

# RELATIONSHIP HYGIENE

## Closing out 2022 with a clean slate

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When unresolved relationship issues are sitting with us, there is often subtle energy drain and stress accumulation. Clearing this energy up prior to the holidays sets us up for a more joyful, peaceful season and paves the way for a much more seamless, clean transition going into 2023. Complete the prompts below to begin your relationship hygiene effort.

### 1. MAKE A LIST

Determine which relationships feel positive, clean, and healthy in your work life, and consider which ones feel unclear, negative, dysfunctional, heavy, toxic, or undefined. Make a separate list for your personal life.

**WORK**

**PERSONAL**

### 2. PRIORITIZE

Look at the names you've written down and prioritize the top 5 relationships that you want to focus on and improve from each list (professional and personal).

**WORK**

**PERSONAL**

- 1.
- 2.
- 3.
- 4.
- 5.

- 1.
- 2.
- 3.
- 4.
- 5.

### 3. REFLECT

Consider one challenging relationship and reflect on its narrative. What is the issue, how has each person in the relationship contributed to it, and what is its effect? Identify specific examples.

### 4. IDENTIFY

The critical question to ask yourself is "What does this relationship need?" What needs to be cleaned up to strengthen the relationship (e.g. more transparency, more honesty, less competitiveness)?

### 5. EXTEND AN INVITATION

Ask this person if they are willing to have a conversation with you about your relationship. Share how much you value your relationship and why it's important to you.

### 6. HAVE THE BOLD CONVERSATION.

Describe the situation factually. Own up to your contribution to the problem. Listen and try to understand their perspective. Share your feelings and perspective, too. Discuss together what the relationship needs to be improved and define your plan moving forward.

