**Chapter 4: Optimism and Relationships**

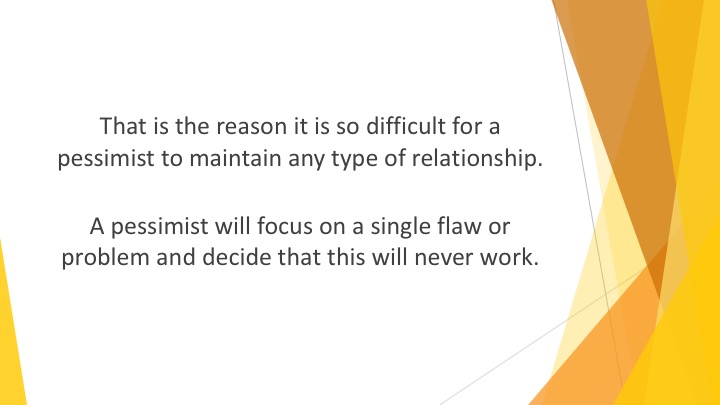
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**S1** : In this video, we’ll discuss about “Optimism and Relationships”



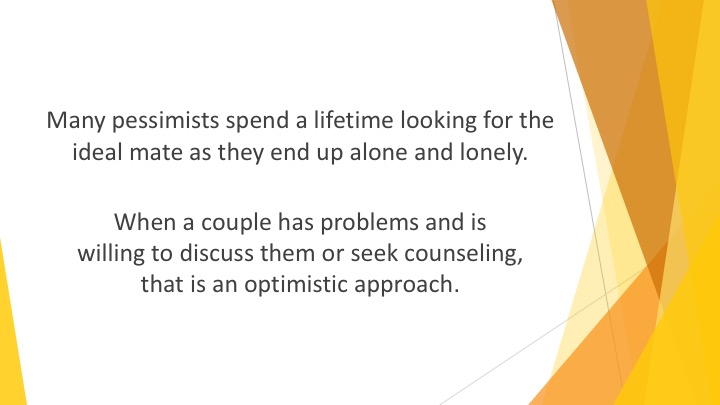
**S2** : Relationships require work. No relationship will survive, especially for the long-term, if you won’t put considerable effort into it.

No one is perfect, and an optimist doesn’t expect it. For him or her, what is important is that the positives outweigh the negatives.



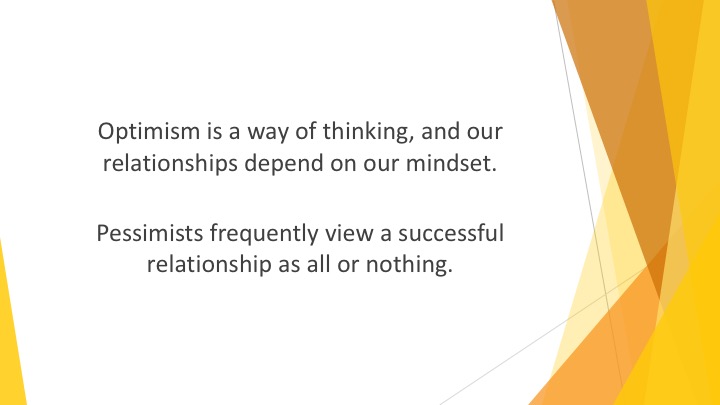
**S3** : That is the reason it is so difficult for a pessimist to maintain any type of relationship.

A pessimist will focus on a single flaw or problem and decide that this will never work. He or she won’t even put in the effort. Expecting perfection is the pessimist’s ultimate downfall.



