

Free Relationship Advice: Who do you Trust?

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Free relationship advice is available today like never before! This article you are reading, which will impart some measure of relationship advice, is free. How do you know which advice to follow when there is so much of it available for free on the Internet? Doesn't the fact that it is free reduce its value?

The fact that it is free doesn't necessarily reduce its value. I say that because throughout most of history, relationship advice came from moms and dads, aunts and uncles, grandparents, and dear family friends. Part of the fabric of life is mastering the art of how to do relationships better as time goes by.

Everyone's relationships are on display all the time. You don't have to think long or hard to find a pair of lovers in your life who are still mad about each other after all these years. Likewise, finding a pair of friends who have a special ease and comfort with each other you admire or a parent/child combination that seem to have it just right is probably not far from your mental reach. All of the people in your life who do relationship stuff well are at the ready with free and valuable advice from their years of experience if you but ask.

You're looking online for free relationship advice. Chances are some of what you find you can trust because it comes from people who have been in the process of mastering it. There are some tests, though, that you can bring to free relationship advice that will help you discern which of it is best for you.

As you're reading or listening, ask some or all of the following questions. Does it ring true for you? If the advice you hear doesn't suit you, be cautious about putting it into practice. It might not suit you because you aren't ready for it yet. It might not suit you because it's bad advice. It might not suit you because it is exactly what you need but causes you to stretch so far that you cannot conceive of putting it into practice. Remain open to that kind of advice because if it rubs you the wrong way due to it being the perfect solution, your life will reveal that to you and you'll have it handy.

Does it sound feasible for your life? For instance, if the free relationship advice suggests you travel around the world to participate in a unique workshop that will make all the difference, it might be a wonderful idea but not feasible. If the advice suggests anything that goes against your moral fiber, it is likely not feasible and should be considered with care.

Will it harm you or anyone else? If the advice requires a confrontation with someone who isn't amenable to the idea, you could cause yourself, the other person, or your relationship harm. Proceed with caution if anyone's advice would cause harm once carried out.

Does the person giving the free relationship advice have any credentials? Has he or she written and published a book or articles? Does he or she have a PhD, MD, or other professional or educational training? Do they have word of mouth endorsement? Do they have a web site or email address where you can contact them and find out exactly who endorses their work? Their advice may be free, but it is your life you're dealing with. You need to take this pursuit seriously!

In closing, I'd like to offer some free relationship advice from my perspective today. Now, this is a challenge because I'm closing this article with information worthy of its own article! The advice is this. Taking 100% responsibility for your relationship is the means to a successful one.

What do I mean by that? Consider the possibility that you create your own reality. As such, everything that appears in your life, all the people, plants, animals, situations, even the relationships that show up in your life are all a reflection of you – like a mirror. From this perspective, if your relationship is less than satisfactory, own it as its creator and then get busy creating it differently.

But create it differently from yourself. Don't look to your spouse to change. Look to yourself. For instance, if your spouse is rude and insensitive, what is going on inside of you that created that? Are you rude and insensitive? Do you believe you do not deserve better than to be treated rudely? Do you have a charge on rude individuals, judging them as really bad people? These attitudes and beliefs can attract rudeness to you until you wake up from your dream and determine to create better love in your life.

When you know you deserve to be treated with kindness, compassion, and interest, then you will create others treating you this way. And on the rare occasions they don't, you will find yourself less offended. Even simply taking responsibility to love you makes a huge difference because self-love leads to better internal conversations which lead to better relationships!

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There is a secret to relationship success that is direct, simple, and effective. We and others have used it to transform marriages that felt burdensome and hurtful into marriages filled with love and satisfaction.

You can discover this secret for yourself in the e-workbook called *Creating the Love You Want: Five Unique Steps to Improve Your Marriage*. Go to <http://www.CreateTheLoveYouWant.com> and order your copy right now. With it, you can begin making a difference for yourself tonight!