

10 “RULES” of RELATIONSHIPS

**– Why Relationships Go Wrong, and
What You Can Do To Make Any
Relationship Better! –**



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Read Me First!...

Please understand there is nothing definitive about the list of Relationship 'Rules' you're about to read – I'm sure you could think of your own, given time. Indeed, I ask you to do that, later on.

Please realise that good relationships (great relationships even!), require communication, communication and communication to make them work – that's a given understanding, I'm hoping, for you and me both.

And, please, simply read what follows with an open mind, with the thought that possibly, just possibly, breaking one of these 'Rules' might have been why that relationship you cared so much about went the way it did...

Thank you,
Steve M Nash

Introduction

There are 3 reading rules I'd like you to employ as you read this 'relationships rulebook'. These 3 rules will help you get the most out of what you're about to read, which means – ultimately – they'll help you get the most out of your relationships. Which sounds like a pretty good deal to me, as far as following rules go, don't you think?

Reading Rule #1: DON'T take my word for it!

– Reject any Relationship 'Rules' that don't feel right to you, that don't seem to fit your experience of relationships

Reading Rule #2: DO take my word for it!

– Ask yourself just how much better, easier, and more fun your relationships would be/would have been IF ALL of these 'Rules' were not only true for you but you were aware of their truth at the time

Reading Rule #3: RE-READ, but this time...

– Once you've read the 10 Relationship 'Rules' re-read them, but this time think about the BEST relationship you know of (or have experienced)...

That's it, really. Oh, if you're the sort of person who needs to read disclaimers, needs to know who, exactly, is sharing the wisdom here (and what qualifications do they have to say such things? etc.). Well, either please stop reading or, better, please re-read the Reading Rules... ☺ This is YOUR life, and you have to take responsibility for your actions within it! Okay?

Steve M Nash

Founder/Editor of SelfHelpCollective.com &
Founder of InspireGreatnessNow.com

"By three methods we may learn wisdom: First, by reflection, which is noblest; second, by imitation, which is easiest; and third by experience, which is the bitterest."

– Confucius

10 Relationship 'Rules'

1. The **Greatest** Love Of All, Is...?
2. You Find What You're Looking For
3. 'The One' Does Not Exist (Without You!)
4. S/He's Not Perfect, Neither Are You
5. *"Don't Take It Personally!"*
6. It Takes Two To Play Games
(In A Relationship)
7. Love Means... Letting Go Of Fear
8. If It Ain't Unconditional... *It Ain't Love!*
9. BE Yourself. (Seriously.)
10. **You ARE Enough...**

“We are all wonderful, beautiful wrecks. That's what connects us – that we're all broken, all beautifully imperfect.”

– Emilio Estevez

'Rule' #01

1. The **greatest** love of all, is...?

Meaning:

Whitney Houston sang about it, Oscar Wilde wrote witty ditties about it, and you're reading about it right now: the greatest love of all, that of **self-love**. Quite literally, your very experience of the world around you, your life, your relationships (past and present) – ALL are affected by how much you love yourself, as is. And this is not a vain narcissistic love that puts self above others, rather the solid, comforting love that *holds* you, accepts you for what you are, and allows you to love others – unconditionally so!...

Quote:

"To love oneself is the beginning of a life-long romance."
– Oscar Wilde

What You Can Do:

Learn to love yourself! And keep doing it – this is an easy lesson to forget! After all, how can anyone love you if you don't love yourself! This is so obvious I feel stupid for stating it, yet here I am... reminding you, me and everyone that we must remember to love ourselves for who we are right now, flaws and all. That way we can love another, flaws and all, and they can love us back. Sweet!

'Rule' #02

2. You find what you're looking for

Meaning:

Another way of saying this is 'like attracts like'. Fact is, whatever we say about how much we want to be in a great relationship – "*This is the right time!*", and all that! – well, and sorry to be blunt, but actions speak louder than words, I'm afraid. And if you keep on meeting the wrong type of men (women), then the wrong type of men (women) is what you're looking for!

Quote:

"However good or bad you feel about your relationship, the person you are with at this moment is the 'right' person, because he or she is the mirror of who you are inside."

– Deepak Chopra

What You Can Do:

Know yourself! I mean, how well do you *really* know yourself – your strengths and your weaknesses? The more you know how *you* work, the more you'll be able to attract someone that works how you want them to. And if you're still drawn to being in relationships with the 'wrong' person, what does that say about you – what you think about yourself, and your capacity to be in a relationship with the right person? Know yourself!