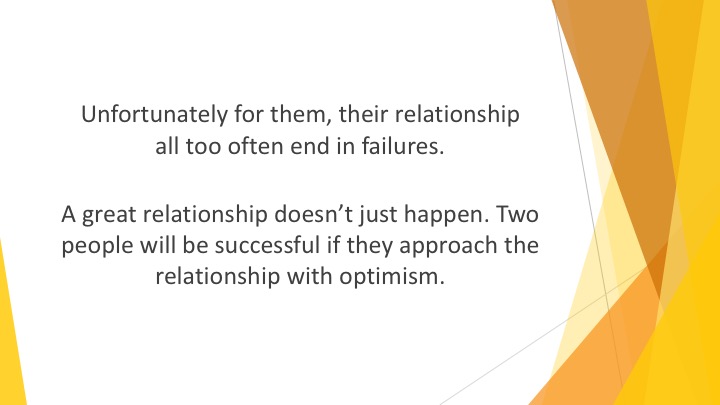
**S4** : Many pessimists spend a lifetime looking for the ideal mate as they end up alone and lonely.

When a couple has problems and is willing to discuss them or seek counseling, that is an optimistic approach. You see the possibility of better days ahead.



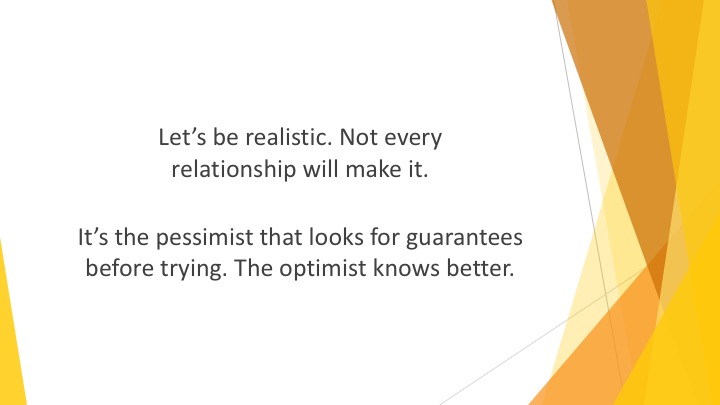
**S5 :** Optimism is a way of thinking, and our relationships depend on our mindset.

Pessimists frequently view a successful relationship as all or nothing.



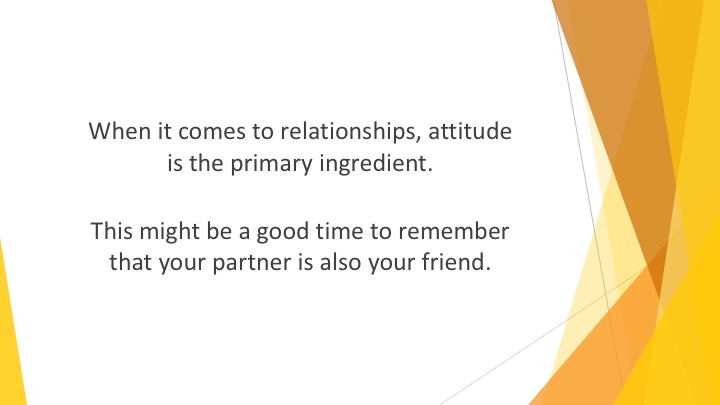
**S6 :** It’s either great or it’s a failure. Unfortunately for them, their relationship all too often end in failures.

A great relationship doesn’t just happen. Two people will be successful if they approach the relationship with optimism. That means understanding that every day won’t be paradise.



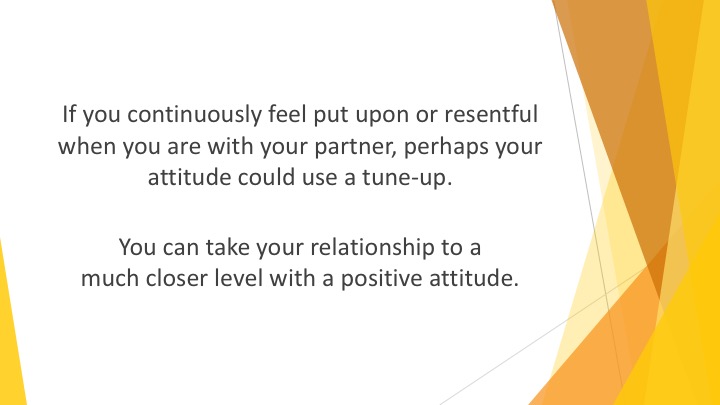
**S7 :** But every day will provide an opportunity for growth, warmth, and joy when approached positively. Let’s be realistic. Not every relationship will make it. However, optimism provides you with opportunities to strengthen what you have and increase the changes that you will succeed. No guarantees, mind you, but the chances greatly increase.

