

7 Quotes to Help You Heal in Your Relationships

by Marc and Angel Chernoff

In moments of unexpected relationship stress and frustration, an uplifting reminder can make all the difference in your mindset. These quotes collectively serve as a healthy point of reference for life's inevitable interpersonal disappointments.

Truth be told, Marc and I personally reference them on a regular basis to bring perspective, shift our mindset, and cope with the unexpected conflicts we can't control....Perhaps they will help you too.

1. If you don't allow yourself to move past what happened, what was said, what was felt, you will look at your present and future through that same dirty lens, and nothing will be able to focus your foggy judgment. Realize this! What you do now matters more than what happened yesterday.
2. Always be kinder than necessary. What goes around comes around. No one has ever made themselves strong by showing how small someone else is. Everyone you meet is learning something, is afraid of something, loves something, and has lost something. Live by this! Be extra kind today.
3. Forgive yourself for the bad decisions you made, for the times you lacked clarity, for the choices that hurt others and yourself. Forgive yourself for being young and reckless. These are all vital lessons. And what matters most right now is your willingness to learn and grow from them.

4. Some chapters in our lives have to close without closure. There's no point in losing yourself by trying to fix what's meant to stay detached and broken. Take a deep breath. Inner peace begins the moment you challenge your attachments and decide to not let them control your emotions.
5. Be careful not to dehumanize people you disagree with. In our self-righteousness, we can easily become the very things we dislike in others.
6. Being kind to someone you dislike doesn't mean you're fake. It means you're mature enough to control your actions, and strong enough to calm your emotions.
7. People tend to be more thoughtful and kind when they have found a little happiness and peace of mind. And this speaks volumes about the people we meet who aren't very thoughtful and kind to us. Sad, but true. So let's just wish them well today, and be on our way.

And of course, if you're struggling with any of these points, know that you are not alone. We are all in this together. Many of us are right there with you, working hard to feel better, think more clearly, and keep our lives and relationships on track.

