

# RELATIONSHIP COUNSELLOR

## JOY BALL

Joy has supported many couples and individuals over the years providing professional support, guidance and customised strategies which are all designed to support her clients in building happier and more sustainable relationships.



## CONTACT INFORMATION

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## 3 / HOW

### FINALLY FINISH WITH YOUR HOW'S

- How are we going to manage difficult and challenging conversations?
- How am I going to express my feelings and/or concerns openly with my partner?
- How am I going to manage my stress and anxiety levels whilst renovating?
- How am I going to support my partner during this process?
- How are we going to divide up our general daily responsibilities, including the kids (if applicable)?
- How are we going to find time to connect and have meaningful conversations, such as;
  - How are we doing right now?
  - How are you doing?
  - How am I doing?
  - How is this going for both of us?

## RENOVATION RELIEF

One of the biggest challenges today for many couples who are renovating is that they put the renovations ahead of their relationship. It is important you have an open conversation before you begin to eliminate unrealistic expectations and assumptions.

Below is a list of questions that will help you start the conversation rolling...

### 1 / WHY :

#### FIRSTLY, ALWAYS START YOUR CONVERSATION WITH YOUR WHY'S?

- Why do I want to do this and why is it important for me?
- Why do we as a couple want to renovate our home?

### 2/ WHAT

#### Next identify your what's?

- What are my concerns surrounding the renovation?
- What are the benefits of renovating?
- What will our budget be? (Tip: add 20% for unexpected costs!)
- What emotional support will I need from my partner during the process?
- What physical support (refer list below) will I need from my partner during the renovations?
- What do we each need to do during this process to keep our relationship strong?
- What are my expectations of my partner during the renovations?
- What are my partners expectations of me during the renovation?