It’s the pessimist that looks for guarantees before trying. The optimist knows better.



**S8 :** When it comes to relationships, attitude is the primary ingredient. Just for a moment, imagine yourself around your good friends. Do you nag them about the way they dress? Do you fret every time your friend doesn’t compliment you? Do you do things with your friends because they enjoy it and you enjoy their company?

This might be a good time to remember that your partner is also your friend.



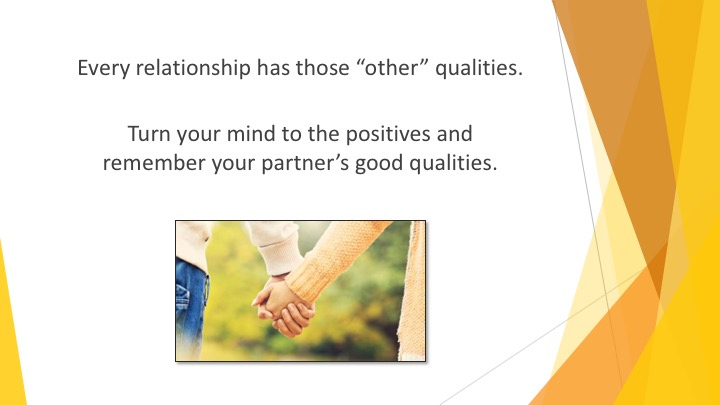
**S9 :** You’re always delighted and supportive of your friends, right? If you continuously feel put upon or resentful when you are with your partner, perhaps your attitude could use a tune-up.

You can take your relationship to a much closer level with a positive attitude.



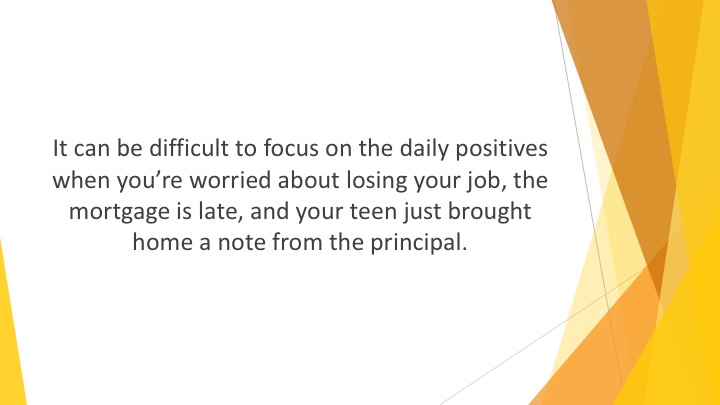
**S10 :** Your partner will feel nurtured and appreciated. He or she will look forward to spending more time with you.

We have already pointed out that expecting perfection spells certain doom for a relationship. Instead, look for the good qualities in your partner and try to shrug off some of the others. Negotiate the rest.

