



Relationship 911! Intro Course

By Lisa Angeletti MSW, "GirlShrink"

"An Introductory Course For Saving Your Relationship!"

"It Is Not Too Late To Save Your Relationship!"



Hello and congratulations on downloading this special report from www.AboutMyRelationship.com -- The reason why I am so excited for you is because the information that I am sharing in this report is full of **time-tested strategies** on how to begin saving the relationship that you are in or keeping one that you will begin.

Today I want to start by saying that I want you to consider what brought you here today...

It's not the arguments you are having or it's not the hurt feelings you are feeling. What brought you here today is the very strong desire you have to **stay with the person** you fell in love with.

Some call it love, some call it commitment or loyalty, and some may even call it CRAZY that you are here:) But you know what, that's OK. Because whatever labels people want to put on it, it's your relationship and you want to keep it!

So this course is for you if you:

1. Are in the middle of a break up - but don't want to be.
2. Feel something in the relationship changing or shifting and want to stop it.
3. Don't feel the same way about your partner but want to get that feeling back.
4. Don't trust your partner.
5. Wish your mate would understand what you are saying or feeling.

If this sounds like you...then let's begin...



Relationship 911! Intro Course

By Lisa Ancelet MSW, "GirlShrink"

"An Introductory Course For Saving Your Relationship!"

Strategy #1 - Work Hard At The Relationship

Your relationship isn't going to run smoothly on its own. **Relationships take work.** Now I know that after a lifetime of Disney stories, fairy tales, and romantic comedies, nobody wants to hear that:) But it's true.

We all think that relationships are supposed to work out at the end like some fairy tale ending....Sorry!

It just doesn't happen that way. It's almost foolish to buy into the notion that if it just doesn't work out, then it wasn't meant to be. While I am a believer of karma and destiny too - I also believe that we have been given the power to define our destiny and carve out our futures.

You get out of life what you put into it.

And based on today's research statistics -- **"The average couple spends about 10 minutes a day on their relationship"** -- I think I've just proved my point here.

Ten minutes is just not enough time to build and further more enjoy the most strongest of relationships.

Any couple whom you know that has 25, 35, 45 years together under their belt will tell you what I am saying today.

You must get ready to work if you truly want a rewarding, satisfying, loving and fun partnership with your mate.

You must try your best to not let LIFE get in the way of your relationship(s).



Relationship 911! Intro Course

By Lisa Ancelet MSW, "GirlShrink"

"An Introductory Course For Saving Your Relationship!"

"So what would be called work in the relationship?"

It's so interesting that so many couples ask me that very same question. And it's a great question.

Working at your relationship should NOT be equated with negativity. While it may be difficult at some times in your relationship, it should not be painful. So don't worry.

This is the type of "work" I am talking about...

1. Spend time together doing things you each love
2. Pick a "thing" that you both do together alone (other than sex:)
3. Talk everyday about the other people in your lives (friends, family, co-workers)
4. If you live together try and say good morning and good night everyday
5. If you don't live together try and call or even email good morning and good night everyday
6. Consider sharing a childhood memory/experience with your partner. One that you haven't talked about with anyone -- except maybe your best friend.
7. Treat you partner with respect everyday - no matter what is going on.
8. Schedule a time to sit down and talk about serious stuff like money, marriage, etc.
9. Deciding to handle conflict right away or as soon as both parties are calm
10. Compromising when there is big difference of opinion
11. Being true and honest in the relationship and not running from conflict
12. Creating rules and limitations for what is and is not acceptable in the relationship



Relationship 911! Intro Course

By Lisa Anceletie MSW, "GirlShrink"

"An Introductory Course For Saving Your Relationship!"

Strategy #1 - Coursework

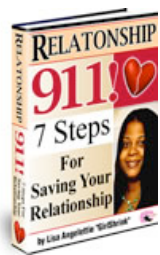
So today I want you to get thinking about strategy #1 by considering if you have really been "working" at your relationship.

1. How much time do you spend talking about goals or plans with each other? How could that improve?

2. How much time do you spend doing "fun" things with each other? And what do you do?

3. When conflict comes up in your relationship, has it been the pattern to try and talk it through right away, wait a few days and then not talk about it, or argue about it until one person gets too tired to talk about it anymore?

Ready to work harder on your relationship? [Order Your Copy Today.](http://www.AboutMyRelationship.com)



Relationship 911! Intro Course

By Lisa Anceletie MSW, "GirlShrink"

"An Introductory Course For Saving Your Relationship!"

