

*Instruction
Book for
Healthy
Relationships*



Karen Maloy, Ed.S.

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Mutual Blessings
PO Box 12854
Huntsville, AL 35815
Phone: 315-657-3648
kmaloy@mbsuccessstrategies.org
www.mbsuccessstrategies.org

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By

Karen Maloy, Ed.S.

*New beginnings do
not happen by
accident. One has to
make a conscious
decision and effort to
succeed.*



*You cannot give your
heart to someone new,
until you close the
previous chapter.*



*You cannot reason with
or rationalize ignorance.
You can however, erase
it with knowledge.*



*For a relationship to be
fully functioning and
balanced, a couple must be
emotionally, financially,
intellectually, sexually, and
socially matched.*



Strongholds cannot be broken, until we stop looking at how others have hurt us, but begin to look at how we may have hurt others.



*The words “I love you”
devoid of loving
actions, is NOT love
but manipulation.*



*The individual who
believes they know it
all, have just proven
that they still have
much to learn.*



*Many times you do not
understand the reason
for the warnings, until
after you have failed
to heed them.*



*Get used to the fact
that the one thing
which is of most
importance to you,
may not be the most
important thing to
your mate.*



*Don't waste your
time on anyone who
is not interested in
wasting their time
on you.*



*It isn't enough to say that
you are in a relationship,
you have to participate in
it.*



*At the core of every
relationship is
communication. If you are
not communicating, what
you have, cannot be
categorized as a
relationship.*



*Actions speak louder
than words. If they say
that they want you and
their behavior does not
support it—then they
do not!*



If you have to keep reminding them about your love language and they still don't comply, they either don't understand about the relevance of or don't care. In any event, it may be time to move



*It's not much to ask to
be valued and
appreciated. However
if you are not, perhaps
it is time to consider a
new relationship.*



*There is a distinct difference
between people who don't
know what they don't know,
and those who know what
they don't know and don't
care. The latter are in
denial.*



According to Merriam-Webster's dictionary, a pet is a domesticated animal kept for pleasure, rather than utility. You should not be treated like one.



*It is not enough to be
pursued. You want to be
pursued by the “right”
person.*



*If they are not pursuing
you, they do not want
you. If they are only
pursuing you
occasionally, they are
only using you.*



*In a relationship, you get
what you cultivate. If you
don't like the results, take a
look at what you're doing.*



*It is irrational to
think that someone
else can you give
what you are not
willing to give.*



*If they are not
grateful to have you,
they do not deserve
you.*



*Do not forget
that the “ex” is
an “ex” for a
reason.*



*Mistakes are a
necessary fact of life.
If one does not admit
(and face) their
mistakes, they are
failing to accept their
imperfections.*



*Be careful with
what you do in
secret, over time it
will no longer be a
secret.*



*Be honest about the things
that you do not have grace
for, or they will be the
demise of your relationship.*



*A healthy relationship
can not be built upon
an unhealthy
foundation.*



*You can't make anyone
appreciate you; they
either do or they don't!*



*Maturity has nothing
to do with age. Sadly,
one can be just as
immature at 55 as
they were at 15.*



*To have a healthy
relationship, one must
be committed to
having a healthy one.*



*You happiness should
not be based upon
someone else. If you
are not happy before
them, chances are,
you won't be happy
after them.*



*Anything that you do
not address in the
dating stage of your
relationship, will
continue in the
marriage stage of
your relationship.*



*Do not enter a
relationship with your
eyes closed. It won't
take long for your eyes
to be opened.*



*After you get married is
too late to find out what
you have to live with.*



*Anything you refuse
to acknowledge when
you are dating, you
will be stuck with
when you are
married.*



*Focus less on their
imperfections, and
more on what
yours are.*



*Ask not what they
can do for you, but
focus instead on
what you can do
for them.*



*Selfishness is not a
virtue, nor a good
life partner.*



Instruction Book for Healthy Relationships

*A heart should only be given
freely to someone who
knows how to care for it.*



MB Success Strategies

*If you are not sure of
what you want in a
relationship, rest
assured you will end up
with someone just like
you.*



*When we consider how
we make others feel, we
position ourselves to
become better.*

