

Encourage yourself and others to explore the different choices.

Find the possibilities.
Create solutions acceptable to everyone.

Trust, with confidence, who you are. You are enough.

Usually underneath anger and jealousy is some sort of fear.

Openly share answers.
Openly share questions.

Gather and exchange information.

Breathe in. Breathe out.
Connect with the power within you.

Practice control over your own decisions.
What do you want?

Creatively solve problems. Think upside-down and outside the box.
Read between the lines.
Listen to what is not said.

Let go of blame, revenge and resentment.
Exercise forgiveness.

Know that you are never alone.
Know that your resources are
unlimited.

Allow each person to participate.
Allow patience to reach
agreement. Embrace and
incorporate ideas. Somehow
make them fit. It can be easier and
more fun than resistance.

Be open and honest in your
communication.

Truly put the children first.

Practice laughing often!

Share the joys of your marriage
with your children.

Allow time for healing the
emotional wound.

Know that each day is a fresh start.

The pain of struggle in a relationship is the
most difficult, but it is not without gift. The
opportunity of growth exists within the struggle
and is the
pearl to be found in the middle of darkness.

“Where it seems most challenging
lies the greatest invitation
to find deeper and greater powers
in ourselves.” Joseph Campbell

Let go of struggle and doubt.

Choose, instead, to trust that
somehow all things are working for
your highest good and the highest
good of everyone involved.

Just love.

Daily nurture your inner strength.

Collaboration means truly working
together.

Contemplate the vision you have
for your life. Act.
Practice working and living from a
place of honoring your values.

Listen to the messages from your
body.
Practice trusting your body wisdom.

Choose to see, with fresh eyes,
this moment now.

Allow yourself
to move, ever so gently,
towards an awareness of your true
self. Calm your thoughts, your
feelings and your body.

~ Resources ~

Palliser Conflict Resolution Inc. 2002,
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Cull-Wilby, B. & Pepin, J. 2002. *Healing: A
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of Human Caring 6(3),37-47.

~ Compliments of ~

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