Strategy #2 - Don't Play The Blame Game

There is an epidemic going on out there in many many relationships -- people are playing the blame game and everyone is losing.

If I can just put on my psychotherapist hat for a minute:) The blame game really stems from childhood.

If you were a child who was easily made to feel guilty by a parent, then you are probably an adult that feels very deeply when someone has attributed their pain, misery, disappointment etc. to something you have done.

In fact -- you don't like it one bit.

You don't like it so much, that you can stand to be the one who is guilty of causing someone else pain and misery. Its just a guilt you cannot tolerate for long.

So as a defense mechanism - you play the blame game. You blame anyone you can for what you have done in order to lift that big burden of guilt.

But playing the blame game has serious consequences.

It puts both people in defense mode and then no real solutions to the problem can be found.

Ex.

*Marie and her boyfriend lived together in a small two-bedroom condo. When they bought the place, both of them worked. Then Marie was fired from her temporary teaching position and the bills began piling up.

As the debt increased, so did the stress in her relationship, and soon after that - the fear began. Fear of being so far in debt. Fear of where her next job was going to come from. And just fear of the future.

Instead of working together on helping Marie find a new teaching position or a temporary job somewhere else - her boyfriend began to cave in from the stress and started blaming her for everything wrong in their relationship because she was fired.



Relationship 911! Intro Course

By Lisa Anceletie MSW, "GirlShrink"

"An Introductory Course For Saving Your Relationship!"

This only made Marie feel 10 times worse than she already did.

And she began to "give up" on her partner. She didn't see him as a partner. But as someone who was beginning to look down on her and blame her for everything that was wrong between them.

Soon after, Marie found a new job but the damage had been done.

Things were said that could not be unsaid -- or that Marie was not ready to hear from her boyfriend at that time.

Eventually -- Marie and her boyfriend sold the condo and moved on to other relationships.

While Marie is not 100% happy in this new relationship and thinks about her old boyfriend often -- she does feel that she is finally in a true partnership and with someone who would not blame her if things get a little rough out there:)



Relationship 911! Intro Course

By Lisa Ancelet MSW, "GirlShrink"

"An Introductory Course For Saving Your Relationship!"

Strategy #2 - Coursework

Are you in a relationship where someone plays the blame game? Is it you? Tell the truth:) Even if you play the game in your head only -- those thoughts are manifesting itself in your relationship. Get past this...

1. How do you feel when you have sabotaged your relationship(s)? Do you feel guilty or remorseful? And if so - how do you deal with it?

2. Now answer those same questions for your partner. Has he or she sabotaged your relationship by blaming you for problems? How do you think you will handle things differently?

Want to learn how to stop blaming each other? [Learn how to do that today.](http://www.AboutMyRelationship.com)



Relationship 911! Intro Course

By Lisa Anceletie MSW, "GirlShrink"

"An Introductory Course For Saving Your Relationship!"

Strategy #3 - Say What You Mean

Has your mother every said this to you?

"Say What You Mean & Mean What You Say!"

I am chuckling to myself about this one because I just started saying this to my oldest daughter, Autumn. Even when I swore that I wouldn't:) Why? Because the phrase works and it means something...

Our words are powerful and so are our actions.

A person has only two factors to consider when sizing you up.

1. Is your word any good?" And, two,
2. Do you do what you say you're going to do?

That's it -- it's simple, isn't it?

But you know what, we violate this simple principle all the time and it leads to major confusion in all of our interpersonal relationships-- **a violation of TRUST.**

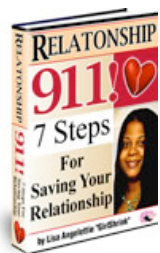
Defining ourselves and the principles we stand for is not only a great life lesson but really crucial when you're sharing so much of yourself with another person. In other words, you need to be very clear about what you should expect from someone and what they should expect from you.

Because when there is clarity, there is less room for error and less room for failure.

This is something I call **creating relationship boundaries.**

Relationship boundaries is something I feel very strongly about. In fact, I wrote a whole chapter about building them in a book I co-authored: "[101 Great Ways To Improve Your Life!](#)", and I talk a whole lot about this concept and how to apply it affectively in the 911! Relationship System. **It's Step 3 of the program.**

And this is an important chapter because it is much too easy to cross the line when no one has shown you where the line is. I'll repeat that. It is so easy to cross the line when no one has shown you where the line is.



Relationship 911! Intro Course

By Lisa Anceletie MSW, "GirlShrink"

"An Introductory Course For Saving Your Relationship!"

