

6 Steps for Dealing with Moodiness In Your Relationship (Special Report)



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INTRODUCTION

Everyone has good moods and bad moods. When it's someone you aren't intimate with, you can often easily let the person's bad mood roll off your back and simply offer a word or two of support. However, in a romantic relationship, because you're more interconnected, it can be harder to maintain that kind of detachment.

Instead of getting caught up in a downward spiral of anger and frustration when your partner's in a bad mood, use the following steps for dealing with moodiness in your relationship!

STEP ONE: Start by getting a baseline by noticing how you react to your partner's typical moods.

Because your initial tendency is to match your partner's moods, notice your own experience in relation to the moods your partner is experiencing.

What patterns have you established? What are your hot buttons?

When Art and I first got married, I fell into the trap of reacting to his moods and the tension escalated. He'd be upset, I'd try to "help" him out of it, and we'd both get angry and frustrated. That was my baseline.

Notice your own baseline: Do you match your partner? Do you get irritated? Do you get frustrated? Do you try to cheer them up? Do you avoid your partner? Notice which of your partners' moods trip you up.

STEP TWO: Acknowledge that you are Not Responsible for fixing your partner's moods.

Your mood is your responsibility, not your partner's. You can't control another person,



especially your partner, but you can learn to manage your own mood.

When your partner is in a place you don't want to be, just let them be. Turn your attention and focus on some of the bits of information that will get you to where you want to be. You'll have way more leverage and influence this way. (This does not mean abandoning or avoiding your partner, it means redirecting your attention and focus on things that make you feel good, and holding the ideal of your loving, co-creative relationship.)

Repeat the mantra:

“I easily let my partner have their experience, while I take care of my own experience and hold the space for love to flourish.”

Again, notice how you respond and react to your partner's mood. Notice what your mood is most of the time: Are you more up or are you more down? Do you want your partner to commiserate with you? Do you spend a lot of time trying to help your partner feel better?

STEP THREE: Avoid blaming your partner for your moods.

The “blame game” has no place in your relationship. If you're not experiencing what you want to be experiencing, look inside instead of blaming your partner.

Just as you are not responsible for your partner's moods, your partner is not responsible for yours. If you take the ride on the downward spiral and meet them in anger or depression, it's not your partner's fault. So, it's up to you to manage your reaction.

I noticed that I was getting crabby when Art was in a bad mood. I didn't like the way I was feeling, and we were getting into arguments all the time. This was not the relationship I wanted. So, I chose to change what I was focusing on instead of playing the blame game.



Make a list of your own negative experiences that you blame your partner for, and make a commitment to yourself to be responsible for your reactions and your own mood.

STEP FOUR: While you aren't responsible for your partner's mood, HOW YOU REACT to your partner's mood can influence it.

If you let your partner know you care, and then focus your attention on taking care of yourself and your own emotional state, you have a better shot of helping them shift their focus too.

One client was frustrated by her partner's depressed mood. The more she focused on trying to change his mood, the more frustrated she got. I coached her to focus only on what made her happy and letting him have his own experience. Guess what! When she did this, he felt the pressure lift and his mood shifted upward to meet hers.

Make a note about what things feel good for you and influence your partner: What makes you feel good? How can you take care of yourself? You can ask your partner some quick questions. Do not go overboard and make it about you. Make sure to respect their response. Does your partner need space? Do they need a hug? Do they need to be listened to?

STEP FIVE: Develop a strategy ahead of time. Be prepared.

Remember that if you're reacting through default, you're likely to go down the rabbit hole with your partner.

For me, when Art is feeling angry about something at work or just plain crabby, my strategy is to do something to take care of me and my mood. Sometimes I'll take a walk with my dog. (They say a 10 minute walk can totally recharge you and your emotional state.) Other times I'll listen to something that is uplifting. Sometimes I do them together. I don't put an ounce of attention on his mood. When I do this, it allows him to take care of himself and meet me when he was ready.



Make a plan: Think of how you want to feel. Instead of trying to change your partners' experience, look for ways to get yourself into the emotional place you want to be in. Do you like music? Being out in nature? Watching movies? Reading a book? Exercising?

Make a note of what you can do to change your state. Do those things regularly and keep the list handy.

STEP SIX: Remember that this too shall pass!

Know that moods pass over time. They are temporary. Develop a space of calmness and compassion within yourself especially during your partner's bad mood. Don't take it personally. This way you can consciously hold the space for you two to connect on the other side.

This means finding a balance between seeing your partner in the role they play in your life and being compassionately detached so they can have their experience. In my experience, as I practice turning my attention to what I want instead of what I don't want emotionally, instead of being drawn into Art's experience, he turns and meets me where I am.

CONCLUSION

When you take the time to go through these Steps for **Dealing with Moodiness in your Relationship**, you will learn how to manage your emotions. It is essential for any relationship to be conscious about managing your emotions instead of falling into the reaction trap that spirals down into a place of hurt, anger and frustration.

For your relationship to be fruitful, life enhancing, and joyful, it requires clarity on your part, communication with your partner, and shared goals and dreams. If you've never put attention on your relationship, and it's not working the way you'd like it to, there is something you can do about it now!



Imagine you have a Magic Wand, and you could have the relationship experience you truly want...

How would your life be different? What would be the best part about it? What if you could actually make that a reality with a little help?

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About Kimi Avary, M.A. ~ Relationship Navigation Specialist



Kimi has 20 years of experience successfully coaching clients to have winning relationships. Her clients are women and men who are relationship oriented and intent on creating a life filled with love.

She specializes in dissolving the shields between you and love, clarifying your relationship goals, and communicating effectively with the opposite sex so that you can create a satisfying and fulfilling life-long partnership.

She has a Masters in Counseling, a Bachelors in Family Studies and Human Development, is an NLP Master Practitioner and Trainer, a Certified Relationship Coach, a PAX Programs Licensed Partner (Partnership, Adoration and Ecstasy between men and women), a Licensed Core Transformation Leader, and a Spiritual Coach.

Her upcoming book, *Falling in Love, Staying in Love: The 7 Secrets for an Amazing Long-term Relationship* has been personally endorsed by Dr. John Gray of the Mars/Venus Book Series.

Whether you're dating or already in a relationship Kimi will help you receive your life partner and navigate your way to peaceful, loving and joyous partnership!

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