

About

Annie Kaszina

Annie Kaszina is a Specialist Relationship Coach, based in England, who works with individuals and groups throughout the English-speaking world, either face to face or via the telephone, to help them create lasting happiness in their relationships.

Annie's 'mission' is to help people understand the secrets of good relationships, so they have a much, much better chance of creating happy, lasting relationships.

Having been through the wretched learning curve of a thoroughly miserable relationship herself, and learned many, many lessons from her own experience and from working with thousands of other people, Annie is passionate about helping people:

- avoid relationship pitfalls
- resolve problems before they reach critical proportions
- find a way to move beyond even major difficulties
- re-establish meaningful communication
- replace hostilities, resentments and frustrations with loving feelings

Annie says: "Nobody should have to put up with the misery of a bad relationship. But in a society where there is still so much lack of information about how to 'do' relationships successfully, unfortunately it happens. With just a little work, and sometimes outside 'input', you can let go of past unhappiness, improve your feelings of worthiness and become confident in your own ability to create the loving, supportive relationship you desire."

The Relationship Workbook

Good relationships are rarely born - unless you, and your partner, were lucky enough to have grown up with the model of your parents' good relationship to learn from. Even then, life circumstances can take you away from that good example.

In the main, good relationships are made, by two people who are prepared to **apply themselves thoughtfully** to the relationship.

The old cliché is that
you have to '**work at**' relationships.

Not so!

It *is* true that you have to apply yourself to creating a good relationship; and that will entail a certain amount of work.

However, work alone will not guarantee the quality of your relationship.

Work alone is not enough to

turn a bad relationship into a good relationship.

Some of the very worst relationships are those in which one partner works tremendously hard, *but without thinking about what is really going on in the relationship*. That partner can end up working their socks off, to no avail, to keep a bad relationship alive.

You have to know certain things first, including:

- Whether you and your partner truly believe there is any mileage left in your relationship
- Whether your partner is prepared to work on the relationship
- *How* to work on your relationship effectively

The fact is:

nobody **teaches** you how to
create a good relationship.

People go into relationships thinking: "Love is all you need". They think that if you love each other enough, everything will be alright, you will 'muddle through'.

It doesn't work like that.

Maybe you have tried 'muddling through' at work at some point in your life. Even if you *did* succeed, didn't it make your learning curve harder than it needed to be?

The pain of work frustrations is **tiny** compared with the pain of relationship hurts and frustrations.

It doesn't have to be like that.

Relationships go wrong because
people don't think about them constructively.

Before you can think about your relationship constructively, you have to **STOP** doing crisis management and **start being clear about your needs, wants, expectations and contribution ahead of time.**

This workbook will help you to do just that, but only if you are prepared to do the work for yourself.

"How much work will it take, Annie?"

Probably much less than you think. Especially since you are special.

What makes **YOU** special?

Most people are so worried that there will be a lot of work to do that they won't even **commit** to starting.

So here's the thing that they don't know:

**Failure takes a lot more hard work
than success ever does.**

Think about it for a moment: when things are going well, and you **know you are successful**, does that feel like hard work, or does it feel enjoyable? Does it feel like fun?

You betcha!

You're special, because you are willing to **make the small effort now** that will produce massive ongoing rewards.

The more you understand about how to create the relationship that is right for you, the better your relationship will be.

Neat, huh?

Will it take hours and weeks, or months of misery?

NO!

That's what a bad relationship takes – and then some.

All it will take, for you to make a fantastic start, is this:

Just fill in the workbook!

Still not convinced?

Ok! I understand that. You're busy, you have a 'life'. You haven't got time to be answering questions and writing on dotted lines in workbooks. You could be doing so much more with your time... Like worrying about a bad relationship, perhaps.

If you are anything like I was when I started down this road, you'll be mentally berating me by now. Inside your own head, you're probably telling me:

"Annie, I'm an intelligent person. I don't have to write down my thoughts. They're my thoughts. I think them often enough. I know exactly what they are."

You know, that's exactly what I thought, and I was completely and utterly...

WRONG!!!