For example...

Before I left for college, my mom used to monitor my phone use. She would pick up the phone; see who I was talking to. Ya' know I lived at home, of course, like most of us during high school, and she would always know who I was talking to and how long I had been talking to them. I hated it.

But at college, guys would call whenever they chose to without my mother's interference. And, one or two guys did that until I realized that that was not what I wanted. I didn't want some guy calling me up at 2 o'clock in the morning for a booty call.

So I made sure that any guy I was seeing at school knew **what time to call me** and **what time was unacceptable to call me**. That's just an example of a type of relationship boundary. It was a standard that I created and it was a standard that I stuck to. I said it and I meant it, and everyone knew what to expect and how to act accordingly.

If you don't have enough of these types of boundaries in place, your partner will become confused or, your partner will make an educated guess about what is acceptable, or your partner will push all the boundaries -- push them all the way to the limit as far as she or he can until you say, "Hey, Stop It!"

So you need to think about this idea of boundaries. Do you confuse your mate? Are they always saying to you, "Oh, well I didn't know", or "I didn't realize that you blah, blah, blah." Well, then you know that if they are saying, "I didn't know or I didn't realize..." **that it is probably due to the fact that you have set no boundaries.**



Relationship 911! Intro Course

By Lisa Anceletie MSW, "GirlShrink"

"An Introductory Course For Saving Your Relationship!"

Strategy #3 - Coursework

So now I want you to think about these questions...

1. Do you have one relationship boundary that you have already in place in your relationship? You may not have called it that. You may not have thought of it as that. But is there a standard; something that you have communicated to your partner and something that you definitely stick to.

2. Is there one relationship boundary that you **would like** to create and execute in your relationship? If so - what is it?

Need help defining relationship boundaries? [Get help with today.](http://www.AboutMyRelationship.com)



Relationship 911! Intro Course

By Lisa Ancelet MSW, "GirlShrink"

"An Introductory Course For Saving Your Relationship!"

Strategy #4 - Avoid & Eliminate Triangulation

Triangulation is simply a technical or a clinical term for saying that for whatever reason you cannot deal or are **uncomfortable dealing with your partner one-on-one**, and therefore use another person or thing very often to feel more comfortable.

For example...

Triangulation is when you go out and you really need another couple with you to be able to have a good time, or say you are alone in a room and you feel more comfortable when there is a third person to focus on such as a child or your friend, family member or even a family pet...anything to distract you from you as the couple.

Now I am sure some of you are saying, "Hey, this doesn't sound like my relationship." But you know what?

The funny thing about triangulation is that it **sort of creeps up in a relationship** without you even being aware of it. Not until you are forced into a one-on-one situation do you realize, "Oh, my goodness, I need someone else here to help me to connect with my partner." or "I have nothing to say to this man although I love him."

Another example of the type of couple I see are the ones that are unable to communicate with each other effectively unless there is a third party present, such as a therapist, a coach, a counselor or some other "authority" figure.

And while that is some of what therapy is all about, the goal of therapy is to bring a couple to a point where they can begin to **independently hash things out** not become dependent upon the therapist to communicate with each other.

And then there is the **unwanted triangulation**...a meddling mother-in-law, a very attached sibling, or over-protective father (think Jessica Simpson's poor marriage:). While more people are aware of this type of triangulation - many couples seem to still be at a loss on how to deal with it. And the toxic relationship(s) continue.

So think about it...



Relationship 911! Intro Course

By Lisa Ancelet MSW, "GirlShrink"

"An Introductory Course For Saving Your Relationship!"

1. Is this going on in your relationship?
2. Do you need the kids in order to spend time with your spouse?
3. Do you need your girlfriends there when you and your boyfriend go out for drinks or to hear to some music?
4. Do you wish you had someone, anyone, to help you translate what you really need to say to your partner?

Well -- If this is the case, then you are part of a triangulation scenario and that could mean some serious trouble for your relationship. **The bottom line is that you are not connecting with your partner on some level.** You need another person involved to serve as the connector between the two of you. You feel more comfortable when there isn't such direct contact all the time.

This disconnect can be for a ton of reasons, which I talk a lot about in Relationship 911! But the key is to discover where the two of you are disconnecting, how it is affecting your partnership and what you can do to make your triangle become a partnership.

So what's so bad about triangles? Well, they only lead to dependence on an outside factor and slowly begin the process of what so many people say is the cause of breaking-up. **It is called 'growing apart'.**

So trust me when I say that the break-ups which happen due to 'growing apart', are the ones that begin with an unacknowledged case of triangulation.



