

7

Relationship Mistakes Busy Women Make

-A Pathway to Feel More Stressed
and Fatigue-



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Discover 7 relationship mistakes busy women mostly do so that you can create lasting experiences that result in more happiness, joy, and less stress.

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I'm Ayse Cinar and, like many busy women professionals, I struggled with work-life balance.

**I went from working long-hours and firefighting at work and having significant challenges at my relationships, to building `stress-less` success with more time freedom for myself and my family.
... all while having a really great time fulfilling my purpose and passion.**

And it all started with one MASSIVE discovery that your personal life and professional life either sabotage or support each other . In other words, the happiness, joy, and energy you have built on one side either fuels or drains the other.

To My Surprise, I have discovered that almost Common Principles Apply to having a happy, long -lasting relation with joy and to having a sustainable success with an impact.

In this Guide, I share with you 7 Relation Mistakes Busy Women Professionals mostly do. Even if you haven't done some of them, it will be worthwhile to explore all of them, as there is a possibility that you may make them in near future.

Please keep in mind that these principles also apply to relationships at work place, and even to your success road map.

You ready? Let`s get started!





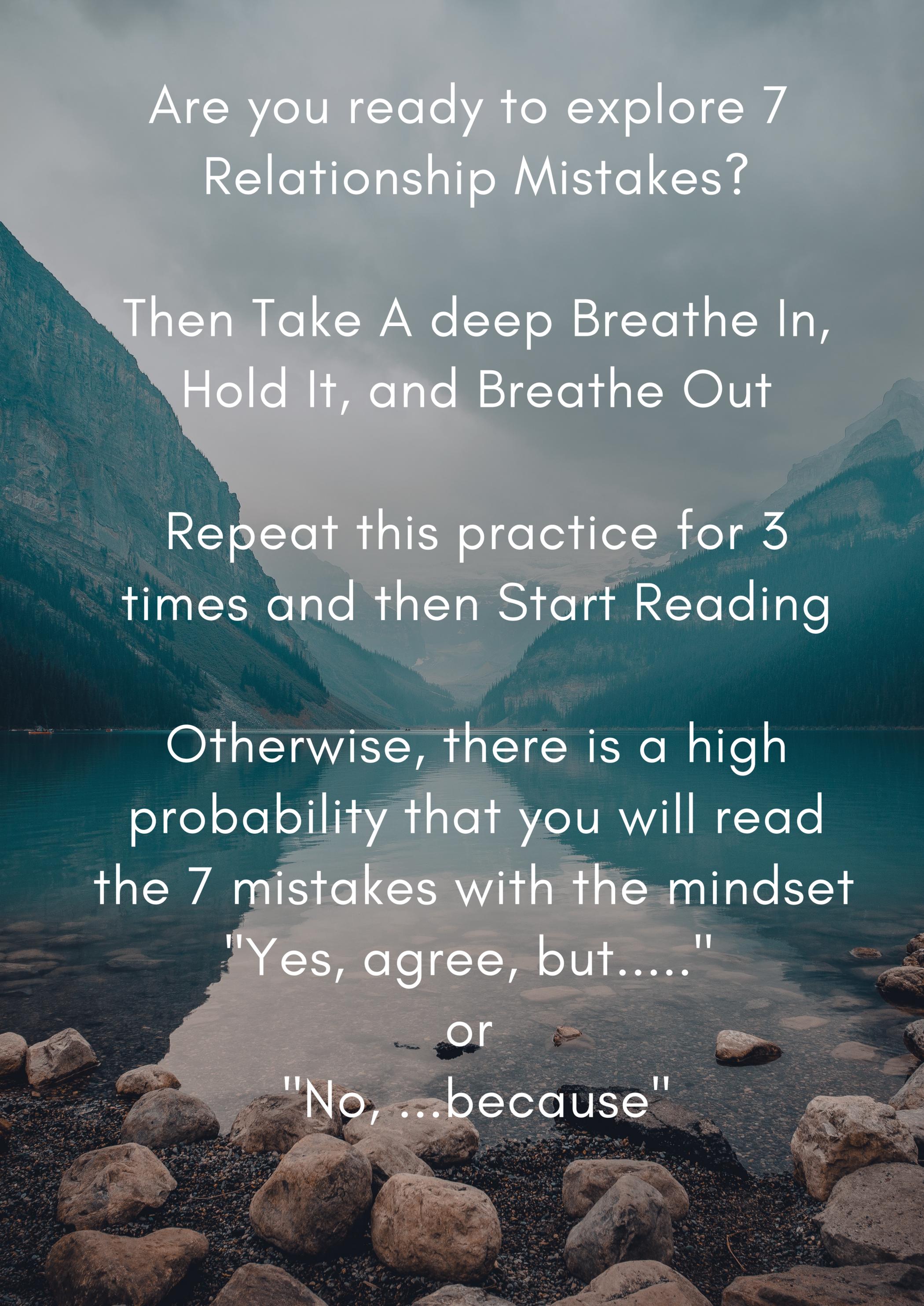
7 Relationship Mistakes Busy Women Make - A pathway to Feel More Stressed and Fatigue-