Left to our own devices, we carry on listening to the same, stale old clichés in our head. I've seen it time and time again; in the people I know, my clients (*and, yes, in myself too*).

Writing thoughts down is one of the most powerful tools you'll ever use.

It's powerful for discovering the Unhelpful ways of looking at things that you have given headspace

For NO good reason.

It's powerful for exploring all the great new thoughts

That you haven't even heard

Because the old, familiar, unhelpful beliefs

Shouted them down.

Write down your thoughts, answer the questions that follow, and you will start to **transform the way you 'do' relationships**.

Are you ready for that?

Are you ready for
great, harmonious relationships

that nurture you and just
go on **getting better** over time?

Good!

So **answer all the questions!**

You'll be amazed at what you discover! And the benefits will stay with you.

WARNING: Once you have done this work, you may not even realize that something profound has changed for you. Because that is the nature of change; once you've changed, you forget what you were like before. The *new*, improved you feels perfectly normal and **great**.

The new way you are in relationships will feel **normal** in exactly the same way that your current relationship behaviour is 'normal' for you.

The difference is that your new behaviour will start you down the path to **more relationship happiness**.

Is that a good enough reason to answer the questions?

Good.

How to get the most out of this workbook

- Print this workbook out and write your answers in it.
- Some questions may sound quite similar. That's OK. Be sure to answer them all anyway.
- Answer questions in full sentences. There is no point in answering any question with just a 'yes' or 'no', because that will not *get you thinking*. You **THINK**, and things will change. (If you don't think about the issues, expect more of the 'same old, same old'.)
- Write fast. Don't think out your answers before you start to write; start and let the pen, and your thought processes, take you where they will. The answers you come up with will give you a lot of useful information about yourself.
- The bullet points after each question are only intended to get you thinking about your own opinions. Because most people don't think about relationships, they usually don't come up with too many ideas at first. The statements provided after the questions are there only as a stimulus for your answers.

**THERE ARE NO RIGHT OR WRONG ANSWERS.
WHEN YOU DISCOVER WHAT YOUR ANSWERS ARE,
AND HOW YOU REALLY THINK ABOUT RELATIONSHIPS,
YOU CAN SEE WHERE YOU NEED TO MAKE CHANGES AND
HOW TO GO ABOUT
CREATING BETTER RELATIONSHIPS, OR
IMPROVING AN EXISTING RELATIONSHIP.**

For some people, this may be all you have to do to transform your existing relationship pattern. Other people may decide that they want or need help to FAST TRACK their transformation. They may decide they are **NOT prepared to waste any more precious time or energy** trying to do it all alone.

Relationships are too precious to take chances. If you feel that you want to **GUARANTEE** the very best, quickest results possible, then you have to **consider working with a Relationship Coach**. You rely on expert help and knowledge in various areas of your life already –we all do- because nobody can know it all and be completely self-reliant. As my mother always used to say: "You get what you pay for." When you hire an expert, you know that they can deliver excellent results.

But don't even THINK about hiring a relationship coach, until you have filled in the workbook and discovered the areas you want to focus on.

Just take that first step and you will be delighted to discover a clear key to creating and maintaining successful relationships.

Past Relationships

Take a few minutes to review your past relationships. Start to notice if they have a particular shape to them, or follow a pattern.

- Do you go into relationships cautiously, or do you dive in head first?
- Do things go fantastically well for a while and then gradually the gloss comes off?
- Do you happily settle into a routine and then some time down the line find that routine boring?
- Do you compromise on things you don't really like at the start because you reckon you will be able to 'change' your partner later?
- Do you and/or your partner find fault with each other.

What is your relationship pattern?

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2. When you start down the road of a new relationship, what is your thinking?

- Do you tell yourself you have found your soul-mate, the love of your life?
- Are you in a rush to be a couple?
- Do you start to see yourself as one half of the perfect couple?
- Do you plan long-term?
- Do you rush into the physical side of things?
- Do you let down your emotional boundaries in a hurry?
- *Do you actually have clear emotional boundaries?*

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3. What are your beliefs about relationships? Do you believe:

- Relationships are hard work?
- Relationships have a short shelf-life?
- Relationships are the best thing on the planet?
- Relationships may start out great, but they can't stay that way?
- Some people are just naturally better at relationships than others?

