

# My relationships are loving and harmonious

## **My relationships are loving and harmonious.**

My relationships are the high point of my life. They fill my life with laughter, love, and support. I am filled with gratitude for the benefits my relationships provide to my life.

Relationships require time and energy to maintain. I avoid taking my relationships for granted. I put my all into them and enjoy the rewards of my efforts. It is a wise way to spend my time.

I receive as much from my relationships as I am willing to give to them.

**I view relationships as a place to both give and receive.** I enjoy being supportive and providing support. I feel good about myself when I help others.

My relationships are overwhelmingly positive. I scrutinize any relationship that creates too much of a drain on my life. I avoid relationships that lack love and support.

**Harmony is an important part of any relationship.** My relationships add to my life in a positive way.

The love and support I receive from my relationships give me strength. I have more confidence and self-esteem when I know that I am loved.

**I can do anything with enough support and encouragement.** My relationships provide me with the means to weather challenging times.

Today, I renew my appreciation for the important relationships in my life. I do my best to make my relationships loving and harmonious. I am lucky to be loved by so many.

## **Self-Reflection Questions:**

1. What value do the most important relationships in my life provide to me?
2. Are my primary relationships loving and harmonious?
3. What can I do to enhance my current relationships?