Long-term relation or marriage can be one of the biggest challenges you will face in your lifetime, on the other it can be one of the most beautiful things that has ever happened to you.

This is a long journey where you together with your husbands/partners explore, learn and grow. And regardless of what you may see on someone's social media, there's no such thing as a perfect marriage.

We all make mistakes. It is all OK to make mistakes, however it is Not OK not to learn from mistakes. Learning from mistakes so called failures is not only the foundation for success in business but also in personal relations.

Mistake is not a step backward; it's an excellent stepping stone to success. Someone who learns from failure gains irreplaceable knowledge and the unstoppable perseverance born from overcoming hardship. Otherwise, you can easily start to feel that you are living in turmoil, that leading us to feel you are in a vicious cycle of stress and fatigue .

A scenic view of a lake surrounded by mountains, with text overlaid. The image shows a calm lake reflecting the surrounding mountains and sky. The foreground is filled with large, smooth rocks. The text is white and centered, providing instructions for a breathing exercise and a warning about mindset.

Are you ready to explore 7
Relationship Mistakes?

Then Take A deep Breathe In,
Hold It, and Breathe Out

Repeat this practice for 3
times and then Start Reading

Otherwise, there is a high
probability that you will read
the 7 mistakes with the mindset
"Yes, agree, but....."

or

"No, ...because"



1. Too much or Too Little Time

In order to have healthy relations, you need to invest time and energy into those as well, however this needs to be balanced - neither too little nor too much-

If you're working long hours, it's understandable to think, "I'm ignoring my family now, but what I'm doing will have huge benefits in the long run. Therefore, it's OK." Even when your motivation is to provide for your family, it's important not to use this as a blanket justification for ignoring their needs in the present. If you're overworking, you may be subconsciously thinking about your own priorities, to the extent that you don't even know what your partner's priorities are. It can be difficult to repair relationships if you ignore them for too long.

On the other hand, if you start spending less time for yourself, your goals, and interests, then that is more likely to create two threats to the relationship. 1- You don't give your husband/partner space and cling too tightly, you might create a distressing situation for your loved one, 2- You may be perceived as `needy` by your husband/partner, and that is a `killer` for any relation after a while.



2. Not Being Present

Many people DON'T Press `PAUSE` Button to the chaos and day-to-day agendas while they're interacting with their partners.

Have you ever had your partner saying "uh-huh" or `yes, yes` when you were sharing something as they stared at their cell phone or even when you are not holding their phones?

Then you ask, "What did I just say?" and they look up in guilt, having no clue what you said, or reflecting only part of it.

