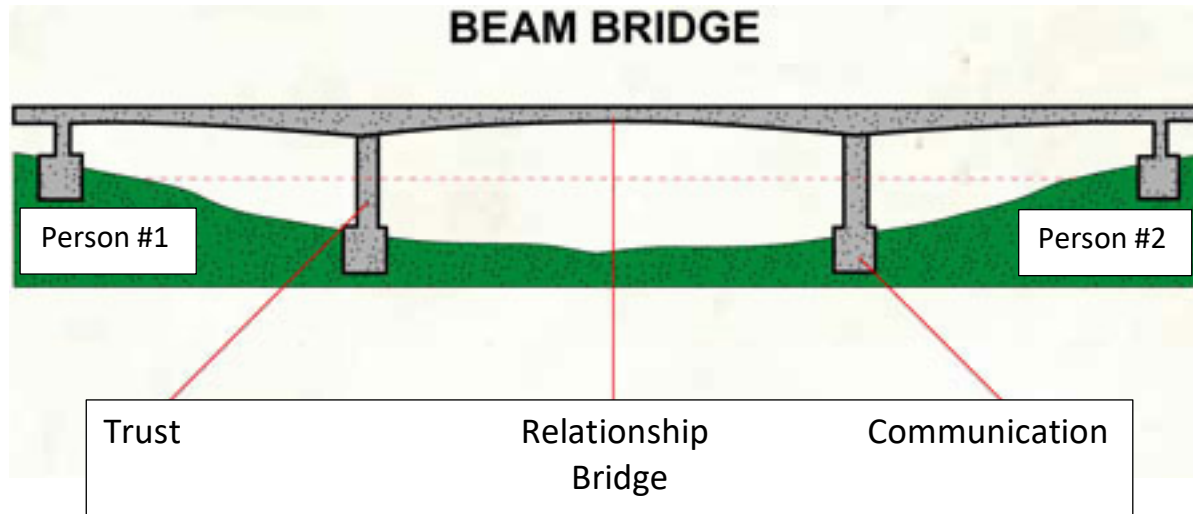


The Relationship Bridge

A personal theory about relationships
by Kevin Suess



Because there is a gap between Person #1 and Person #2 for there to be a relationship a reason (or desire) to come together must exist. The subsequent coming together then I call a "relationship bridge". Both parties have to work toward a relationship which spans the gap that once kept them apart.

I believe this is true of any human relationship - husband to wife, mother to children, boss to employee, employee to boss, friend to friend, retail clerk to customer, etc.

Supporting and holding the weight of the relationship bridge are two pillars, trust and communication. If either pillar is damaged, weakened, or removed the entire relationship structure is placed in peril and in danger of collapse.

However, an interesting effect can also take place. When healthy communication is present, trust naturally builds which fosters more communication. And where trust is growing more evident then, healthy communication flows more freely which strengthens trust. When one pillar grows stronger the other grows stronger as well.

Therefore, to build a strong relationship you must design (intentionality), build (practice/application) and maintain (continued working on) both trust and communication for the relationship to remain healthy, strong, and sustainable.

(over)

Trust

The definition of "trust" varies person to person. List 3 words that defines or describes trust to you.

1. _____ 2. _____
3. _____

Communication

Write a few thoughts on the term "healthy communication."

Healthy communication: _____

Write 3 or 4 words, themes or, ideas that describe how you will know when you are experiencing healthy communication.

