

Relationship Success February 2026



A Valentine's Reflection on Relationship Success

Tomorrow is Valentine's Day.

For some, that means flowers and celebration.

For others, it means longing.

For some, it brings comfort.

For others, discomfort.

But Valentine's Day quietly raises a deeper question:

How are you showing up in your relationships — including the one you have with yourself?

And relationship does not only mean romantic love.

It means:

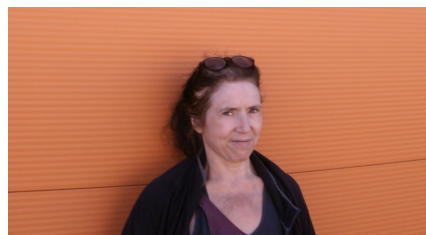
- The way you speak in meetings.
- The way you respond to family.
- The way you connect with friends.
- The way you navigate authority.
- The way you sit with yourself when no one else is present.

You don't have to be partnered for this to matter.

You simply have to be in relationship — and we all are.

Hi I'm Dr. Barbara

a Relationship Success Coach out of Amsterdam, the Netherlands. I'm an American academic who has taught at universities for decades in the U.S. and Europe, with a focus on online and in-person instruction in topics such as AI, Identity, Life Writing, Communications, Fiction, and Trauma. A year ago I brought my expertise to the practice of coaching, and I've never looked back. I think creating a continuity of presence is the key to connecting and the success that brings happiness.



The Quiet Drift

There's a kind of relational tension that doesn't look like conflict.

No argument.

No betrayal.

No dramatic event.

From the outside, everything appears steady.

And yet — inside — something feels slightly smaller.

You leave a conversation replaying what you said.

You notice you explained yourself more than you needed to.

You feel a subtle tightening when the other person speaks with certainty.

You adapt quickly — and only later realize you didn't actually agree.

Nothing exploded.

But something shifted.

Often, what shifted was your internal continuity.



Facebook



Website

Even Good Relationships Stretch Us

A relationship does not have to be unhealthy for this to happen.

In fact, it often happens in relationships that are growing.

When intimacy deepens.

When expectations increase.

When roles evolve.

When one person changes faster than the other.

Growth can temporarily feel like misalignment.

And misalignment does not automatically mean "leave."

Sometimes it means:

Pause.

Notice.

Return to yourself.

Relationship Success is not about having a perfectly aligned partnership.

It's about noticing when continuity with yourself begins to thin — and restoring it gently.

Connecting without Losing Your Self

Self-loss rarely feels dramatic.

It feels responsible. Loving. Cooperative.

It happens when preserving connection becomes more important than preserving internal steadiness.

Through love.

Through loyalty.

Through care.

Through wanting harmony.

You remain connected.

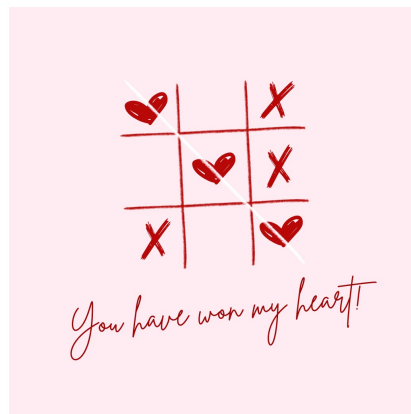
But something inside feels less coherent.

And over time, you might feel:

- Slight resentment
- Fatigue after certain conversations
- Clarity alone but confusion together
- A sense that you are present — but not fully there

This is not a failure.

It is an invitation.



Valentine's Day as a Pause

If tomorrow brings celebration, enjoy it.

If it brings longing, honor that too.

But regardless of your status, you might ask:

Where am I fully present in my relationships?

Where do I subtly edit myself?

Where does connection strengthen my internal continuity?



Where does it thin it?
You don't need to fix anything.
Just notice.

Journal Reflection and Exercise

Journal Reflection

Set aside 10–15 minutes and reflect:

1. In which relationship do I feel most like myself?
2. In which relationship do I feel slightly smaller?
3. When do I speak from steadiness?
4. When do I adapt before I even realize it?
5. What does internal continuity feel like in my body?

No judgment.

Just awareness.

◇ Practice Exercise: The Continuity Check

In your next conversation — romantic or otherwise — pause for five seconds before responding.

Ask yourself:

Am I about to speak from myself?

Or from fear of losing connection?

You may still choose harmony.

But let it be a choice, not a reflex.

That pause begins to restore continuity.



An Invitation

This Valentine's week, I'm opening space for deeper exploration.

I offer:

- Free Relationship Success workshops
- Reflective coffee hours
- Free short courses
- A free Skool community
- Free discovery calls for meet and greet

These spaces are not just for couples.

They are for anyone who wants to strengthen how they remain present with themselves while in connection with others.

You don't have to be in a love relationship.
You don't have to be in crisis.
You don't have to have everything aligned.

You simply have to be willing to notice.

Because Relationship Success is not about perfection.
It's about maintaining internal continuity — even as love, work, friendship, and identity evolve.

For more navigation of my Relationship Success world go to my website www.DrBarbaraforSuccess.com and consider free entry into my community: <https://www.skool.com/ciccarelli-coachingconsulting-4905/about?ref=ac89acdf8c244d01b8ad65b85bb70cde>

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Deze e-mail is verstuurd aan {{email}}. • Als u geen nieuwsbrief meer wilt ontvangen, kunt u zich [hier afmelden](#). • Voor een goede ontvangst voegt u barbara@drbarbaraforsuccess.com toe aan uw adresboek.

