

## How Your Values Feature in Relationships

Snail Trail alias Slak Twak.



The year is now well on its way and some of you are no doubt settling into new friendships and relationships. Your **values** are a very important factor in any relationship.

What are your values? What are the things in life that are most important to you? Can you rank them starting with the most important ones? How do you determine what your real values are? It is important to know what really matters to you in life, because you will structure your life around those things and **they will affect how you conduct your relationships with your loved ones.**

There are some **questions** you can ask to find out what your values are:

- How do you fill your space?
- How do you spend your time?
- How do you spend your energy?
- How do you spend your money?
- What do you think about?
- What do you visualise?
- What do you speak about with others?

There are **7 areas** in our lives to which these questions can apply:

- Spiritual
- Mental
- Professional
- Financial

Familial  
Social  
Physical

It is quite likely that you and your partner will each have a completely different hierarchy of values. Believe it or not, **loyalty to our values comes first in life**, even before loyalty to our partner! **It is important to link our most important values with the most important values of our partner, so that we can have things in common.** If you want to be a hit with your partner, **speak in terms of his/her values**, and you will move mountains!

To find more information on our values and how they are important to our relationships, read the book “The Heart of Love” by Dr John Demartini.