

HOW TO LEARN THE ABCS OF A BETTER RELATIONSHIP

William Doverspike, Ph.D.

Drdoverspike.com

770-913-0506

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 X is needed whether it is an XX or an XY.

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

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

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.

Correct Citation for Reference Entry

The reference entry correct citation styles for this document are illustrated below. Students should defer to the style preferences of their individual course instructors to determine whether the course instructor has preferences that are more specific than those shown below:

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.
<http://drwilliamdoverspike.com/>

Note: According to the Chicago Manual of Style, blog posts are typically not included in bibliographies, but can be cited in the running text and/or notes. However, if a blog is cited frequently, you may include it in the bibliography.

Modern Language Association

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

Note: MLA guidelines assume that readers can track down most online sources by entering the author, title, or other identifying information in a search engine or a database. Consequently, MLA does not require a URL in citations for online sources such as websites. However, some instructors still ask for it, so check with your instructor to determine his or her preference.

Documentation

This document is cross-referenced to a portable document file (PDF) published from this Word document file: How to Learn the ABCs of a Better Relationship.doc

Server path:

http://drwilliamdoverspike.com/files/how_to_learn_the_abcs_of_a_better_relationship.pdf

Server file name:

how_to_learn_the_abcs_of_a_better_relationship.pdf

Website tab: Practice [Popular Articles]

Link name: How to Learn the ABCs of Relationships

Workshop Presentation Deck: N/A

Webinar Presentation Deck: N/A

Workshop Handouts: N/A

Published Nov. 01, 2023 | Last updated Nov. 01, 2023

Copyright © 2023 by William F. Doverspike, Ph.D.
Content last updated 2023

The correct citation for this article is Doverspike, W. F. (2023). How to learn the ABCs of a better relationship.
<http://drwilliamdoverspike.com/>