'Rule' #03

3. 'The One' does not exist (without you!)

Meaning:

"Someone to complete me?" I blame that 'Show me the money!' *Jerry Maguire* film, I do. As for love at first sight, I blame the fairytales! I believe that love happens when two people 'allow' it to happen. So love can be allowed to happen instantaneously, or it can be allowed to take a lifetime, but it always, always takes two! So Mr or Ms/Miss Right is out there, alright, but they're waiting for you to allow them to be created in your life...

Quote:

"My boyfriend used to ask his mother, 'How can I find the right woman for me?' and she would answer, 'Don't worry about finding the right woman - concentrate on becoming the right man.'"

– Anon

What You Can Do:

Become 'the one'; become the amazing person you think '[the one](#)' is. And open yourself up to love, wherever it might come from. Remembering that, quite often, love comes 'disguised' (back to the fairytales: we all know what frogs turn into, don't we, when kissed by the right woman!); love needs to be encouraged!

'Rule' #04

4. *S/he's not perfect, neither are you*

Meaning:

It's such an easy game to play, isn't it – to notice, and look out for his faults? How can you lose in that game? (*How can you win?*) Much better to notice her qualities, instead – focus on what you want, I guess, and see what happens in the relationship when you do...

Quote:

"Problems in relationship occur because each person is concentrating on what is missing in the other person."

– Wayne Dyer

What You Can Do:

Remember gratitude! Remember to be grateful for your life, and for the people in your life. Be grateful for your relationship, and the positive things it brings you. But most of all be grateful for being YOU – as is.

'Rule' #05

5. "Don't take it personally!"

Meaning:

We try so hard to be the perfect partner – sometimes we do, anyway – and yet our efforts can seem to get us nowhere, it can all have felt like a waste of time! That's just how it goes, though – s/he's just not that into you, and it really isn't personal, it's just the way it is. Beauty really is in the eye of the beholder. So is ugliness, un-funniness, and un-sexiness. It really isn't you, it's the beholder! (As long as you did your best, you did your best!)

Quote:

“Don't Take Anything Personally. Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.”

– Don Miguel Ruiz

What You Can Do:

Don't take it personally! Really, it's that simple – don't think it's about you, because it isn't. Even if they don't like the person that you are, it's nothing personal – it's just what they think about you, it's personal to them! Really. (This isn't an excuse to be any less of a person than you can be, by the way – ALL the other Relationship 'Rules' apply here, too – it's just letting you know that sometimes it doesn't work out, and that's okay.)

"When you believe that your problem is caused by someone or something else, you become your own victim."

– Byron Katie

'Rule' #06

6. *It takes two to play games in a relationship*

Meaning:

It takes two to tango, two hands to clap AND two people to play games in a relationship. Them's the rules – I didn't make 'em, so don't shoot the messenger, but them's the rules! If you think he's playing games with you, chances are that's because you're playing games with him. Just stop! And even if it isn't so, just stop!...

Quote:

"It takes two to quarrel, but only one to end it."
– Spanish Proverb

What You Can Do:

Trust yourself, trust what you have to say, and thus stop playing games! Once you trust yourself – trust that whatever happens in the relationship, you'll be fine – then there really is no reason to not do your relationship properly: to be open, honest and above all to be vulnerable (no matter how you think they're behavin' – "2 wrongs don't make a right!", remember!).

'Rule' #07

7. Love means... *letting go of fear*

Meaning:

This may sound odd to you, but when you're feeling fearful you really can't love at the same time – your actions become fearful actions, instead, become actions that are 'small'. But when you love, when you've let go of fear, then your actions become loving actions, become actions that are 'big'...

Quote:

"We cannot love when we feel fear..."
– Gerald G. Jampolsky (Author of [*Love is Letting Go of Fear*](#))

What You Can Do:

Love more, fear less! And this basically means do the best that you can do, in each moment, rather than the worst – communicate what's *really* going on for you, rather than what you think they want to hear, etc. You *know* your 'best', after all. And you know your worst. Best is better, best is bigger!