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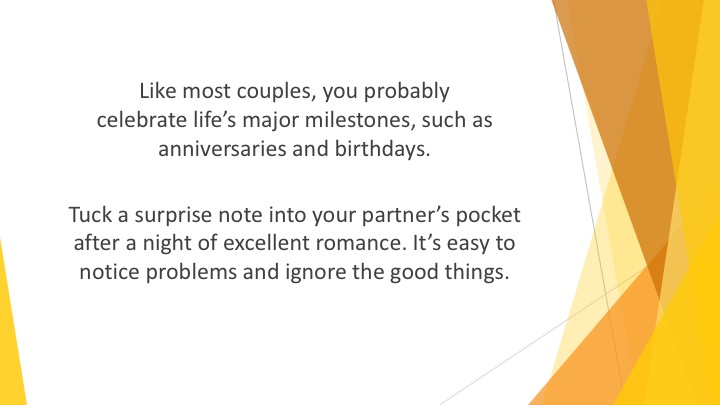
**S11 :** Every relationship has those “other” qualities. Someone who leaves clothes lying around, spends too much money, or forgets anniversaries. Annoying? Absolutely. But your relationship can erode quickly if you make those things the focus.

Instead, turn your mind to the positives and remember your partner’s good qualities. This should be a conscious effort to shirt your way of thinking. And then verbalize your thoughts to your partner.



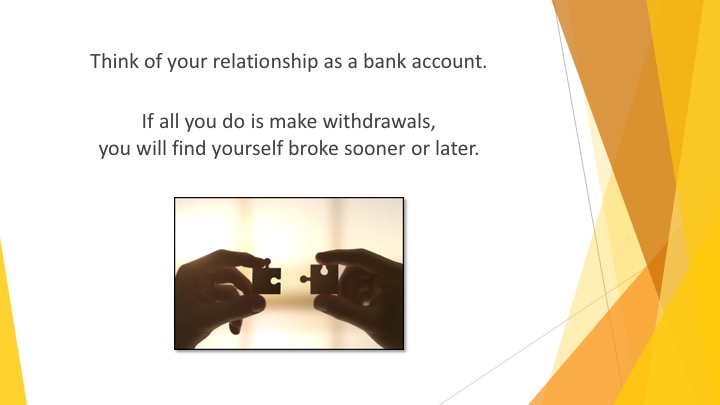
**S12 :** Tell him or her how much you love his or her cooking, sense of humor, or willingness to put up with your family. Appreciate it when he or she brings you some coffee or a beer. It’s all too easy for forget to be grateful for the little things.

It can be difficult to focus on the daily positives when you’re worried about losing your job, the mortgage is late, and your teen just brought home a note from the principal. It will be easier if you share your thoughts with your partner and discuss positive solutions to your problem.



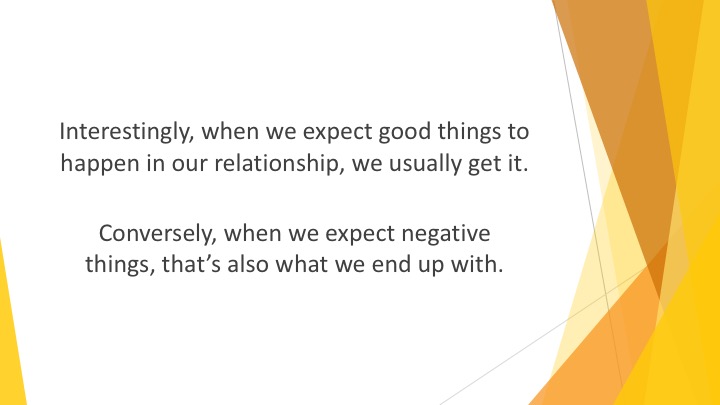
**S13 :** Like most couples, you probably celebrate life’s major milestones, such as anniversaries and birthdays. Why not bring some positivity into your day and celebrate the small things, as well? Enjoy a dinner out just because it’s Wednesday.

Tuck a surprise note into your partner’s pocket after a night of excellent romance. It’s easy to notice problems and ignore the good things.