Relationship 911! Intro Course

By Lisa Angeletti MSW, "GirlShrink"

"An Introductory Course For Saving Your Relationship!"

Strategy #4 - Coursework

So this is what I'd like you to consider for this section of the course...

1. Are you dependent upon someone to help you talk to your partner, to understand your partner. or for him or her to understand you? Is so - who is it and how long has this been going on in your estimation?

2. Is someone forcing you into a relationship triangle? Can you think of active steps you could take to eliminate or limit this person's dependence and interference?

Eliminate The Relationship Triangle In Your Life. [Pick Up The Book Today.](http://www.AboutMyRelationship.com)



Relationship 911! Intro Course

By Lisa Ancelet MSW, "GirlShrink"

"An Introductory Course For Saving Your Relationship!"

Strategy #5 - Stop Running Away

We all like to avoid things once in awhile. You may duck a phone call from someone you're not really trying to talk to. You may avoid talking about money with your partner or you may call in sick to work because you're trying to avoid your boss.

But you know what? When it starts to happen in our personal relationships, something of a **slippery slope begins to happen**.

Because when you avoid a subject or a situation between you and your partner once, it becomes all that much easier to avoid it again and again until it snowballs. The next thing you know, it just **becomes uncomfortable and basically impossible** to ever bring "it" up again. Whatever it is.

For example...

A client I was working with and we'll call her Sherry for today, was just beginning to realize her husband had some serious issues with his relationship with money.

They were in their second year of marriage and they were having trouble deciding on what bills were more important to pay first. Because like a lot of couples, they were having some cash flow problems. They had spent quite a bit of money on their wedding.

When she brought it up to her hubby once, he became incredibly defensive about the subject and in fact, they got into a really bad argument about it. It was so bad that Sherry never wanted to bring it up again. She was just afraid that they would fight again and she just didn't want that. Arguing made her much too uncomfortable.

It was just more stress for her. So when money situations came up, she either handled the situation herself or she didn't bring up any questions about it with her partner. She paid the bills that she could pay, but her husband's spending was just too hard to keep up with.

The financial hole they were getting into was just getting deeper and deeper. But Sherry kept swallowing the things she wanted to say because she simply wanted to **avoid the inevitable argument**. Don't we all?



Relationship 911! Intro Course

By Lisa Ancelet MSW, "GirlShrink"

"An Introductory Course For Saving Your Relationship!"

But Sherry's silence was only an indirect way of saying to her husband that what he was doing to their finances **was OK with her**. She was sending the very type of message that she didn't want to send. It was a validating message.

So you see where I'm going with this - right?

Avoidance or running away from conflict doesn't work. It really only complicates matters and it stagnates the communication in your relationship.

So whatever problems you are avoiding they are only going to grow bigger if you don't address them now. That's why I spend so much time explaining how to be a **careful listener and a respectful negotiator** in Step 5 of the 911! System. These are crucial skills for creating a successful and loving relationship even in the face of conflict.

Once you master these two skills, avoidance isn't even an issue in your relationship because you aren't afraid to tackle the big issues or even the small ones with your mate any longer. Why? Because you'll be a better communicator and a better listener and less of an arguer.



Relationship 911! Intro Course

By Lisa Ancelet MSW, "GirlShrink"

"An Introductory Course For Saving Your Relationship!"

Strategy #5 - Coursework

So think about this...

1. Do you have a big or a little issue that is just driving you crazy in your relationship but you avoid talking about it? How long has it been since you mentioned it, if at all?

2. Has the problem grown in significance to you? Do you think about it? Once a month? Once a week? Or even everyday? If so, I want you to say it out loud to yourself right now...that will make it real again. And, I also want you to think about what would happen if you brought it up tomorrow with your partner? What do you think would happen? What do you think he or she would say?

Do you have problems with avoidance? Get Help With It Today.



Relationship 911! Intro Course

By Lisa Anceletie MSW, "GirlShrink"

"An Introductory Course For Saving Your Relationship!"

So Why Should You Listen To Me?

Sometimes I get a lot of flack from my girlfriends when i advise them on their love lives. When I tell them something they like -- they are so glad that I am a therapist and a coach. When I tell them something that they DO NOT want to hear, then they always tell me that I know anything because I've been married forever.

Well I say -- that is why you should trust me.

I have been in my relationship for almost 20 years - give or take a break-up:) And while I may not be the most experienced serial dater, I am very experienced about what the work of falling in love and staying in love.

