



Relationship Matters

Dr. Darlene Williams-Prades



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By Dr. Darlene Williams-Prades

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Dr. Darlene Williams-Prades

Rocky Mount, NC

888-996-9140

superiorloveforever@gmail.com

Superiorloveforever.net

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INTRODUCTION TO THE AUTHOR



I am Dr. Darlene Williams-Prades CEO and Founder of Superior Love Forever.

A couples coaching, team building, and mentor firm. We specialize in restoring the balance, respect, trust, and the love in relationships for couples, families, and even team building and restoration for businesses.

I am your trusted relationship and mentor coach.

I help couples in danger of divorce or separation due to conflict, emotional baggage, and the “F” word, you know finances. I use individualized engagement, active listening, modeling of open and honest communication, couple mentoring, and delivery of emotional discussion tools based on the seven biblical steps of healthy relationship, so couples learn to rebuild bridges, mend fences, and master effective open communication for their healthy long-term relationship.

With 40-years of combined experience in relationship coaching, mentoring, mediation, and communication. I have been where most of you are or may be in the near future. This book will provide just a few bread crumbs to help you on your relationship journey.

Let's Talk.....Three Question to ask Yourself Every Morning

Every morning, I wake up and say thank you to God for giving me another day. I thank him for allowing my husband to be right there next to me and safe. Thank him for our children, family, friends and even our lively hoods. My feet never touch the floor before I say," thank you"! But the fact is it hasn't always been that way. Like all of you reading this I am human. Decades ago, I would wake up, jump out of bed, rush to take my shower, prepare breakfast, and then keep moving with my day. Then I'd go to work and you know the rest. For about three years my husband and I were in different countries. He was working in Africa and I was in the US. I had zero desire to travel where he was because I wanted to focus on my hopes, dreams, desires, wants, law school, and business of helping others.

Then one day I realized were getting further and further away from each other. Not just geographically, but in other ways as well. I didn't like that feeling. So, I did what my parents who had been married for 63-years taught me, pray. My mother would say," ask yourself these three questions:

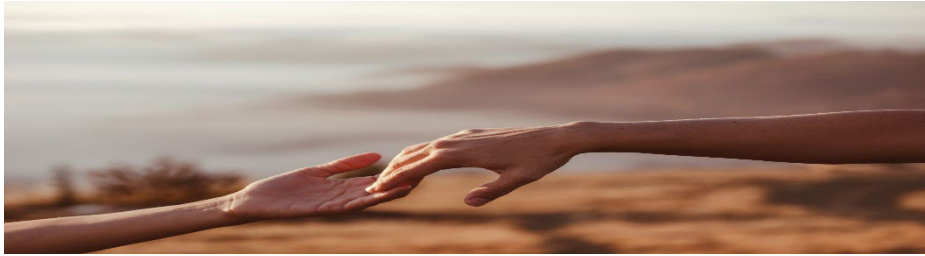
1. Is the relationship of value to you? Where does that value lay?
2. Where do you see the relationship going?
3. What does God want you to do? (actually, she always said this first).

In every relationship whether personal or business there should be boundaries or what some may call "deal breakers". What are you willing to do or not do. When there are no boundaries, anything goes.

There is value in long- and short-term relationships. Remembering that everyone may not be a part of your journey is key.

When forming relationship do you consciously think about why you are getting in the relationship or is your thought just go with the flow? Think about this, when you applied for the job, you currently have was it a need, want, desire, hope, or dream? Recognize they are not the same.





Relationships Matter

When we envisioned forever love, honesty, fun and ongoing connection there is an essential component, trust.

In this guide, you will find an offering of seven tips to nurture love that last utilizing honesty and integrity. As you fearlessly, embrace, truthfulness, and transparency in your relationships.

- 1.The challenge to always share your likes and dislikes or desires, or dealbreakers openly.
- 2.Let honesty be the cornerstone of your connection, fostering trust and understanding between you and your partner.
- 3.Next have fun keep dating even after saying, I do. Prioritize, fun and spontaneity in your relationship continue to date each other surprising one another with new experiences and new adventures break free from the confines of routine and comfort infusing your relationship with joy and excitement and laughter on a daily basis.

Respect your partner and yourself. Having self-respect, self- love, unconditionally and wholeheartedly helps you be better for your partner. Be free. Be vulnerable from fear or insecurity.

Cultivate that respect for yourself and your partner, honoring each other's boundaries, opinions and individuality, managing securities with care and attention, assuring that you don't hinder the growth of yourself, your partner, or your relationship. Always use teamwork support, one another approach your relationship as a team, united and facing life challenges and celebrating its triumph together offer, unwavering, supported encouragement to your partner, standing by each other through thick and thin.

Pray together, that should be your number one priority. Pray for each other, strengthen your spiritual connection by praying daily sometimes twice sometimes three times depending on your situation dedicate time to lift up one another in prayer, as well as offering prayers for others, and yourselves. This shared practice could deepen your emotional bond and provide solace during difficult times not only for you before extended family Other safe place always foster of vulnerability in each other and then your environment of trust with both partners feeling safe, expressing their own true selves never having to hide cultivate open communication, empathy and understanding creating a sanctuary within your relationship were honesty and authenticity, thrive, and no one can intervene.

Limit access to the inner workings of your relationship: while taking advice and support from trusted confidence can be beneficial, maintain your boundaries around privacy within your relationship, avoid over sharing, intimate details or grievances with others, preserving that sanctity and intimacy of your connection is crucial.

If you feel you need help retain a relationship coach, therapist or counselor you're or your minister. Family and friends can be bias. Sometimes that can ruin a great thing. Understand that what takes place in your relationship and what happened to someone born in the 40's, 50's, or may even 1991 can all be different shades of blue.

Here are seven biblical steps that have helped many that I have personally worked with over the decades:

1. Talk to God before talking to your partner.
2. Always take the initiative to restore peace.
3. Sympathize with your partner's feelings.
4. Confess your part of any conflict that may arise.
5. Attack the problem or challenge, not your partner.
6. Cooperate/ Compromise as much as possible.
7. Emphasize reconciliation, restoration, not resolution. Recognizing these two words do **Not** mean the same thing.

Closing.....

Relationships take work. Whether personal or business, family or staff, neighbors or grocery store. Each person has to own their responsibility of their own actions or non-action. If you find yourself in need of help, contact us here at: Superiorloveforever@gmail.com or call. We are here to guide you on the journey to better relationships.

Be well and be blessed.