

Completing the Framework for Building Good Relationships

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This is the last article in a series of four articles on building better relationships. In our previous three articles on “Improving Mental and Emotional Health”, “The 4 PILLARS of Building Good Relationships” and “ROADBLOCKS to Building Good Relationships” we talked about how mental and emotional health is **directly related to the quality of the relationships** we have with our family, loved ones and friends. When we have difficulty in these important relationships our mental and emotional health will decline. However, when we are happy and fulfilled in these relationships our mental and emotional health will improve.

We also talked about the 4 PILLARS of building good relationships which are **Patience, Kindness, Unselfishness and Forgiveness**. In the article on ‘ROADBLOCKS to Building Good Relationships’ we talked about the opposite of the 4 PILLARS which are the ‘4 Relationship Wreckers’ of **impatience, hurtfulness, selfishness and revenge**. The first problem we can experience when we practice the ‘Relationship Wreckers’ is guilt. The most common way to cope with guilt is by blame-shifting, and criticizing and finding fault with people so we don’t feel as guilty about our own behaviour.

This will result in anger towards others, and will eventually damage our relationships. As relationships fail, we are left alone and alienated. Everyone wants to love, and to be loved in meaningful, satisfying relationships. When people are left alone with broken relationships, the level of fear will begin to rise.

Escape Is Not The Answer

When relationships fail, many times we want to escape, and we can try to fill that emptiness, and cover up emotional pain with television, movies, video games, internet, social media, etc. This is not a solution however, and can damage our relationships even further, if we are becoming **more detached, and withdrawing** from the important people in our life. On top of that, television programming, the news, the internet, and the media often show people practicing the ‘Relationship Wreckers’, and we should protect our mind and heart from these negative influences.

Take Time One-On-One

In order to rebuild relationships, it is essential to spend private time alone with each important person in our life every week in order to try and connect with them. Reading these four Articles with them on building relationships

would be a good place to start. It is usually helpful to sit facing each other, if you are both comfortable doing that. In the beginning that can be a little tense especially if there is hurt between the two people. Rebuilding the family relationships is a top priority, because they are the foundational relationships in a person’s life. There will probably be more blocks, hurts, and walls in the relationships than you imagined, but be patient and work through them by practicing the 4 PILLARS of patience, kindness, unselfishness and forgiveness.

Supporting Qualities For Building Relationships

The 4 PILLARS provide the framework for building the relationship, however there are other qualities and attitudes which support and complete the framework. For example, self-control, self-discipline and contentment are often connected to the first pillar which is ‘patience’. The second pillar of ‘kindness’ is supported by generosity, caring, and giving. Self-denial, self-sacrifice and humility go with the third pillar which is ‘unselfishness’. The fourth pillar of ‘forgiveness’ is supported and complimented by confession, compassion, and mercy. The relationship building attitudes of faithfulness, honesty, joy, loyalty, peace, purity, thankfulness and



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truthfulness compliment and complete the framework of the relationship. **Unselfish love** is the combination of the 4 PILLARS, and all of the supporting qualities working together in a person's life. By unselfish love we do not mean romantic love, or physical attraction, or liking someone a lot. Unselfish love is **unconditional love**, and puts the needs and wants of the other person before our own.

Our Motive and Focus

If a person believes that God loves and forgives them, and wants to help them be reconciled to God and to other people, then they can use that inspiration to help improve their relationship with everyone else in their life. In the process of loving and forgiving others, they can return the love and forgiveness God has shown them. This also takes the focus off themselves, and puts it on loving God, through the practice of loving people. **This changes a person's motive** for building good relationships, from looking at how they are going to benefit, to looking at how others will benefit. For people who do not believe

in God, all of their efforts to build good relationships, and improve their mental and emotional health will tend to begin and end with themselves. This is a self-centred and selfish motive, because everything they do is based on what they are going to get out of it. This will limit the quality of the relationships that they can develop, because selfishness will pull relationships down rather than build them up.

Remember, it's all about others! When we take the focus off ourselves and become focused on others, our words and actions will be more helpful and caring, because our perspective will be less selfish. Cherish your relationships, and don't throw away opportunities to connect deeply with your loved ones. As you know, it's those lasting and fulfilling relationships of love – unselfish love that is – which makes our homes a better, happier place! Thus relationships will always be worth rescuing.


One of the main purposes of life is to learn how to love people by healing relationships through the practice of reconciliation. For best results

review this program regularly, and put it into practice daily. Eventually it will become more and more natural for you, and your life will change for the better, and the lives of all of your loved ones will change for the better as well. These four articles are part of a Correspondence Course on building good relationships, which is available from Legge Fitness Superstores.

In our next article we are going to change gears and talk about physical health, and some of the exciting, leading edge benefits for you and your family of a good cardiovascular program. ✨



Legge Fitness Superstores is located in **Listowel & Fergus Ontario**. For more information regarding their Courses or Seminars call 1-800-695-7338 or email info@leggefitness.com. Visit their website www.leggefitness.com to view their full line of health and fitness products and services.



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