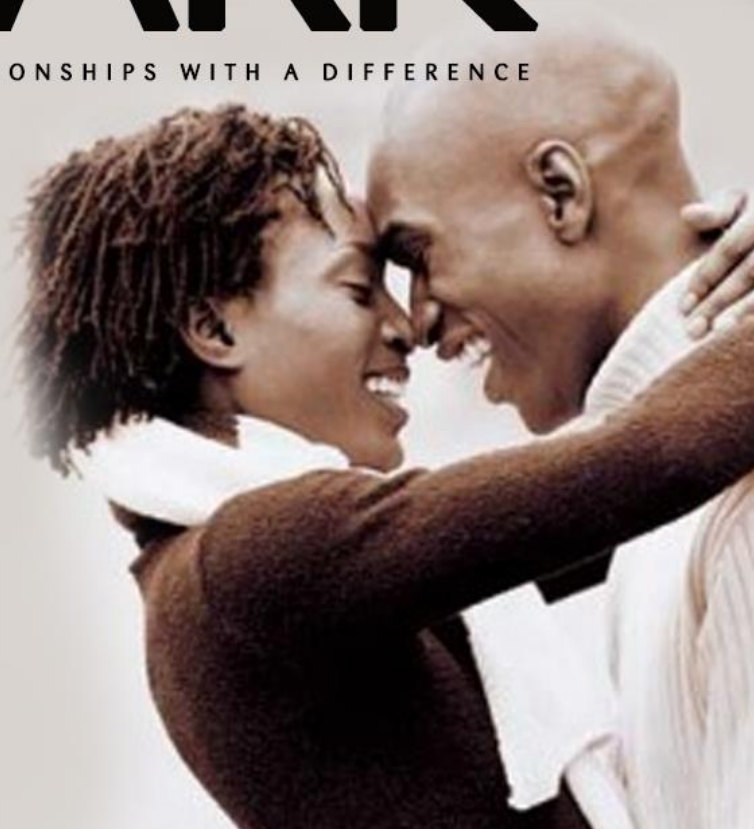


EMEKA ANSLEM

*Love*  
**PARK**

...RELATIONSHIPS WITH A DIFFERENCE



# LOVE PARK

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## **JUST BEFORE WE BEGIN...**

Haven observed several relationships in the past, I thought it would be wise to share some relationship thoughts I found very inciting. I trust you'd love what I've packaged here.

Have a good read!

**ALWAYS TAKE TIME TO DETERMINE...**

# **WHICH CATEGORY?**

A person who doesn't like you will eventually do if you pretend to be the kind of person he or she likes. This is why many relationships are full of pretense and not true love.

Don't try to impress a person because you want him or her to like you. Because the moment you stop impressing that person, the likeness would also stop, then you'd feel frustrated and cheated.

I can easily pretend to like any lady, particularly if she possesses something I desire. Some men even go as far as marrying the lady and eventually divorce her when he gets what he wants. I'm going to blame some ladies on this matter, because they don't do their homework well.

Everyone that will ever like you in life will either like you for a reason or for a season. Those who give you candid reasons why they like you may last forever, but those who like you for a season will never bond with you beyond a season. So before you give out your heart, always determine the category.

WATCH OUT FOR...

# THOSE PHONE CALLS

A person who hardly return your phone calls doesn't want to be called. I can assure you, if he or she wants to talk to you, he won't hesitate to call you.

Your numerous phone calls doesn't really show how much you like him or her; it would only make you vulnerable to emotional attacks if he or she doesn't pick or return your calls.

Consistent phone calls have been a major tool for most men. They call the lady they admire till she eventually falls for them. And most ladies often fall for this trick.

Ladies should know this; the multitudes of his phone calls doesn't really mean he cares for you, especially when his calls are not productive.

You can't see a man's heart through the phone, but through his mind. Don't fall for what he says from his mouth; rather, fall for what he does from his mind. The mind of a man has a direct link to his heart; if you want to know what he has in his heart, test his mind.



**YOU NEED TO ANSWER THIS ONE QUESTION...**

# **WHAT'S YOUR DREAM?**

Don't date a person if you don't believe in his or her dreams. I hardly relate with ladies who can't see what I see, even after I've explained to them. The truth is; if she can't see what I see, she'd say things that are contrary to what I see, and that would definitely break our relationship.

Good words preserve every relationship, but it's not every good word that is a right word. You may have said a good thing to your partner, but the good thing you said may not yield right fruits in the heart of your partner.

