

The Weekly Skillet

Serving Up New Choices For Your Life!

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The Main Course



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Creating Healthy Relationships!

The foundation of Life Skills U is a series of educational programs called Stop 'N Start. This series is called Stop 'N Start because in order to have freedom, we must STOP doing what is not working in our lives and START doing what will. In this educational process, we examine the **learned** patterns or relating to others that cause stress and conflict in all of our relationships.

The Stop 'n Start Learning Process™ will give us the tools to identify the specific perceptions, thinking, attitudes, and behaviors that cause stress in our relationships.

This proven technology will accelerate the process of unlearning and re-learning. This will allow us to STOP the attitudes and behaviors that cause stress and START those that make relationships successful and fulfilling. [Click for details.](#)

We will look at the core attitudes and behaviors that result in stress:

- Emotional Immaturity
- Passive-Aggressive Control
- Victim Thinking
- Excessive, Compulsive, and Addictive Perceptions and Behaviors

These learned behaviors cause us stress because **they stunt** the development of Self-Identity and Self-Esteem. The lack of Self-Identity and Self-Esteem are at the very core of conflicts and stress in our relationships.

The Stop 'n Start Learning System™ is based on the belief that stress is not a problem to **solve**, but an opportunity to **resolve** behaviors. Resolution of stress in relationships starts by replacing:

- Immaturity with Maturity
- Passive-Aggressive Control with Empowerment
- Victim Thinking with Personal Power
- Addiction with Self Control

When these learned behaviors are resolved, we are able to create:

- Family and personal relationships based on attention, respect, and appreciation
- Organizational relationships based on the exchange of creativity, compassion, and support

The journey towards resolving stress and conflict begins with letting go of the **illusion of inequality**.

When we do this, we do not have to “work at” healthy relationships, **they just happen**.

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