

SHOW UP

THE LIFE-CHANGING POWER OF BEING THERE FOR YOUR LOVED ONES



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Introduction



We all go through tough times. Fortunately, that is often balanced out by many reasons to celebrate. Whether we want to celebrate or need a shoulder to cry on, it's nice to know that our loved ones are there for us.

Are you there for them?

You might be taken aback by that question. In your mind, you will definitely do anything for the people you care about when they need you.

That's what friends are for, after all!

You will give your time, energy, love, and anything else needed when a loved one reaches out.

However, what if the people you care about don't ask you for help?

In other cases, you care about someone so much that you might not give them what they actually need. You act quickly because of compassion and concern, and while you think you are helping, maybe some other efforts could have produced better results.

You are probably good about being there for your friends when they are grieving or experiencing other negative emotions. However, that's not the only time you can show them they're important. Letting them know you care is also appropriate when they are celebrating some great experience or wonderful news.

This report can help you provide whatever your friends need from you, in good times and bad.

You will discover that being there to celebrate good times is just as important as supporting them through tough times. You get specific examples of how you can be a reliable person who always provides whatever emotional support is needed.

You'll see that the benefits of being supportive are shared by both you and your loved ones. We'll discuss some barriers that may hold you back from being there when needed. Then you get proven strategies for overcoming anything that stands in the way of you letting your loved ones know they are so important to you.

Let's get started by defining what showing up really means.