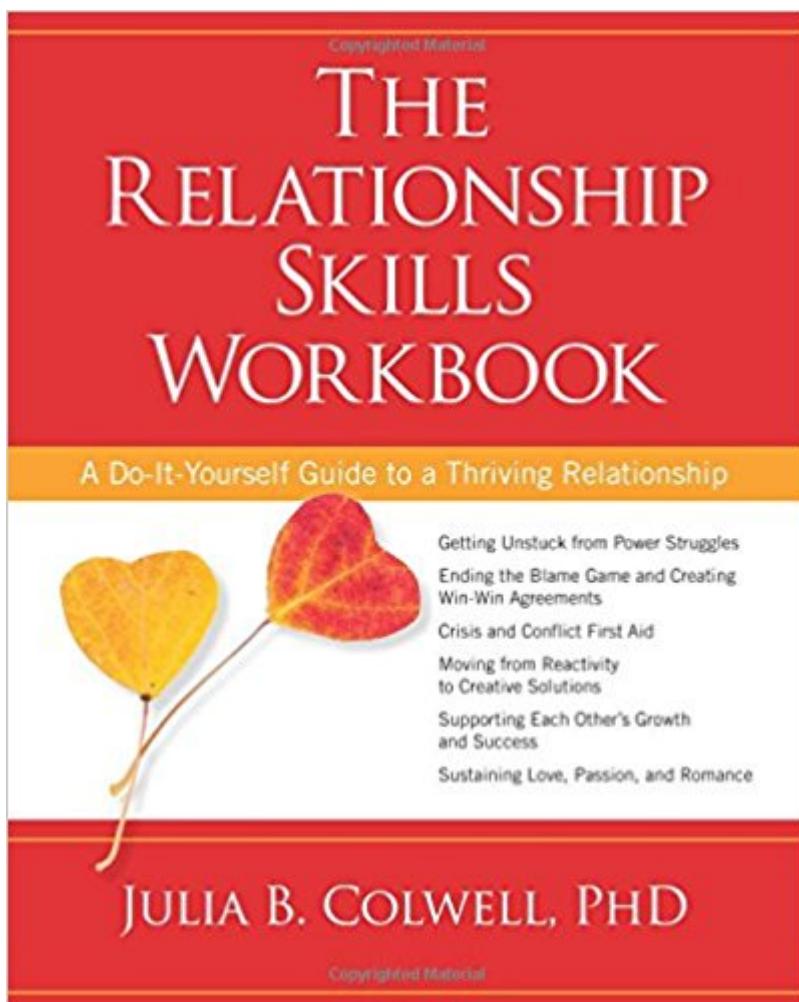


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# The Relationship Skills Workbook: A Do-It-Yourself Guide To A Thriving Relationship



## Synopsis

What are the ingredients of a successful and enduring relationship? Love, passion, and commitment are all vital—yet without certain basic skills, even the most devoted partners can find themselves descending into arguments, power struggles, and disillusionment. With *The Relationship Skills Workbook*, Dr. Julia Colwell presents a practical guide for building a conscious partnership based on cooperation and trust—offering relationship-saving techniques and on-the-spot conflict resolution tools for disarming the explosive clashes that most commonly break couples apart. In this friendly and easy-to-use resource, Dr. Colwell teaches you essential tools for:

- Crisis and conflict first aid—communication strategies and emotional mastery techniques to stop arguing and start connecting
- Getting unstuck from power struggles—how to shift from deadlock to mutual responsibility and support
- Ending the blame game—letting go of accusation and resentment to create win-win agreements
- Supporting each other's growth and success—how to retain your personal autonomy while fully committing to your partner's happiness
- Moving from reactivity to creative solutions—techniques to keep your brain's flight-or-fight instinct from undermining your heart's desires
- Sustaining love, passion, and romance—how you can choose to create a magnificent relationship together

"Relationships, while seemingly complicated, don't have to be so mysterious," Dr. Colwell says. "What I've learned from my decades of personal and professional experiences is that a few elegantly simple concepts and skills can help any couple through the most difficult spots—and help us transform conflict into intimacy, passion, and ever-deepening love."