If your partner has a sensible dream, I see no reason why you shouldn't support him or her. As a matter of thoughts, you'd be selfish if you don't.

Let your relationships be dream motivated. It's one of the surest ways to make the most of any relationship. A relationship where either sides do not have a dream will never see the light of day.

As a lady, always ask your man about his dreams and goals, and see how you can help him accomplish them. And as a man, you must understand that ladies also dream big, do all you can to support them.

**ALWAYS REMEMBER THAT...**

# **SECRETS DON'T HELP**

Secrets won't make a healthy relationship. Secrets are like seeds in the soil, and time is the water and nutrient that it needs to grow. The more you keep secrets, the more it grows. And a time will come when you'd no longer be able to hide it.

Some seedlings shoot their root deep into the ground before they shoot out to the surface. That means it would be difficult to uproot such a plant. And even if you try, you'd deface the ground.

Some secrets are like that; it's always difficult to live without the guilt when unveiled. This is why many people commit suicide.

I see no reason why I should hide an act that would eventually be unveiled. Problems are best solved when they're shared early. A partner that would leave you to your problems will eventually leave you, whether you keep secrets or not.

Remember to always handle your past without regrets, and face your present with confidence. Life is sweet, if you know how to live.

STAGNATION OCCURS WHEN WE DON'T...

# THINK GROWTH

Be growth minded! Don't watch your partner get all the education and still believe that he or she will want to remain in a relationship with a mediocre.

I'm particularly skeptic about ladies who do not know how to handle matters intelligently. What's the use of the beautiful face if she doesn't have a beautiful mind?

Love has capacity to endure faults for a long time, but when these faults are not corrected,

it gives up. Love never fails, but it can become stern. A poor mindset would most definitely make your partner to dislike you over time.

If you want to keep your partner, then you must consistently develop yourself. Being in a relationship is more than being affectionate for one another, it is more about discovering trends that would keep you and your partner ahead of times. You really don't have a good relationship if you can't find any notable change between you and your partner.

**MANY PEOPLE FAIL TO UNDERSTAND THAT...**

# **MISTAKES ARE PART OF IT**

Nobody is above mistakes. As a matter of thoughts, you won't make the most of any relationship if you don't learn how to live with your partner's flaws.

Relationships are more enjoyable when both sides always invest on their strengths and blame no one for their weaknesses. If you want your partner to change, then you must initiate the change process.

I don't have to nag on my partner for the things she does wrong, no! I just need to show her reasons why she needs to change her ways. Love is more of showing than saying.

What you show your partner in love may keep him or her with you forever. But a display of grief would only create a barricade in your hearts.

Be happy with your partner, despite his or her flaws. Remember to always face your pasts without regrets, and handle your present with confidence, life is sweet if you know how to live.



# THE EMOTIONAL BANK ACCOUNT

{LESSONS FROM STEPHEN COVEY'S 7 HABITS OF  
HIGHLY EFFECTIVE PEOPLE }

We know what a financial bank account is. We make deposits into it and build up a reserve from which we can make withdrawals when we need to.

An emotional bank account is a metaphor that describes the amount of trust that has been built up in a relationship. In the financial bank account, I build my reserve by depositing money. But for an emotional bank account, we make deposits through kindness, courtesy, honesty, keeping our commitments to one another. The more I make these deposits, the more I gain your trust.

When I've gained enough trust, I can make withdrawals at will. I can easily gain your trust over anything. No matter what I do to you, you won't make me an offender when the trust level is high.

But if I have a habit of showing discourtesy, disrespect, cutting you off, overreacting, ignoring you, becoming arbitrary, betraying your trust, threatening you, eventually, my Emotional bank account would be overdrawn.

The moment my emotional bank account is overdrawn, the trust level gets very low. I'd also begin to live with tension. I'd have to be very careful with everything I say, and measure every word. This flaw has become the undoing of many organizations, families and marriages.

If a large reserve of trust is not sustained by continuing deposits, a marriage will deteriorate. Our most constant relationships, like marriage, require our most constant deposits. In a financial bank account, your old deposits may remain; but in an emotional bank account, old deposits evaporate if expectations are not met.

## **DEPOSITS THAT BUILD THE EMOTIONAL BANK ACCOUNT:**

### ***1. Understand the Individual***

Seeking to understand another person is probably one of the most important deposits you can make. As a matter of thoughts, it is the key to every other deposit that I'd be sharing in these series. And this is because,

what might be a deposit for you may not be perceived by someone else as a deposit at all. It might even be perceived as a withdrawal, if it doesn't touch the person's deep interests or needs.