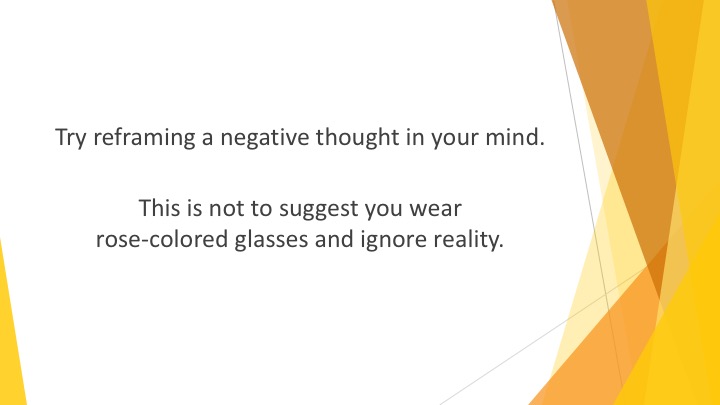
**S14 :** Think of your relationship as a bank account. The more optimism you deposit, the larger and better it will grow. If all you do is make withdrawals, you will find yourself broke sooner or later.

Instead of hoping for the best, some couples seem to expect the worst. Your spouse comes home late, he must be having an affair.



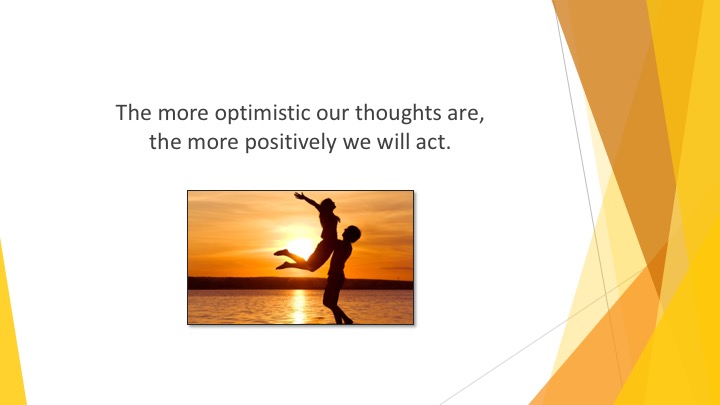
**S15 :** Because your partner didn’t return a phone call immediately, he or she surely hates you. Optimism always considers the possibility of a good explanation. Interestingly, when we expect good things to happen in our relationship, we usually get it.

Conversely, when we expect negative things, that’s also what we end up with. Our attitude has a habit of becoming self-fulfilling.

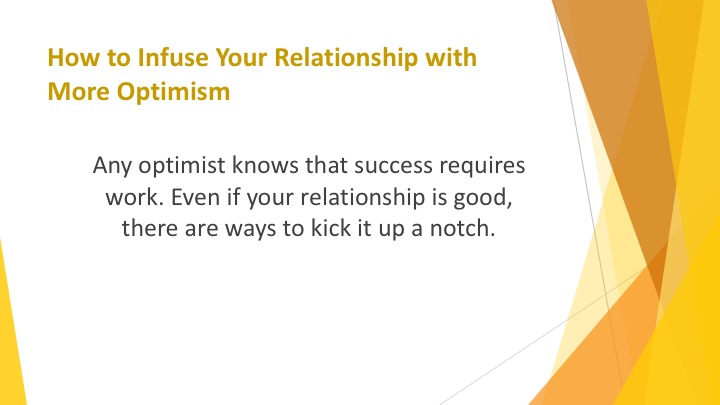


**S16 :**  Try reframing a negative thought in your mind. “He’s late again. He’s been working hard, so I’ll make sure he has a nice dinner.”

This is not to suggest you wear rose-colored glasses and ignore reality. But it’s best not to create a negative reality without facts. And without facts, why assume the worst?



**S17 :** The more optimistic our thoughts are, the more positively we will act. And those actions are the equivalent of making deposits into the optimism account. They always earn dividends.



