

THE HAPPINESS INSTITÜTE

Happiness and Building Positive Relationships

At The Happiness Institute we believe very strongly that happiness is something you "CHOOSE" (see the CHOOSE philosophy handout in the Free Resources section of our website) where "choose" is both a philosophy of self-responsibility and an acronym for the six key strategies we coach.

Within this acronym, the second "O" stands for "Others", or all the relationships in our lives, and there's absolutely no doubt that happy people have both more and better quality relationships.

Further, we also believe that good quality, positive relationships are based on "SUPPORT" which once again, is a belief and an acronym or model because each of the letters in "SUPPORT" stands for key relationship concepts. These are:

- S** = Strengths (look for them in others)
- U** = Unconditional Positive Regard
- P** = Purpose (what is the purpose of this particular relationship?)
- P** = Praise and Positivity (give it as much as possible)
- O** = Open Communication
- R** = Respect
- T** = Trust

At The Happiness Institute we've helped thousands of people use and apply this "SUPPORT" model in numerous and varied situations including personal and intimate relationships (such as those between husbands and wives, boyfriends and girlfriends) as well as in the workplace, especially with groups of employees in which collaboration and team-work is vital.

There's no doubt this model works but like anything, you need to make it work by practicing the component parts and by tailoring it to suit you individual circumstances.

If you'd like to know more you should visit our website and/or consider Dr. Sharp's book ("The Happiness Handbook"), our happiness workbooks, our coaching and courses or even our corporate, "Happiness @ Work" programs.

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