

# 3 FAVORITE RELATIONSHIP POWER TOOLS

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# 1 GIVE TO GIVE



I spent a lot of years in sales, both on the front lines and in operations. “Give to Get” was a common idea that was promoted as a method to build the business.

Makes sense, right? Create great value for your client and it’s natural to expect to get value in return.

When it comes to an important relationship, I would invite you to think about it differently.

Give to give. Give just for the sake of giving. Because it builds YOU.

Serve just for the sake of serving. Because it builds YOU.

No hidden agenda. No expectation of any kind of return.

Now, I understand that this takes practice. But it’s a practice that will change the way you experience your relationship if you stick with it.

It’s natural to think the next time you’re cleaning up the kitchen, “I wonder if she’s going to notice?” or “Maybe this will recharge the “romance” batteries!”

But then you remember, you aren’t doing this to “get” something! You are doing it just to give. This is you working on YOU. You’re not working on her.

So, the invitation is to give, with no thought or any expectation of getting something in return. Then, when you’re ready, do it again. And again.

See what it does to you.

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# 2 IT ONLY TAKES ONE PERSON

If you want to feel connection your relationship, there's something you can do right now.

The way you experience any relationship – with your spouse, child, parent, boss, or even a stranger – comes from how you choose to think about them.

And yes, you can choose differently. This isn't always easy, but it's possible.

So, what do you want to feel? Love, gratitude, compassion, respect, connection? What would you have to think to feel that?

If you can find one thought that is remotely believable, rehearsing it will change how you experience that relationship starting now.

Thoughts create feelings.

By intentionally choosing your thoughts, you can transform your relationship experience, even if the other person isn't aware or involved.

How long do I have to do this? You don't "have" to do it. But if you want to feel better, start now. Your perspective and interactions will shift immediately.

Start by choosing a thought that cultivates the feeling you want in your relationship. Then repeat.

It works! I promise!

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# 3 FEEL THE FEELING

Tell me what happens when your grown son, who you weren't expecting to be home, jumps out from behind the door and scares the daylights out of you as you're coming in from the garage.

If you're anything like me, after my startled jump and scream, I start breathing again and explain to him through his fits of laughter the dangers of doing something like this to a 57-year-old man.

But what happened to me physiologically? My heart was pounding, my breath quickened, and muscles tensed. The body's classic "fight-or-flight" response.

Now, we often react similarly in confrontational situations. There is no real threat, it's just an uncomfortable feeling that we'd rather avoid.

What I want to tell you is that there is no danger in allowing yourself to feel these kinds of uncomfortable emotions. In fact, suppressing them only makes things worse.

Conflict or disagreement is a normal part of healthy relationships. When you find yourself experiencing one of those uncomfortable feelings like fear, anger, frustration, worry, doubt, etc. I would invite you to pause and ask:

How would I describe the raw sensation that I am experiencing in my body?

Maybe it's something like, "I feel a tightness in my chest. My breathing is shallow and quick. I feel my face is flush"

Simply paying attention to and describing physical experience will allow your body to communicate to your brain that you are not in danger, and the fight/flight response will pass in 60-90 seconds.

Then you will be able to respond to the situation rationally and intentionally. Trust me, it works!

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# ! GIVE IT A TRY...

As you begin to apply

one,  
a few,  
Or many  
of these principles

You will transform your relationships in a very real,  
very powerful way.

If you are intested in taking it to the next level  
follow the link below to schedule a time to talk!

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