'Rule' #08

8. *If it ain't unconditional... it ain't love!*

Meaning:

This might come as a shock to you, but love – real love – IS unconditional, just ask any parent! *A parent's love the same as a lover's love?* Love is love is love... otherwise it's just not love. So if someone has to do certain things for love – like stay in relationship with you, make love to you, or cook your food – then what you're experiencing isn't love, but a facsimile thereof. And you've sold yourself short – again!...

Quote:

"Love has nothing to do with what you are expecting to get – only with what you are expecting to give – which is everything."

– Katherine Hepburn

What You Can Do:

Love unconditionally! You can do it, we all can – we were born to love unconditionally, we've just learnt to let fear take over our controls as we became adults. 'Unconditional love' is not an easy gig, granted, and loving unconditionally won't guarantee your relationship will stay romantic, but it will guarantee that you did your absolute best however it turns out.

'Rule' #09

9. *BE yourself.*
(Seriously)

Meaning:

'Be yourself!' sounds like such lame advice, don't it! It's not, though – it's the only advice that there is, in this life, *just be yourself*. And that means be okay with your faults, okay with your failings, and okay with your fabulousness's too – because if you're like anyone that's ever existed on this planet, you're going to have all 3 of these going for you. Be yourself, means being okay with who you are. Imagine that, huh? Not so lame after all...

Quote:

"It takes courage to grow up and become who you really are."
– e. e. cummings

What You Can Do:

Be yourself! Honour your strengths, discover and accept your weaknesses; allow yourself to grow, grow, grow; let love shine through you, and let fear guide your growth... To *truly* be you is not a trivial undertaking, make no mistake, but it still remains the only advice that I can ever give to another...

'Rule' #10

10. You ARE Enough...

Meaning:

Once you realise that you are 'enough', as is, that you don't need to rely on anyone for your emotional or spiritual well-being, then ALL problems drop away into nothing. 'Stuff' still happens, of course – stuff will ALWAYS happen – it's just that it's no longer 'important', any more. Now you live in the moment, and deal with each moment, accordingly, with love... *Wow!*

Quote:

"You alone are enough. You have nothing to prove to anybody."
– Maya Angelou

What You Can Do:

Know that... you ARE enough! You are enough, I am enough, we're all enough. And what does 'being enough' feel like, then? Well, it means you no longer worry about how things are going to turn out – e.g. there's no need to control or manipulate to get what you want. It means it's okay to make mistakes – no need to pretend any more. It means it's okay if you don't know the answers, sometimes! *What a relief, eh!...*

"It is only when we no longer compulsively need someone that we can have a real relationship with them."

– Anthony Storr

YOUR 'Rule' #1

Meaning:

Quote:

What You Can Do:

Re-Read 10 Relationship 'Rules'

(Now think of the BEST relationship you know of!)

1. The Greatest Love Of All, Is...
2. You Find What You're Looking For
3. 'The One' Does Not Exist (Without You!)
4. S/He's Not Perfect, Neither Are You
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6. It Takes Two To Play Games
(In A Relationship)
7. Love Means... Letting Go Of Fear
8. If It Ain't Unconditional... *It Ain't Love!*
9. BE Yourself. (Seriously.)
10. **You ARE Enough...**

*“Honesty is the first chapter
in the book of wisdom.”*

– Thomas Jefferson

About Steve M Nash

Steve is the editor of guru-free self-help site, <http://www.SelfHelpCollective.com> – which, believe it or not, means he's not a fan of living by other peoples' rules. (Go figure.) Steve actually believes that we should learn from others but teach ourselves. Thus he spends all his time encouraging friends, family (and anyone he finds to speak to really) to take responsibility for their lives. (*Yes, Steve spends a lot of time on his own!*)

Happily, in 2013 and onwards, Steve's going to be giving up the preaching – preferring, instead, to gently, imperceptibly (invisibly, even) nudge people into their own greatness. (Hence Steve's rather grand website: <http://www.InspireGreatnessNow.com> .) And he's going to finally start to enjoy himself, and his life, too without needing to work it all out, first! (And to help him do that: [Michael Neill's teachings](#) (e.g. Living From Inside Out).)

* So, this is what Steve looks like... (Though he's older than this now, *much* older!)



* And this is [how Steve got to have dreadlocks](#) in the first place. Yep, it was an accident!

NOTE: the few relationship/coaching products & services that Steve recommends can be found in “The Top 10 Relationships Questions... Answered” ebook, at the back.