

RELATIONSHIP STYLE SUCCESS MASTERCLASS

Companion Book



INTRODUCTION

Our childhood experiences with relationships become a part of our behaviors and beliefs. In response to events and people who hurt us, we used certain strategies to protect ourselves.

We learned to play certain roles to gain attention, reduce tension, please our parents or meet their needs. Over time, these roles became a part of who we are and how we operate.

We developed our own Relationship Style from those experiences.

Those individual styles can damage our connection and intimacy in our relationships.

Whether you are in a relationship, looking to be in a relationship or want to have better relationships, you will learn how the experiences you had early in life, shaped your beliefs, behaviors and expectations in your adult relationships.

The 5 Relationship Styles

There are 5 Relationship Styles that can damage your connection, intimacy and communication in your relationships.

These Styles are formed by our early life experiences and have shaped our habits, patterns, beliefs, expectations and behaviors in our relationships.

They are:

- S - SEEKS TO PLEASE
- T - TRIES TO CONTROL
- Y - YOYO'S BACK AND FORTH
- L - LOOKS TO ACCEPT BLAME
- E - EVADES EMOTIONS

Once you identify your relationship style, you will develop a greater understanding and awareness as to why your relationship patterns govern how you love and relate today.

SEEKS TO PLEASE

This relationship style develops when you grow up in a home with an angry, critical or overprotective parent.

Anxiety is the main driver of this style.

You tend to focus on the feelings and needs of others to keep you out of touch with your own feelings.

Common Traits of this Style Include:

- Worry
- Avoiding Criticism or making mistakes
- Feeling anxious if your partner wants time alone
- Depends of praise and Encouragement
- Fears Rejection

Seeking to please others is really a way to soothe deep anxiety inside.

TRIES TO CONTROL

This relationship style develops when you grow up in a home with chaos, turmoil, abuse or addiction.

Your parents were the source of anger, danger, abuse, anxiety and fear.

You grow up in a destructive and dangerous environment.

Common Traits of this Style Include:

- Anger - especially when other people try to control you or tell you what to do
- Blame - you blame your partner for starting fights
- Jealousy
- Aggression
- Possessiveness

You learned from a young age how to fight back to hide the fear and anxiety you feel deep inside. Early on its control or be controlled. It's how you learned to survive.

YO-YO

This relationship style develops if you've experienced some periods of abandonment growing up. There were times that your parents truly connected with you but it wasn't consistent.

Your parents became so absorbed in their own stuff that they became unavailable to you and you are left hoping and waiting for connection.

Common Traits of this Style Include:

- Feeling like no one understands you
- Relationships have passionate beginnings, followed by disappointments and let downs
- Disappointments show up as anger
- Senses when your partner pulls away
- Keeps tabs on hurts and letdowns

Growing up in the Yo-Yo environment, you tend to focus more on the behavior of others and their shortcomings and less on your own.

Looks to Accept Blame

This relationship style also experienced chaos, turmoil, addiction or abuse in the home, but the more passive kids in this environment had a more fearful and anxious response.

They want to keep the peace in the home to lessen the turmoil.

They look to take the blame. Everything is their fault because they are bad and unloveable.

Common Traits of this Style Include:

- Fears being alone and becomes dependent
- Hides information for fear of inducing anger
- Low self-esteem
- Nervous and Fearful
- Depression and Anxiety

Everything is your fault because if you were good, this wouldn't happen. You are always yielding to keep the peace.

Evades Emotions

This relationship style develops in homes where the parents were emotionally unavailable.

There is a lack of comfort and nurturing in childhood so they disconnect.

They learned to avoid conflict and confrontation, ignore their feelings and downplay or deny their needs.

Your independence made your parents happy.

Common Traits of this Style Include:

- Independent
- Minimal emotional needs
- Shows little affection
- Uncomfortable around emotional people
- Rarely Cries
- Avoids Confrontation

As evaders, you are shut down to your emotions and needs. You are often overwhelmed by wanting affection and not receiving any so you hide your needs under the veneer of independence.

WHAT RELATIONSHIP STYLE ARE YOU?

Do you see yourself in any of these Styles?

Recognizing your RELATIONSHIP STYLE will help you set specific transformation goals so that you can foster greater intimacy and connection in your relationships.

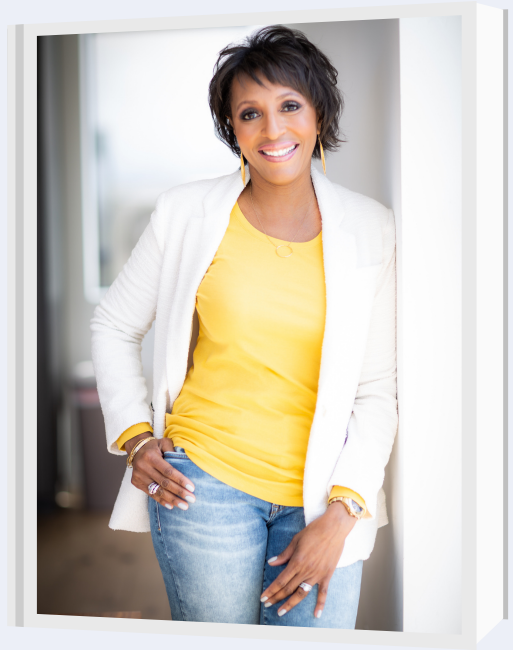
When you have the tools for intimacy and connection, you can achieve greater influence and impact in every area of your life.

Want to learn more about how to break free of the negative patterns that impact your relationships? Take the Relationship Style Assessment Quiz at <https://www.evamedilek.com/quiz>.

Let's discover what's stopping you from having happier, healthier, more connected relationships and what you can do about it.

About Eva

I'm Eva Medilek, and I help powerful, driven, high achievers cultivate a high performance life while bringing intimacy into their relationships to increase their influence and impact.



Through my coaching programs, I marry high performance strategies with relationship coaching that enables my clients to truly have it all.

After working with me, my clients experience:

- Happier, healthier, more intimate relationships
- Clarity on the habits and practices that support their vision and goals
- Increased influence and impact in life and business

Go to talkwitheva.com and let's get you started on achieving your success without the sacrifice.

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