

HOW TO LEARN THE ABCS OF A BETTER RELATIONSHIP

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**A** Always promptly admit when I am wrong.

**G** Giving unsolicited advice is a disguised form a criticism.

**B** Be willing to let go of trying to control others.

**H** How important is it?

**C** Compliment others daily, frequently, and genuinely.

**I** It's never too late to start a new day.

**D** Demonstrate empathy and encouragement.

**J** Just for today, I will do someone a kind act anonymously.

**E** Expect a little less and give a little more to others each day.

**K** Kiss my loved ones after entrances and before exits.

**F** Find new ways to express appreciation and gratitude.

**L** Leave people a little better than I find them each day.

**M** Make amends promptly whenever I hurt someone.

**T** The way I am living today is the way I am living my life.

**N** Navigate by spiritual principles each day.

**U** Unrealistic expectations are premeditated resentments.

**O** One day at a time requires only one step at a time.

**V** Victimology is not a path to personal responsibility.

**P** Place principles above personalities.

**W** Why am I talking rather than listening?

**Q** Quit taking things personally.

**X** Xenial is always welcoming and warm to the stranger.

**R** Respond rather than react.

**Y** You may be right.

**S** Stockpiling resentments hurts relationships.

**Z** Zooming a visit is better than no visit at all.

### Resources

Doverspike, W. F. (2014, November 27).

*How to find a better partner.*

[http://drwilliamdoverspike.com/files/how\\_to\\_find\\_a\\_better\\_partner.pdf](http://drwilliamdoverspike.com/files/how_to_find_a_better_partner.pdf)

Doverspike, W. F. (2023, April 01). *How to manage difficult relationships.*

[http://drwilliamdoverspike.com/files/how\\_to\\_manage\\_difficult\\_relationships.pdf](http://drwilliamdoverspike.com/files/how_to_manage_difficult_relationships.pdf)

### Dedication

This manuscript is based on the original letter that was delivered to Laura Mullins, mother of the bride, at the wedding of Capt. Margaret Mullins and Mr. Patrick Collins at Christ the King Catholic Church in Atlanta. The letter was titled “How to Practice the ABCs of a Better Marriage.”

The bride’s father, Craig Mullins, my best friend and college roommate, said it was fine for me to send a copy of “The Three Dimensions of Marriage” and a newly printed \$100.00 bill. However, I knew from the proud stories that Craig told about his oldest daughter that Margaret was smart enough to see right through that tactic. Although no longer capable of much original thought, I decided to do for Craig’s oldest daughter what I had done for his middle daughter, who also received an original writing.

This letter is my hope and wish for Margaret and Patrick on their special day.

Bill D.

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### American Psychological Association

Doverspike, W. F. (2023). How to learn the ABCs of a better relationship.  
<http://drwilliamdoverspike.com/>

### Chicago Manual of Style / Kate Turabian

Doverspike, William, "How to learn the ABCs of a better relationship," Nov. 01, 2023.  
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### Modern Language Association

Doverspike, William F. "How to learn the ABCs of a better relationship" 01 Nov. 2023 [Date accessed]

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