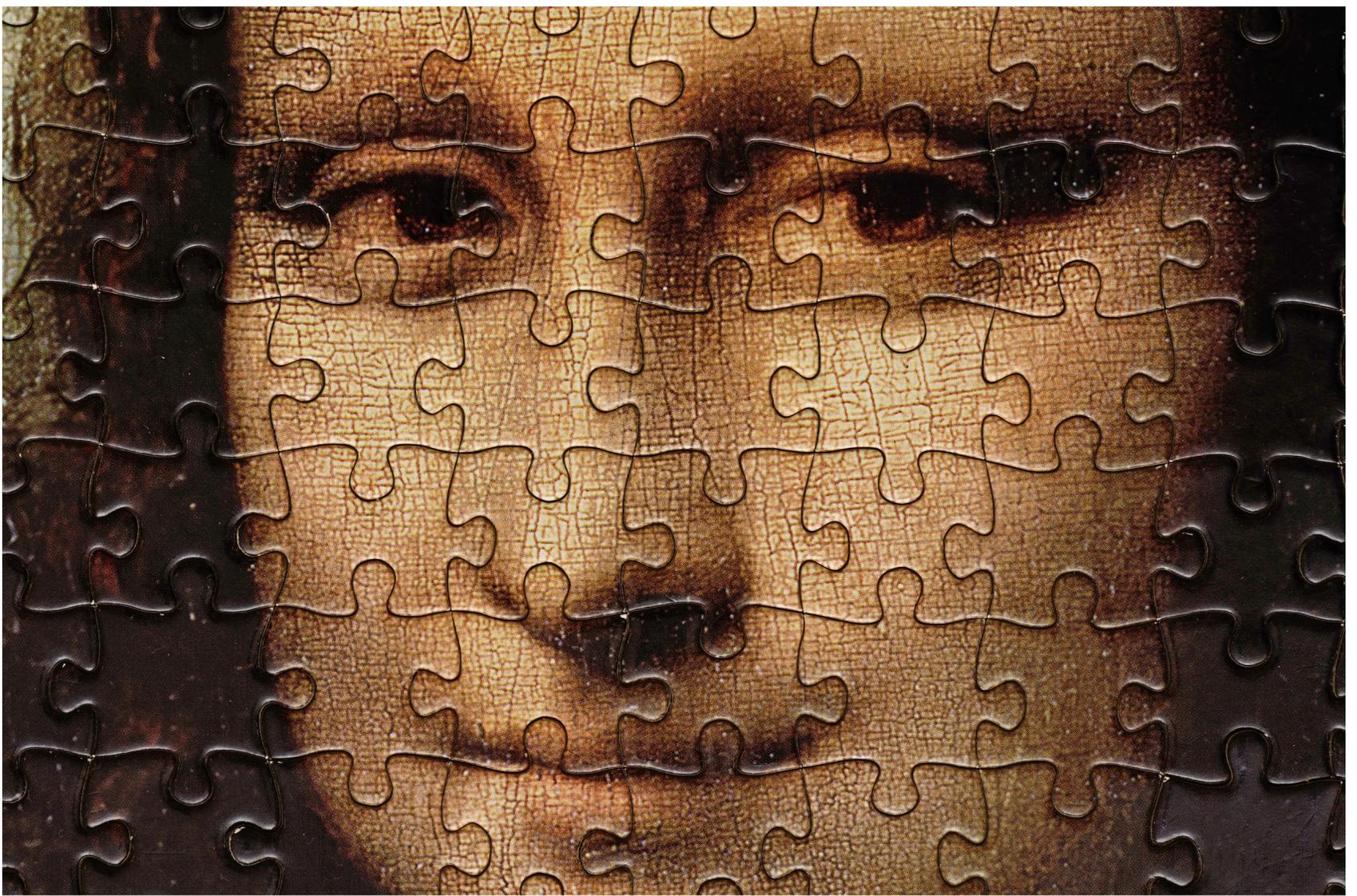
How about You? Maybe you are behaving in the same way and not even listening fully what your partner said.

The other person -talker- needs to feel they are listened, energetically supported and paid attention to when they're expressing themselves. Listening is fully concentrating on what is being said rather than just passively 'hearing' the message of the speaker.