One person's interest is another person's minutia. To make a deposit, what is important to another person must be as important to you as the other person is to you. For instance, you may be working on a high priority project when your child interrupts with something that seems trivial to you, but it may be very important from his own point of view. By accepting the value he places on what he has to say, you show an understanding of him that makes a great deposit.

There's this story about a college professor, who had a terrible relationship with his teenage son. This man's entire life was essentially academic, and he felt his son was totally wasting life by working with his hands instead of working to develop his mind. He was constantly on the boys back, and the boy lived with the feeling of rejection. Their relationship was turning sour, and it was breaking the father's heart. When he understood this Deposit, he engaged his son to build a miniature Wall of China around their home. It was a consuming project, and they worked side by side for over a year. That singular act of the father increased the desire of the son to develop his mind, which became a major benefit to both the son and the father.

## ***2. Attend to little things***

Kindness and courtesies may sometimes appear little; but they're always so important. Small discourtesies, little unkindness, little forms of disrespect usually make large withdrawals. In a relationship, the little things are the big things.

Stephen Covey shared an experience on how he spent an evening with his two sons. He took his sons to watch gymnastics, wrestling matches, and movies. He also fed them with their favourite snacks and drinks. The younger son slept off while in the movies and didn't wake up - even after the movie had ended. Their father had to carry him to the car, and laid him on the back seat. He also took off his coat and covered him with it - just to protect him from the extremely cold weather.

When they got home, the eldest son quickly undressed and went to his bed with a sad countenance. Stephen went to his room - hoping to have a good conversation with him. And when he tried to talk, he noticed that the boy's eyes were welling up with tears. He asked the boy what had happened; and surprisingly, the boy responded saying "Daddy, if I were cold, would you put your coat around me too?".

People are very tender and sensitive inside. And your age or experience can't override this truth. Even if your heart is as tough as a rock, you'd still have a soft spot.

### ***3. Keep Commitments***

Keeping a commitment or a promise is a major deposit; breaking one is a major withdrawal. There's probably not a more massive withdrawal than to make a promise that's important to someone and not fulfill it. The next time a promise is made, they won't believe it.

People tend to build their hopes around promises, particularly promises about their basic livelihood. I've tried to adopt a philosophy as a person - never to make a promise I don't keep. And if I must make a promise on something I've never done, then I'd try to make it carefully. I'd be aware of all the variables and contingencies attached to the promise - so that something doesn't



suddenly come up to keep me from fulfilling it.

Occasionally, despite all my effort, the unexpected does come up, creating a situation where it would be unwise or impossible to keep a promise I've made. To be candid, I value every promise I make. But when I can't keep them, I quickly explain the situation thoroughly to the person involved and ask to be released from the promise.

I believe that if you cultivate the habit of always keeping the promises you make, you'd build bridges of trust that span the gaps of understanding between your relationships.

#### ***4. Clarify Expectations***

The cause of almost all relationship difficulties is rooted in conflicting or ambiguous expectations around roles and goals. Unclear expectations will always lead to misunderstanding, disappointment, and withdrawal of trust.

Many expectations are implicit. They haven't been explicitly stated or announced, but people nevertheless bring them to a particular situation. In marriage, for example, a man and a woman have implicit expectations of each other in their marriage roles. Although these expectations have not been discussed, or sometimes even recognized by the person who has them, fulfilling them makes great deposits in the

relationship and violating them makes withdrawals.

That's why it's important to get all expectations out on the table whenever you get into a new situation or relationship. People will begin to judge each other based on those expectations. And if they feel like their basic expectations have been violated, the reserve of trust is diminished. We create many negative situations by simply assuming that our expectations are self-evident and that they are clearly understood and shared by other people.

This deposit is to help us make our expectations clear and explicit in the beginning. When expectations are not clear and shared, people begin to become emotionally involved and simple

misunderstandings become compounded, turning into personality clashes and communication breakdowns.

## ***5. Show Personal Integrity***

Personal integrity generates trust and is the basis of many different kinds of deposits. Integrity includes but goes beyond honesty. Honesty is telling the truth, integrity is keeping promises and fulfilling expectations.

One of the most important ways to manifest integrity is to be loyal to those who are not present. In doing so, we build the trust of those who are present. When you defend those who are absent, you retain the trust of those present.

