



Four steps to a better you

There are four pillars of any personal human relationship, writes **Neil Patel**. Just remember the C-PUF technique:

C is for Calmness

We should all surround ourselves with calmness when dealing with each other. No matter how we are treated we must not respond with aggression, accusation, or ill-manners. If we are disappointed or otherwise upset by a person, we must stay calm. Calmness is our first line of defence in this world.

P is for Patience

We should remain calm and polite in spite of any difficult personal situation. Do not try to fight fire with fire. If you are unhappy with how a person has treated you, do not respond until you have control of your heart, mind, and tongue. We must never speak out of distress, pain, hurt, anger, impatience, nervousness, or pressure. We must calm down and think.

U is for Understanding

Whilst being patient, give yourself time to consider and contemplate the other person. Think about why they are abusing you – or why they appear to hurt you. Are they themselves happy? Have they experienced something negative? Do they have peace? Are they healthy? Are they wise? Do they mean to hurt you? What are they going through, and what have they been through? Finally, honestly consider what corrections you can make to your own behaviour to stop these things happening. But do not abuse yourself by blaming yourself unnecessarily, be fair to yourself too. Understanding is standing under a person's skin – and seeing things from their perspective.

F is for Forgiveness

After being calm and patient despite being mentally or emotionally hurt, after taking time to understand the other person, you will begin to feel empathy and sympathy for them, for where they are in their life and for who they are. At this point you will feel it is easy to forgive them, and move on. If a person repeatedly harms you despite you calmly explaining to them how you feel, you may do two things. Either you move away from that particular relationship – or continue to give greater amounts of love until the other person changes themselves.

Neil Patel runs Chi Kri Yoga (www.chikri.com)

