father) was better at anything. It sets up or reinforces jealousy, fuels low self-esteem and is plainly an unnecessary thing to say.

The goal with your partner is to focus on what you love, like and appreciate—not what you think they are rotten at or not as good as someone else.

Skip the comparisons, especially to your ex, and work on making your present moment the best possible moment.

21. You’re so...

Fill in the blank with whatever derogatory adjective that comes to mind about your partner when you are angry or upset with him or her.

In your anger, labeling your partner in this way completely closes down any way that the two of you can find a solution to the situation.

When you use this phrase, the usual response is either withdrawal or lashing out at you, assigning you equally damaging labels.

It's a no-win situation when you get into this cycle that can last for days or never end.

What we know is that words can either heal or hurt.

The words we use, either consciously or unconsciously, have lasting effects and most of us have no idea about the impact they make on others' lives.

Our advice--choose your words wisely and with love.

Don't spread any more hate--even if you are in pain--because all it will do is just increase your pain.

We invite you to listen to yourself and to others to see if you hear any of these phrases we've talked about.

If you do, stop the action and take a different course toward love and connection.

Choose love instead.

Many Blessings,

Susie and Otto Collins

About Susie and Otto Collins

We are Relationship and life success coaches, authors, soulmates, and married life partners, who are committed to helping people like you improve your life and your relationships.

For 30 years, Susie has been a student of relationships, spirituality, energy and the life force. Her search for physical, emotional and spiritual healing has led her to the study of Polarity Therapy, cranio-sacral therapy, reflexology, Hatha Yoga, the Enneagram, and much more. Her formal training includes a Bachelor of Science degree in education, a Masters degree in Library Science, is a Registered Polarity Practitioner with the American Polarity Therapy Association and a Certified Comprehensive Coach. Susie is a veteran teacher and university librarian with over 30 years experience teaching in the public schools and university classes.

In addition to our work in the area of relationships, Otto has spent over 20 years as a successful salesperson and marketer of a variety of products and services.

Many years ago, as a result of pondering three of life's greatest questions-- Who am I, Why am I here and What's this all about-- Otto turned his life's focus to bear on the practice and study of spirituality, personal growth and relationships.

We passionately believe that life can be lived in a joyful, conscious, loving way and we are committed to helping others to experience the potential of what is possible in their own lives and relationships.

The desire to be loved the way we wanted to be loved took each of us on a journey of discovery of how to create the relationship of our dreams. We believe Spirit put us together for our own personal growth and to shine the light of hope for others. Our goal is to help others create outstanding lives and passionate, alive, connected relationships.

Since 1999, we have been writing, speaking and helping others discover the strategies for creating outstanding relationships of all kinds.

Our free online weekly relationship newsletter reaches thousands of people all over the world. To start receiving your free relationship newsletter, <http://www.Relationshipgold.com>

Along with our books and audio tapes, we offer Relationship Breakthrough Coaching to singles and couples, in person and by phone. For more information, <http://www.PassionateHeart.com/coaching.htm>

Our formal coaching training has been with Drs. Gay and Kathlyn Hendricks of the Hendricks Institute and certification from Comprehensive Coaching U.

We are co-authors of several books and courses on relationships including, "Relationship Trust Turnaround", "Should you stay or should you go?" "No More Jealousy," "Stop Talking on Eggshells," "Communication Magic," "Attracting Your Perfect Partner," "How to Heal Your Broken Heart" and "Magic Relationship Words."

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<http://www.Relationshipgold.com>

<http://www.NoMoreJealousy.com>

<http://www.howtohealyourbrokenheart.com>

Personal Growth web site: <http://www.personalgrowthplanet.com>