## Book Information

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## Customer Reviews

"The Relationships Skills Workbook by Julia B. Colwell, Ph.D. (Sounds True) is a "do-it-yourself guide to a thriving relationship." If you want to make your primary relationship one that is the best possible, you will want to work through this book. It truly is a workbook. Besides describing the basic skills you need for a great relationship, the author walks you through actual exercises that help you gain the skills you need. Get unstuck from power struggles, end the blame game, create win-win agreements and learn how to heal and forgive. This is an outstanding book that could support your attaining the relationship you truly want and deserve." •Krysta Gibson, New Spirit Journal "This workbook is grounded in deep heart wisdom, and yet entirely useable right now" •for whenever we feel conflicted or not connected with another person. Julia Colwell writes clearly and eloquently, and she guides us with the sureness of one who has been living her truth. • Tara Brach, author of Radical Acceptance and True Refuge

Julia B. ColwellJulia B. Colwell, PhD, has spent over three decades and many thousands of hours with individuals, couples, and groups, exploring the world of relationships. Julie received her training as a clinical psychologist at the University of Colorado. Moving out of the world of traditional talk therapy into a body-centered focus, she's fine-tuned a style that is at once direct, respectful, gentle, confrontational, and loving, co-creating personal and relationship transformation. Julie has a private practice in Boulder, Colorado, where she facilitates the transformation of individuals, couples, groups, and organizations. She is the inspiration behind and the co-founder of the Boulder Center for Conscious Community, where she teaches a range of classes, groups, and workshops, and leads the Intensive Learning Community and the Life Alignment Program. Julie is happy to celebrate her recent marriage to her partner, Kathryn Kucsan, after being with her for 26 years. Their main vision of their relationship is to do whatever supports each of them to be happy •and they have kitchen-tested everything Julie teaches in their time together. For more, visit [JuliaColwell.com](http://JuliaColwell.com).

The ideas in this book can revolutionize how you relate to your self, your loved ones, and your world. Right here, in this little workbook, for \$15, you can learn to notice all the rules, expectations, and well defined roles that have controlled your life to this point, and discover instead

who you really are and what you really want. Then you can discover who your loved one really is and what he or she really wants. Your most important relationship is with yourself, so this workbook begins by helping you discover what your body is trying to help you know about yourself: I'm scared, I'm angry: I wonder why? (hint: it's not someone else's fault). Then, if you want to love and be loved, this book helps you learn what your loved one is feeling, what he or she really wants. And with that new knowledge, the book helps you see how both you and your loved one can both get what you want - not getting what you want by blaming or creating rules and expectations, or sacrificing your wants for the other, but by making genuine power-equal agreements. The ideas in this book take practice; you won't relearn old habits overnight. But that is why the workbook format is so helpful: it offers you the questions to think about, journal and wonder about so that you can explore YOUR issues and YOUR life. There's gold in this book; every chapter has some new idea that can help you live your life in a genuinely happier place.

Well written and thoughtful. Exercises are not easy but helpful if you're willing to do them. Deeper than most relationship manuals

great information in a straightforward way - feels like a breath of fresh air

I am really enjoying this workbook!! I like the attention that is paid to building awareness around sensations that happen in one's body. I find the exercises structured and very helpful. Some parts can be done while sitting with your significant other and some parts requiring reflecting over the course of a few days or the week. This workbook helped increase communication of feelings between myself and my partner.

Excellent resource for anyone interested in improving the quality of their relationship and partnering more consciously.

Like many folks, when I read a book that is full of advice I kind of assume that the author is right and, to the extent that what I've been doing doesn't agree, I'd best be learning the "right" way. How interesting that Chapter 1 of "The Relationship Skills Workbook" is about the relative unimportance of being right. One might wonder why they should read a book when the author herself doesn't insist on being right? But perhaps Julie writes to expose her own passions rather than writing to be right. The author's voice

remains confident even if we don't agree with a damn thing she says. Julie might even be more pleased if we put the book down with a considered disagreement than with unconsidered acceptance. This book is not a proclamation of the ways that Dr. Julie Colwell is right so much as an exposition of herself, lessons learned through her personal and professional life, a sharing of shiny experiences that have worked, along with not-so-shiny experiences that serve to, well, make the shiny experiences all that more shiny. I was not burdened with jargon or convoluted concepts. I appreciate the effort to keep the processes simple, and the reassurance that even though simple, the techniques are sometimes hard to practice. The writing style is approachable and friendly even though the content is dense and intelligent. I recommend the paperback edition so you can plan to write in it, highlight, tag, fold, spindle and mutilate. Most of all plan to re-read it because the words come with intent to meet you where you are whenever you reach them. Each page is written to be read. And re-read. Read in order and out of order. Read it once to disagree with everything you see when you tense up reading a passage or think an example is contrived. Read it once again to see if you can sense a truth in the concepts you resist. Read it yet again when faced with your own experience and you are left saying "what the heck just happened?" It is something akin to an art appreciation book; its purpose is not so much to set out a list of good art and bad art, but to help develop a vocabulary and syntax for understanding art in a useful way when we see it. And the art, in this case, is my own life. How wonderful it is to think I might be able to use tools from The Relationship Skills Workbook to better appreciate the art of my own life for the next decades more ably than I could the preceding decades.

This book is very helpful.

Love it, easy to follow and the activities are great conversation starters.

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