Suppose you and I were talking alone, and we were criticizing our supervisor in a way that we would not dare to do if he were present. Now what will happen when you and I have a misunderstanding? You should know I'm going to be discussing your weaknesses with someone else. That's what you and I did behind our supervisor's back. You already know my nature; I'd sweet-talk you to your face and bad-mouth you behind your back.

On the other hand, suppose you were to start criticizing our supervisor and I basically told you I agree with the content of some of the criticism and suggest that the two of us go directly to him and make an effective presentation on how things might be improved. Then what would you know I would do if someone were to criticize you to me behind your back? Treat everyone with

the same set of principles; and as you do, people will come to trust you.

## ***6. Apologize Sincerely When You Make a Withdrawal***

When we make withdrawals from the Emotional Bank Account, we need to apologize and we need to do it sincerely. Great deposits come in the sincere words like;

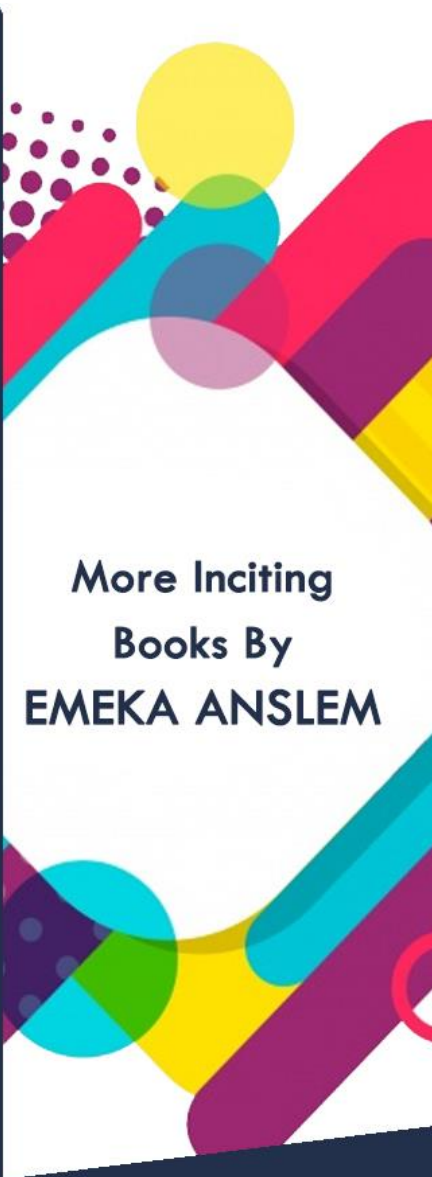
"I was wrong, That was unkind of me, I showed you no respect, I gave you no dignity - I'm deeply sorry, I embarrassed you in front of your friends and I had no call to do that - even though I wanted to make a point - I never should have done that - I apologize".

It takes a great deal of character strength to apologize quickly out of one's heart rather

than out of pity. People with little internal security can't do it. It makes them too vulnerable. They feel it makes them appear soft and weak, and they fear that others will take advantage of their weakness. Their security is based on the opinions of other people, and they worry about what others might think. In addition, they usually feel justified in what they did. They rationalize their own wrong in the name of the other person's wrong, and if they apologize at all, it's superficial.

I trust you've enjoyed this little book. God bless you, I love you, and don't forget to share this book with a friend.

- PUTTING GRACE UNDER PRESSURE
- HOW TO RECEIVE YOUR DESIRED  
MIRACLE
  - COLOR IN WILDERNESS
  - THE BAIL OUT PLAN
  - WHERE ARE THE YOUTHS?
- HE BLESSES OUR BREAD AND WATER
  - WHERE THERE IS NO VISION
    - FOCUS
    - ACADEMIC DRIVE
- LEARN HOW TO FIND YOUR PURPOSE
  - MOTIVATING RIGHT EDUCATION
    - THE TIME IS NOT ENOUGH
    - A NEW CONFIDENCE
      - INTO THE DEEP
    - OVERCOMING DEPRESSION
  - TIMELY NOTES 30-DAY DEVOTIONAL
  - I COULDN'T FIND A SILVER SPOON
    - ANSLEM'S FAITH BOOK
  - NOW THAT YOU'VE BEEN  
ENTHRONED
    - THE GREAT ADVANTAGE



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I am Emeka Anslem, the privileged writer of Timely Notes Daily Devotional, Founder of In-spirited Writers Training School, and President of The Solutionists. I received a divine call to be a teacher in April 2013, with an assignment to "Add value to lives by bringing knowledge to the people". By His grace, I've committed my life to this assignment, and I'm always willing to add value to lives.

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