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4. Where did you learn your beliefs about relationships?

- From parents?
- From your peer group?
- From Hollywood?
- From your experience?
- From books and magazines?

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5. How can you be sure that the beliefs you learned are correct?

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6. What are **your** beliefs about your own relationships?

Do you believe:

- I deserve a great relationship?
- I can expect to find a fantastic partner?
- I'm not worthy of a good relationship?
- I'm never going to have a good relationship?
- Nobody worthwhile is ever going to want me?
- I have to settle for what I can get?

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7. What do you believe about yourself in relationships?

- I'm good enough exactly as I am.
- I am a lovable and loving person.
- I'm not an easy person to live with.

- I don't know why anyone would want me.
- My partner is so much better than me.
- I'm very lucky to have such a wonderful partner. I don't deserve him/her.
- My partner is not good/attractive/clever/nice enough for me.

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8. What do you look for in a prospective partner?

- Their beliefs?
- Their table manners?
- Whether they are employed?
- Income?
- Sense of humour?
- Shared values?
- What you have in common?

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9. List the 3 most important features of a prospective partner in your eyes.

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10. What is the most important thing to you in a relationship?

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11. How do you expect to be treated in a relationship?

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12. How do you want to be treated in a relationship?

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13. How do you try to get what you want in a relationship? What do you do when you feel your partner doesn't:

- Give you what you want
- Listen
- Pay enough attention to you
- Show consideration

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14. What are your boundaries in a relationship? How do you protect:

- Your space
- Your time
- Your energy
- Your financial integrity
- Your friendships
- Your time with family
- Your work life

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15. How does your partner know what you want?

- If he/she loves you they will know

- They are meant to guess
- You tell them when they mess up
- You shout or sulk when they get it wrong
- You routinely share with each other the things that matter to you

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16. How does your partner know when you are upset?

- You tell him/her.
- You withdraw into your own head
- You wait for him/her to ask you "what's the matter"
- You find fault with him/her
- You sulk
- You talk about your feelings with him/her

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17. How do you treat your partner?

- Well
- The way you would like to be treated

- The way he/she deserves to be treated
- With respect
- With love most of the time
- Familiarly, you're so used to him/her

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18. How do you deal with misunderstandings in the relationship?

- Do you remember other, similar occasions
- Do you explain your feelings
- Do you point out where they have gone wrong
- Do you try to understand how the misunderstanding came about
- Do you get frustrated easily

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19 How do you feel with conflict in your relationship?

- Do you secretly blame your partner?
- Do you openly blame your partner?
- Do you remember all the other times you have had similar conflicts?
- Do you feel hurt and wronged?
- Do you talk about your feeling?
- Do you and your partner hear each other out quietly?

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20. How do you resolve conflict? Do you:

- Wait for it to blow over?
- Expect your partner to end it, they started it after all?
- Let it go on for as long as it takes?
- Never go to sleep on an argument?
- Have ways of working through conflict that you and your partner habitually use to defuse the situation?

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21. How much do you know about what really, really matters to your partner?

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22. How much does your partner know about what really, really matters to you?

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23. Do you take responsibility for your own feelings in the relationship?

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24. Does your partner take responsibility for own feelings in the relationship?

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25. If you decided to change just one thing about the way you do relationships, what would that be?

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26. What have you discovered about yourself as a result of working through this workbook?

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27. What one thing would be the most helpful to you now in ensuring that you move on from old patterns and so maximize your chances of having a wonderful relationship?

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I still remember the words my first coach said to me. She said:
"Sometimes, life is too hard to do alone."

It's just as true of relationships. If you are ready to **have good things happen in your relationships NOW**, it's time to make a new decision.

Perhaps you are ready for relationship coaching.

Your relationship is at the heart of your life. When you neglect it, when you put up with second best, you are starving your heart. If you feel that things could be better, *should* be better, why wait any longer?

[CLICK HERE](#) to **contact me today** to find out more about 1-2-1 coaching and teleclasses