

[Life & Style](#) » [Metroplus](#)

Published: January 2, 2012

Conversations with self-18

Building relationships

T. T. SRINATH

Each of us is like a poem infused with myriad layers and colours. Recognising this helps us celebrate one another and strengthen relationships

No relationship exists in isolation. There is no dance form that is performed alone. Even if an artiste appears alone on stage, he or she is creating for the audience the presence of another — either one's alter ego, or a beloved one or even God.

To recognise that all relationships are co-created helps us share responsibility for our lives together. It needs 'you and me,' 'I and thou' to make a relationship happen.

There is always a positive side to any person, yet we must choose to find it. Each of us is like a poem infused with myriad shades, layers and colours. Recognising this helps us celebrate one another.

To make our relationships grow and mature, we can deliberately change the future by visualising what we want.

The manner in which we ask questions of each other determines the direction we move in. Asking positively-worded questions moves us to a positive outcome.

Focussing on positive aspects creates positive upward spirals. Building on each other's strengths provides greater leverage for change than focussing on one another's weakness.

Finally, when we build on each other's strengths, respond with balance and passion, and nurture each other through challenge and understanding, we are creative, we are appreciative, and we make a difference to the world we inhabit.

(The writer is an organisational and behavioural consultant. He can be contacted at ttsrinath@vsnl.net)