



**JOHN MELNICK**

**RELATIONSHIPS**

Know When To Hold 'em

Know When To Fold 'em



My friend Piper and I send greetings to you. This message is about Know When to Hold 'em!



**RELATIONSHIPS**

**Know When to Hold 'Em,  
Know When to Fold 'Em**

In September of 2002, as part of my recovery, from a severe depression, suicide attempt, and six-week stay in a mental health ward, I needed to make some changes.

On the recommendation of my psychologist, I developed a plan, which included strategies to protect my mental health. A major part of the strategy is to review my relationships, both business and personal, on a regular basis.

For those friendships and associations that are working nicely, I am deeply grateful. I make sure to tell the other person in the relationship this. I often find people pleasantly surprised at my comment. It can strengthen a relationship and give it a positive boost. I believe relationships can become distant and

weak because we do not acknowledge their value or say that we appreciate what we do for each other.

Relationships that are not working fall into one of two categories:

1. There are those that can be fixed. I have fixed some of mine by speaking openly about what bothers me and asking the other person to do the same. With a little talking, negotiating, or making some trade-offs, things can be re-set and both people and the relationship benefit. We may find assumptions have been made on both sides or we may discover situations we did not know. If the negotiating doesn't work or the relationship cannot manage with this tinkering, then the next category may have to be considered.
2. There are relationships that cannot be fixed. They may have started on good footing and were at one point mutually beneficial and positive. But, but, but... Something changed and things may have run their course. It may be a result of differences that cannot be negotiated, power struggles, or uncompromising attitudes that become clear. But if the problem is creating more work and/or stress than it is worth, the relationship becomes toxic, and is better terminated.

Whether you determine a relationship is fixable or best terminated, weigh the pros and cons before you act. We all need others in our lives and good relationships are something to cherish. Whether you are fixing or acting "The Terminator," try to do so calmly and with respect for both yourself and the other person. Why not?



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