

THE EXTRA POINT

BY JERRY ROBERTS



1001 Relationships and the 5:1 Ratio – Part 1

Today, I will give you the key to making sure your relationships, at work and at home, are going to be in good, hopefully great shape. I'm Jerry Roberts and what's coming up is flat-out pure gold. That's next, on The Extra Point.

Would you agree that good, solid, happy relationships are the key to a successful life?

Researchers at Harvard set out to study this. As projects go, this was not a quickie. They followed 268 men for more than — get this — 70 years, to get to the answer of what is happiness?

The conclusion? Happiness is love.

The Beatles knew this, when they made the bold statement: *All You need is love*.

That said, it's tough to sit in front of a CEO and human resources manager, and pitch "love" as a missing piece in their training and development program.

Some people expect fancy courses, a whole bunch of metrics to support why they should move forward, and some kind of guarantee that this is the final piece to the puzzle. This is it — no worries from here on!

Then I tell them that Harvard wants more love. Oops. The thing is, Harvard is right.

Studies have shown that solid and caring work relationships improve job satisfaction and performance.

Having a good friend at work is a big help when stress is eating away at us. That we have someone we can talk with when the demands of the job are overwhelming, or the boss rips into us for the third time this week.

The other thing is to make absolutely sure that

in all of your most important relationships, you follow the "5:1 ratio."

If you're asking, "What's that?" — I had the same question.

I caught a piece from a lady named Polina Marinova, who publishes a newsletter called The Profile. She was just married and asked her readers for their best marriage tips. One person said, "Make sure your relationship follows the 5:1 ratio."

It comes from Dr. John Gottman, who heads up a research-centric practice that is all about creating better relationships, and who has the reputation of being able to predict — with 90% accuracy — which marriages will end in divorce.

Gottman says the marriages that survive use the 5:1 ratio method, whether or not they're even aware of it.

According to Gottman, "The difference between happy and unhappy couples is the balance between positive and negative interactions during conflict." He says the "magic ratio" is 5 to 1.

This means that, for every time you and your significant other get into it and things go badly, you need five or more positive interactions to balance it out. Tomorrow, we'll identify some of the negative stuff, what to do about it, and then we'll tie it into the workplace.

That's the Extra Point. Be responsible and make something good happen today. For 93.3 and the Ray Gibson Show, I'm Jerry Roberts.

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