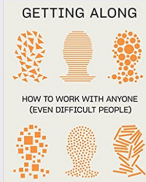


Squiggly Careers PodSheet

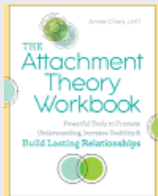
How to rethink about your relationships



2 recommended resources



Getting Along: *How to work with anyone (even difficult people)*
by [Amy Gallo](#)



The Attachment Theory Workbook: *Powerful Tools to Promote Understanding, Increase Stability, and Build Lasting Relationships*
by [Annie Chen](#)

Quotes to inspire

Even one negative relationship can cast a shadow over your life but if you look, you can often find like-minded people who are interested in positive interactions, rather than allowing toxic relationships to dominate.

- [Amy Gallo](#)

Remember [attachment style] behaviours were learned. None of them are your fault, but the consequences of these behaviours are your business. Being open and curious is the best way to learn about yourself and fuel your motivation to change behaviours that don't serve you.

- [Annie Chen](#)

Insights to improve your relationships

1 Reflect on your outside / inside impact

The quality of your relationships outside of work impacts your relationship resilience inside of work.



What impact are your personal relationships having on your professional relationships today?

2 Understand how biases can affect your relationships

Affinity bias - gravitating towards people with similar appearances / beliefs / backgrounds

Confirmation bias - looking for evidence that reinforces what you already think about someone.

Which bias holds you back?

3 Suppressing your emotion can stall your relationships

Bottling-up feelings can result in 'emotional leakage' where you risk defaulting to sarcasm, stress or outbursts for release.

How can you find a constructive emotional release (e.g. journaling / sharing feelings with a friend)?

4 Knowing your attachment style helps you understand how you relate to others

There are three main styles: secure, anxious and avoidant.



Which is your primary style of attachment? [Take Annie Chen's free attachment quiz.](#)

5 We all have a window of tolerance in relationships

Your window is the ideal zone to effectively process, respond and relate to people.

What happens when you feel outside of your window of tolerance? Fight or flight?

6 Understanding your relationship super strengths helps form closer bonds

Knowing each other's strengths in a close relationship provides a buffer for stress and room to grow towards your goals.

Which strengths do others bring to your relationships?

Ideas for action

Communicate your needs assertively

Use 'I' statements to share something about yourself and your needs rather than 'you' which feels like blame and can cause friction.



Write it out

Writing down your feelings and emotions about your relationships can help you gain clarity and increase your sense of control.