A healthy and happy marriage requires presence. Being present means, you have an awareness of how you're connecting with another person. Focusing on the present is free of passing judgments, displaying an ego. There are no distractions nor agendas. In essence, being present refers to you are fully aware of providing a unconditional loving, undivided attention. Listening with all your senses is the core of being present and making your partner feeling valued, understood, and listened.

Why You should be the First when it comes to Listening Powerfully?

Your partner will be able to tell that your energy is with them and will return the same. Remember, being present is an `energy exchange` game. How much energy and attention into listening will be what you will get in return`



3. Looking for The Perfect

Perfection is an impossible outcome and a core vulnerability to chronic stress. Those who become preoccupied with it, set themselves up for failure and psychological turmoil.

Research by Curran and Hill (2016) shows there are 3 types of perfection and all are interrelated, and they lead to high levels of stress.

- **Self-oriented perfectionism:** Those who attach importance to being perfect, hold unrealistic expectations of themselves, and are highly critical of themselves.
- **Socially prescribed perfectionism:** Those who believe their social circle is excessively demanding, that others judge them harshly, and that they must display perfection to secure approval and avoid rejection
- **Other-oriented perfectionism:** Those who impose unrealistic standards on people around them and evaluate others critically."

Everyone can make mistakes and have their bad days or moments. There's no such thing as being happy and successful all the time. Don't be harsh to yourself and your husband/partner.

Remember perfection is a `dead-end` road, and you may even get lost on that road.

***There's no such thing as perfect.
Chasing "Perfect" is the shortest road to not achieving it.
- Gary Vaynerchuk***

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Relationship Mistakes Busy Women Make

Save your seat now for a totally free
"Me, My Happy Marriage, & My Professional Success"
-30 minutes Discovery Session- where we will work
together:

- Create a crystal-clear vision for `your happy marriage`, so you will know your destination, where you are heading, and what you need to do to make it happen
- Uncover hidden challenges that may be sabotaging your marriage, ability to make changes that last or that are slowing down your progress
- Leave this session renewed, highly energized, and inspires finally to achieve the change you seek – once and for all

**BOOK YOUR
SEAT NOW**

Due to my busy schedule, I can offer very limited number of spaces. This is a special probono for Valentine`s week.



4. `Half Empty` Syndrome

Our thoughts and feelings are skewed by what researchers call the negativity bias, which is our tendency to respond more strongly to negative events and emotions than to positive ones.

When we hear a mix of compliments and criticism, we mostly focus on the criticism instead of enjoying the praise. This imbalance, evolved in the brain because it kept our ancestors alert to deadly threats.

A slight conflict can have detrimental consequences when the power of negativity hijacks your sense of fair judgment, provoking you to actions that further irritate or alienate your partner.

Most people don't recognize the negativity bias in their relationships. Seeing negative side in other words the empty side of the glass while its other half is full with water, is building a negativity attraction nest around you that nothing positive will grow out of it. When you are in negative state of mind or emotions, then your primitive brain is activated and you are in the `Fight or Flight Mode` which means that there is no creativity, no effective decision making, and no powerful communications.

You need to become self-aware of your emotional states (negative vs. positive) and change the road of negativity to the positivity, letting yourself to think what may go well or happen rather than what may happen or go wrong.

**Your future is created
by what you do today
not tomorrow.**

ROBERT KIYOSAKI



5. Too much or Too Little `Me`

Without compromise, a marriage will crash and burn every time. You can't spend every day of your life with someone and expect to agree on everything all the time. We are built to be different. Different mindsets, standards, expectations, morals, etc.

According to some studies, satisfying and long-lasting relationships require partners are willing to sacrifice to some extent their own interests and desires for one another. However, sacrifice needs to be meaningful-authentic and generous-, and have a balance. That, thus means both partners need to learn to give (and to receive) on behalf of the relationship. So this is what we call This is what we call **compromise**.

When you sacrifice so much, in other words, when you give up most of your dreams, needs, and expectations - `operating at too little me mode`-, then it is a sacrifice not a compromise. This will lead to exhaustion, chronic stress and fatigue at the long-run. Because you are the over-giver, thereby your husband becomes the over-receiver. Giving and receiving should be in balance for a happy and healthy relationship.