On top of the fact that I am a clinically trained psychotherapist and professional coach, I am writing and speaking to you not from that place -- but from the "first person". I have worked through every step that I have written about and with great results.

I enthusiastically believe in everything that I write, and I have worked professionally with people who have implemented these very steps in their own relationships. Here is one client who wasn't too afraid to share her story:

"I was two steps from breaking up with my boyfriend when I came across your site and I thought I'd give it one more try because we have a son together. Now, we've just about stopped blaming each other for everything and talk. I really think we are going to be able to make this work."

K.R.
Brooklyn, N.Y.



Relationship 911! Intro Course

By Lisa Angelettie MSW, "GirlShrink"

"An Introductory Course For Saving Your Relationship!"

I am also the Founder of the #1 Advice & Counseling site on the web: GirlShrink.com, which provides women and couples with the tools and support they need to manage any relationship concerns. This is a screenshot of my site below:

The screenshot shows the GirlShrink.com website layout. At the top left is a search bar with the text "search this site" and a "go" button. The top banner features the "GirlShrink.com" logo and the tagline "Expert Advice and Counseling for Women". On the left sidebar, there are navigation links: "Get Advice!", "Who is GirlShrink?", "Audio Course", "Affiliate Program", "Link To Us", "Testimonials", and "Contact Us". Below these is a red box titled "Relationship 911!" with subtext "Save Your Sinking Relationship in Seven Easy Steps!" and "Learn all about the... 5 Relationship Wreckers • 7 Step Solution Revealed". A central content box highlights a "FREE SPECIAL REPORT" titled "3 Simple Secrets To Save Your Relationship From Sabotage!" by Lisa Angelettie. To the right, there are social media links for RSS, My Yahoo!, and My AOL, and a "Top 3 Articles" section. At the bottom, there are sections for "Our Clients Say..." and a table with "ARTICLE" and "DIRECTORY" columns.



Relationship 911! Intro Course

By Lisa Ancelet MSW, "GirlShrink"

"An Introductory Course For Saving Your Relationship!"

So as you see, I have a lot of first hand and professional experience helping people build, manage, and save their relationships.

And I give all of these people all the credit in the world for even seeking me out, because if you think about your financial priorities -- especially us women -- investing in our relationships is WAY down there on the list! I mean who has money for that right?

But really think about it.

If you spent as little as the cost of this program once a year to give your relationship a tune-up or repair -- much like a visit to your primary physician or specialist -- you'd have quite the healthy relationship on your hands!

So if you'd like to learn more about the Relationship 911! System and hear more real-life success stories, go to the **Relationship 911! Information Page**.

Please don't wait any longer!

Now is the time to get started on doing the work of repairing and strengthening your relationship. And I'm ready to show you how to do it every step of the way.

Get The Full Story Now.

Much Success!

Lisa

"GirlShrink"



Relationship 911! Intro Course

By Lisa Ancelet MSW, "GirlShrink"

"An Introductory Course For Saving Your Relationship!"

Lisa's 7 Top Recommended Resources

1. [1000 Questions For Couples](#)
2. [The Women Men Adore](#)
3. [Bring Back A Lost Love](#)
4. [Why Men Cheat](#)
5. <http://www.GirlShrink.com>
6. <http://www.AboutMyRelationship.com>
7. <http://www.girlshrink.blogspot.com>



Relationship 911! Intro Course

By Lisa Angeletti MSW, "GirlShrink"

"An Introductory Course For Saving Your Relationship!"

About the Author

Lisa Angeletti, MSW is a Professional Coach and Psychotherapist whose specialty is working with women and couples on their relationships.

She is the Founder of the #1 Advice & Counseling site on the web, "GirlShrink.com" and the premier article directory for coaches, "FreeCoachingArticles.com". Lisa is also a co-author of the powerfully motivational book:

"101 Great Ways To Improve Your Life (Vol. 2)"

Lisa holds a bachelor's degree in Print Journalism from Howard University, and a master's degree in Clinical Social Work from New York University. She is also a professional coach, having trained and graduated from **The Institute for Life Coach Training**.

Lisa is a member of the International Coach Federation, The National Association of Social Workers, and The International Society for Mental Health Online.

Lisa married her college sweetheart (Deric) in 1998 and is the mother of three girls: Autumn, Ali and Ava, and a lab-mix pooch named Pepperz. She works from her home office in Northern New Jersey.

*"I truly believe the key to all types of great relationships is to **'work at them like your dream job!'** They will have a stronger foundation and you will appreciate the success more."*