



# Rebuilding Broken Relationships

Education for the New Generation encourages higher order thinking, freedom of expressing one's thoughts and opinions. Thus, more and more people have voiced their opinions on societal issues, such as environmental protection, sexual inclination and political reforms, etc. through various media and platforms. In light of diversity, it may indicate that there is a more open, embracing atmosphere in society. However, taking a closer look, it is not hard to find some people have unfriended their friends in social media due to differences in opinions. It is common in friends' or family gatherings that people have gotten into heated arguments or even said something hurtful that would jeopardize their friendship or relationships, resulting from differences in stances and opinions. By the same token, it is not rare to observe co-workers or supervisors and subordinates have some sorts of arguments or conflicts as a result of work or interpersonal issues.

Ever have the experience that after an argument or conflict, one may have remorse about something that had been said which have harmed the other's feelings? Nevertheless, one is too pride to put away the emotions and make up with the other party which has rendered the relationship irreconcilable.

In fact, the key to rebuilding relationships is not about resolving the problems or forcing the other to agree the same. The focus is to let the broken relationships and emotional wounds of affected people to heal. During the process, it takes mutual respect, acceptance and forgiveness in order to succeed. We can follow the steps of "Stop, Ask and Act" to rebuild broken relationships. First and foremost to re-build relationship is for both sides to stop and to put their personal emotions aside. As a matter of fact, it is inevitable for different people to have different opinions. Therefore, one must learn how to put away the anger, sadness or self pity. Secondly, find a right timing after everyone has cooled off from the incident to discuss logically and peacefully, allow the other side to state their stances and opinions and try to put yourself into their shoes to understand their logics. Lastly, act calmly to see how an amicable ground or common objective can be found to facilitate the exploring of further options to the problems.

Rebuilding broken relationship does not only benefit human relationships on a personal level, it is also of tremendous value to teamwork and organizations. A harmonious workplace does not only foster mutual trust, respect and understanding but it also promotes a culture that people consider their feelings and emotions are being respected which will further promote the teamwork, team relationships and engagement of staff to organizations that facilitates staff to walk an extra mile for their organizations.

## LEAP 是指：

- L** eading Personal Effectiveness  
發展人才
- E** nhancing Family Cohesiveness  
凝聚家庭

- A** chieving Team Success  
卓越團隊
- P** romoting Corporate Wellness  
促進企業健康

## Rekindle Romance and Reignite Passion in Your Relationship

Ms Lau came to our office looking sad without saying a word. She appeared like she had a thousand words but she did not know where to start. After a small talk to share with our consultant, she finally opened up and disclosed, that her boyfriend whom she dated for more than 10 years recently found out she had been secretly greeting another man Mr. X, for 2 years.

Ms Lau bursted into tears while reviewing the truth and her heart was filled regret. There was a period that she was beating herself up internally and couldn't sleep well. As a result, she couldn't focus at work which rendered her making a lot of minor mistakes that had triggered her boss's discontentment with her performance. Finally, she had confessed to her boss and her boss was very supportive in encouraging her to seek professional assistance.

Although Ms Lau had broken off all connections and communications with Mr X, she reckoned that there was "a very big hole" in her relationship that was definitely hard if not impossible to reconcile. Despite the fact that her boyfriend did not break up with her, she felt that things were not the same as before. She hoped that she could find a way to rekindle her romance and reignite the passion in her relationship.

In the beginning stage of counseling, our consultant had tried to assist Ms Lau in understanding the reasons behind her cheating. Throughout the process, on one hand, she acknowledged the love and sacrifice her boyfriend had made for her over the years. On the other hand, she could not help but feeling anxious for her boyfriend had no plan of getting married despite her repeated attempts to ask overtly or tacitly giving hints that she wanted marriage after all these years they have been together.

After understanding Ms Lau's wishes and anxiety, Ms Lau's boyfriend was also invited for counseling. Initially, our consultant mainly helped Ms Lau's boyfriend to express his feelings and emotions about her cheating. Then, Ms Lau's boyfriend was able to see that he still loved Ms Lau and wanted to mend their relationship, but he was not confident he could forget what happened and move on.

Understanding and confirming that both Ms Lau and her boyfriend had a common objective of mending their relationship, our consultant had arranged a joint session to address their new goal. During the joint session, Ms Lau had sincerely apologized to her boyfriend about her mistakes and the harm that had brought forth to him. Ms Lau's boyfriend was touch by her sincerity and could finally forgive Ms Lau. They hugged and cried together in each other's arms. They not only had gained the strength to move forward in facing the challenges of mending a broken relationship but also had learned to reflect their own needs and how they can fulfill the other's needs in their relationship.

Several sessions later, Ms Lau and her boyfriend were willing to learn how to re-establish their relationship and how to express themselves, in a concrete way such as the right wording and timing. They had also learnt how to deal with other's needs and requests delicately without hurting others. They were able to set up some boundaries and personal spaces for their relationship while enjoying the love they had in their relationship. Their relationship had slowly moved back to the directions they wanted. Ms Lau was able to concentrate at work. She was very grateful to her boss for suggesting her to seek counseling. Without opening up herself to professionals and she would not be able to deal with her issues within a short period of time.



## The North Wind and the Sun

The North Wind and the Sun decided to have a contest to settle their dispute as to which of them was the most powerful. They agreed that whoever could first strip a traveler of his clothes shall be declared the victor. The North Wind first tried his power and blew with all his might. However, the keener his blasts, the closer the Traveler wrapped his cloak around him. At last, resigning all hope of victory, the Wind called upon the Sun to see what he could do. The Sun suddenly shone out with all his warmth. In feeling the Sun's genial rays, the Traveler took off one garment after another, and at last, fairly overcome with heat, undressed and bathed in a stream that lay in his path.

In order for the other to hear what you have to say, rather than using the North Wind's hard and unyielding style (which only induces fear or resistance), consider undertaking the Sun's amiable approach.