“Everything, I do .. I do for you / for the relationship”: When you constantly give, then you will lose your credibility in a relation and you may sub-consciously be perceived by your husband as the servant not the equal Wife. Remember there are many decisions and actions that are taken without being totally aware of them, in other words taken by the subconscious mind - like daily routines-.

On the other hand, if you just mostly focus on just your needs, expectations, or what is happening to you or around you, then this `too much me`, in other words you are operating at the over- receiver mode and you expect, in a way, your husband to be over-giver.



If you have read so far, I have a special gift for you at the end.



6. No `Shield`

Having a bad day?

Feeling so stressed after work because of so many tasks and meeting?

Had a sleepless night?

Exhausted from the week and would like your husband to help with the children, but he seems to be busy with other thing?

When we experience or feel so, it is easy to pick a fight or an argument. When we're cranky and out of sorts, it's our responsibility to be aware of that and ask for some extra space, or find a way to take care of ourself. You need some space and time to recharge your energy otherwise you can not be fully present and constructive in your relationship.

Women have an especially difficult time stating their needs. Let your partner know it's a difficult day – he may step up and be more thoughtful and considerate than usual. Regardless of how much you want to think that your husband can read your mind, they can't. Don't make him play the guessing game. This is one of the most common relationship mistakes women make.

This is one side of the story. How about your husband/partner is the one complaining or nagging all the time? No matter what the argument might be, you have to try to find some common ground, and be able to come to a compromise on the subject. Before doing that, you need to be fully charged, and be in a calm and peaceful mindset. Otherwise, it will become an emotional ping-pong that your spouse will react, hijacked by negative emotions such as feeling irritable, confused, or nagging, while you are responding back with same emotions. If it seems that the discussion goes nowhere and you feel as if you are `attacked` then you need to leave that environment until you build a strong emotional shield to handle the issue.



7. On the Opposite Shores

-Avoid vs Control-

According to many studies, the number one of the main marriage killers is conflict avoidance. For many couples, approaching difficult conversations never end the way one or both spouses would like, so they try to avoid them.

Women who are low in conflict avoidance become more secure over time, and those high in conflict avoidance become less secure, as shown by research.

When you are avoiding discussing a potentially divisive topic with your husband because you do not want to lose them, or create some stressful situations you are avoiding conflict and putting the viability of communication in your relationship at risk, because it does not mean that the issues go away. The issues build on one another, like an avalanche harming relationships from the inside out, until you feel really exhausted or healthy option is to examine the viability of the marriage.

On the other hand, when handling a divisive topic, you may also think `I know how to do this. Let me take control`. Whether it's because you think you're right, or because you think his way of doing things are not right, or whatever the reason may be, that is not the healthy option. You can't tell him what to do. because you are not his `Commander`, You are his wife. His equal. It means don't try to control his every move. If you disagree on something, find a happy medium – suggest or ask about–

You may think why you should be the first embracing change in your relationship.

Positivity kills the seeds of negativity. It is shown by science that if you handle life's challenges with a more positive mindset, and less stress, you experience immediate and sustained improvements in both your wellbeing and performance.

Be the change you wish to see in the world."

Mahatma Gandhi

H A N G E

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Can 30 minutes Discovery Call make a significant impact on your personal life?

Hear from people who said **`YES`** to the Discovery Call:

"Thank you for your inspiring, insightful and energising coaching session! I really appreciate that you took time to establish my needs and personal goals before our session, and that you listened carefully to what I was saying.

I was amazed by how productive our session was and I found it incredibly useful. Your advice and insight have helped me to understand where I was spending unnecessary time and energy on completing tasks. The practical strategies you shared with me have given me effective methods for improving my efficiency and productivity, whilst also reducing my stress levels.

Thank you!

Best wishes and thanks again" JENNIFER GARDEN

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Best wishes and thanks again," Liga Grinberga

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