



# REDEFINING YOUR RELATIONSHIP

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The Trust

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# READY= *INDIVIDUAL INSIGHT*

What are the four key items to ensuring that you and your relationship are Ready to stand the test of time:

1. **Strong Foundation:** built on values, teachings, and insight
2. **Flexibility:** your individual ability to develop into a two part being vs. a one part “selfish” being
3. **Vulnerability-** ability to take on the risk of being broken and mended
4. **Tolerance of Risk** – in life there are no guarantees

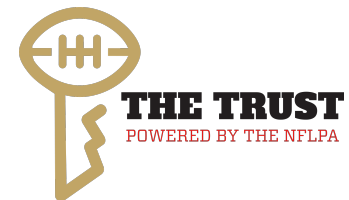




## SET = *STEADY*

What are the key factors to make sure your relationship can be steady during the storm:

1. **Faith** – at the core of trials there has to be some form of grounding to know that things will be ok or get better.
2. **Fearlessness** – during a fight you have to be able to take a punch and keep standing.
3. **Friends / Inner Circle** – During trials of relationship development you will need a circle of people that are dedicated to your success
  1. The Trust
  2. Dr. Hill or your local therapist
  3. Your Friends
  4. Your Family

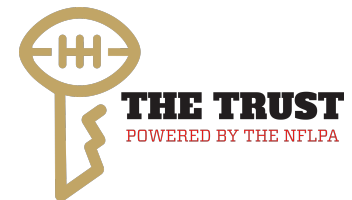




# GO = GROWTH

To be able to continue in a relationship over time, you must have some idea of your future.

1. **Individual** - what do I want to be when I grow up (we are selfish by fault)
2. **Couple** - what are our top three “bucket list” items (we are relational by design)
3. **Children** - what do you most want to see in your children / next generation - the driving 5 characteristics – (we are generationally psychologically thought based)
4. **Humanity** - what is it that you believe that you were designed specifically to do as it relates to the large core of humanity – (we are connected by spirit)
5. **Eternity** - What would you want on your headstone – “besides your name” – how you want to be remembered – (we are eternally wired for peace by design)
6. **The Hero’s Journey** – Answering the Call





# LET'S TALK ABOUT IT

- **Open Q&A**

- Questions can be specific to the presentation or outside of the presentation

- **Follow-ups**

- Questions that need to be asked in private can be sent to Dr. Hill through [hillassoc@att.net](mailto:hillassoc@att.net) or by phone (770) 716-1905
- Couple and Individual Sessions can be scheduled through **Cigna EAP** 1-866-421-8628

- **The Trust's Commitment**

- As a psychologist I can truly say that I am very proud of the support I have seen the The Trust put into the whole being of the players
- No one is an island and greatness is achieved through teamwork
- Thanks to the The Trust for recognizing and supporting **The Home Team** behind every **Great NFL Player** with their relationships of spouses, significant others, and their children.