**S18 : How to Infuse Your Relationship with More Optimism**

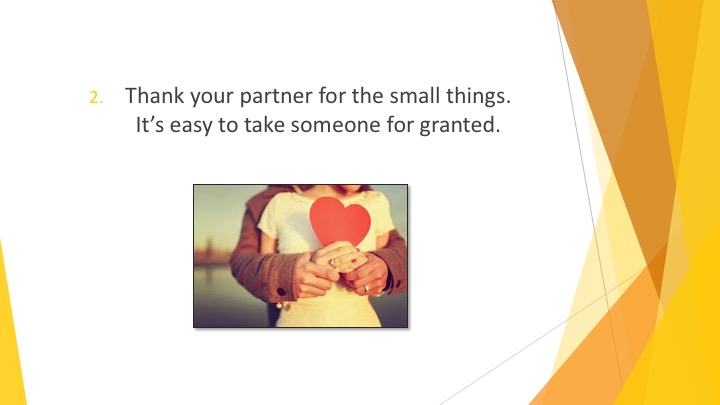
Any optimist knows that success requires work. Even if your relationship is good, there are ways to kick it up a notch.



**S19 :**

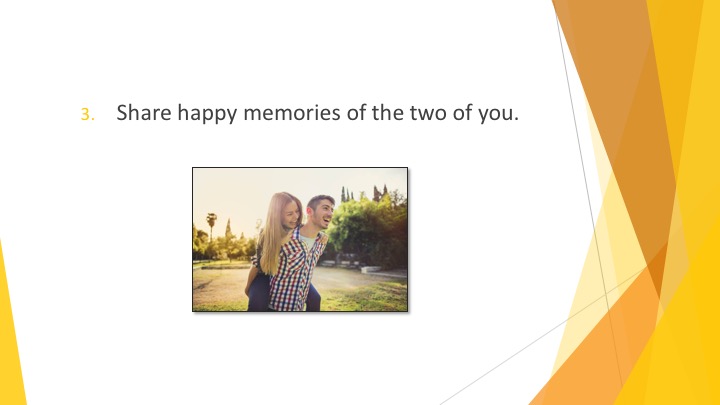
1. Sure, our friends always listen when we complain about our partner.

That’s what friends are for. While venting is perfectly fine, try “venting” about some of the good things your partner has done. “Joe did the dishes without being asked.” “Mary always has coffee ready when I get up.” Think of your partner in positive terms rather than negative.



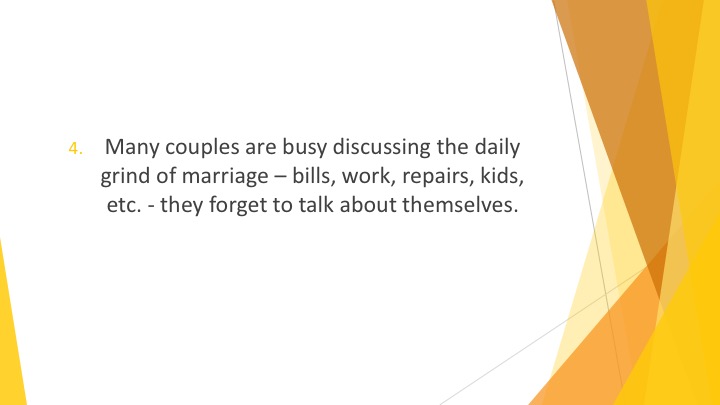
**S20 :**

2. Thank your partner for the small things. It’s easy to take someone for granted.

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**S21 :**

3. Share happy memories of the two of you. You had a great vacation, so why not keep the memories and positive feelings flowing. Take out the pictures and review the photographs. Share how much you enjoyed the different types of food and suggest you try a few different restaurants. Keep the good feelings alive.

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**S22 :**

4. Many couples are busy discussing the daily grind of marriage – bills, work, repairs, kids, etc. - they forget to talk about themselves. Ask your partner questions such as, “When did you know you wanted to get married?” Or share your own memories. “I still remember my heart pounding when you first walked into that restaurant.” These conversations are a great deal more optimistic than, “Why can’t you ever pick up your socks?”