

14TH EDITION // GROWTH

# TYRO TIMES

## REBUILD YOURSELF

### **RESOLVING CONFLICT**

Tools to build a better you

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**AND MUCH MORE...**



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## LOVED ONE IN PRISON?



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THE TYRO TIMES FALL EDITION 2020



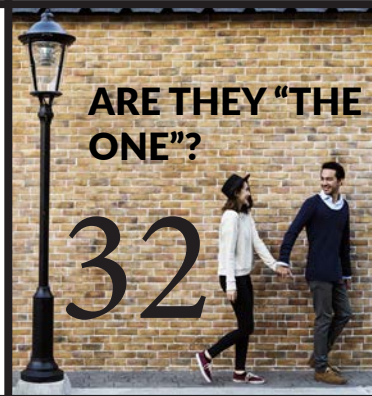
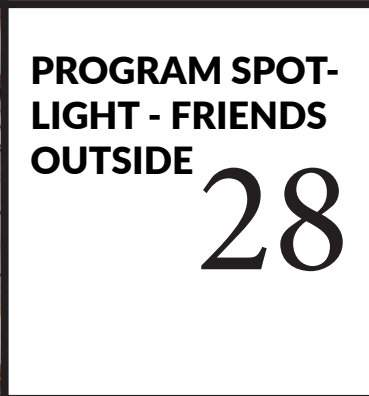
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RESOLVING CONFLICT



**\*BONUS:** Page 25 Fall Word Search - answers on page 35

“ If you have the ability to love, love yourself first. ”  
- Charles Borckowski

# FIRST WORD

A special greeting from the founders of TYRO, Ron & Catherine Tijerina



Dear TYRO family,

What a crazy season of life! Life has changed for all of us since March in unprecedented ways. Change always brings stress with it. Disruption has a way of pulling our real character out of us. Frustration, disappointment, and loss of control can lead to depression if you are not intentional about facing it and working through the issues each day. In the face of adversity, you must become resilient.

Resiliency is the power to keep going despite the challenges you face. The more you face and overcome, the more resilient you become. I like to think of building resiliency as a result of my courage workout. The more courageously I encounter obstacles, the stronger I become. Over time, I am more prepared. I come to face adversity and find the opportunity amid the difficulty.

During this unprecedented season of life, you need to focus on becoming stronger and more capable of navigating challenges. Courage is only required in the face of danger and uncertainty. Those words definitely apply to our world today. You have an incredible opportunity to build your resiliency by courageously facing each new day with the anticipation of victory over any issue that arises. The more consistent you are in facing everything and recovering, the more resilient you become. As you become more resilient, you are taking the power of challenges in your life. You are taking control of your own destiny.

It is frightening to lose control over your own life. COVID19 and the unrest across our country can fuel fear and stop you from reaching your goals if you focus on it. You must intentionally focus on finding ways to achieve your dreams despite the obstacles in front of you to destroy fear and replace the fear with resiliency. Practice makes permanent. So, the more you practice self-regulation to bring your fear into captivity, the more you release courage, and the more you build resiliency.

The more resilient you are, the more likely you are to achieve your goals.

Here are some tips to help you activate courage in your life that produces resiliency:

1. Put your goals on paper.
  - Yes, I know you have heard this phrase a thousand times, but it is true. Until you put it on paper, you will not be motivated by your goals.
2. Wake up every day with a plan to accomplish just ONE THING that moves you closer to your goals.
  - If you do more, great! But the one thing is non-negotiable.
  - Acknowledge your fears by focusing on self-awareness. You must take the time to identify what is causing you to feel anxious or fearful. Once you recognize it, you can manage it. If you continue to ignore those feelings, they will dictate your life.



Take advantage of the challenges you are facing. They can inspire exponential resiliency if you are consciously looking for ways to confront the fear and anxiety in your life to build a new legacy. Exercise courage. Build resiliency. Achieve your dreams.

We are Rooting for you-  
Ron and Cathy

### 3. Face your fears.

- We use the acronym for FEAR- FACE EVERYTHING AND RECOVER. Until you face it, you cannot recover from it. Once you have identified what is causing the fear in you, it is time to face it by dealing with it.
- Avoid people who contribute to the drama. You know what I am talking about, and you know who is throwing gasoline on your anxiety and keeping you from your goals. Minimize or eliminate time with those people. Their influence will hold you captive in your current circumstance.

4. Believe in yourself. The old saying, “Believe you can, and you are ½ way there” is correct. The most challenging part of building resiliency is changing the way you think about your circumstances.

- When you see your life as hopeless, you will not activate courage. See your problems as temporary issues that can be resolved and see yourself as capable of solving them, and you will witness the seeds of resiliency begin to sprout and grow stronger with every challenge you face.





# IMPORTANT CONVERSATIONS

Article By Team TYRO

**// Important conversations can be painful,  
but if you care about the other person  
and value their future, they are  
conversations worth having //**

A relationship offers you a chance to share someone else's world. As you are doing new things and taking part in special moments, you are merging two worlds together.

*// Being in a relationship means you have someone to talk to everyday, and live life with someone you love. //*

While having fun is a crucial part of any relationship, there are also important conversations that need to be had. If you're getting serious with someone, it's important to have these conversations early on, typically when you're ready to make things official. These can be painful conversations, but, if you care about the other person and value their future, they are worth having.

### THE CHILDREN TALK

This is probably one of the most common and important conversations you need to have with your partner. The future may seem so far away, but as anyone will tell you, it's just around the corner. It's important to make sure you and your loved one want the same things. For many couples, choosing to not have children has become a more common life choice in recent years. This is why it's crucial to have this talk. **Don't put it off.** Ask your partner where they stand on having children. Do they want children? Do they not want children? Are they undecided but open to the idea? How set is their position? Asking these questions can assure that you and your partner won't have a problem down the road.

### WHERE TO LIVE

Most of these conversations will involve plans for the future, increasing the importance to not put them off. Depending on what stage of life you meet your partner, it's good to know where they plan to live going forward. Perhaps your partner grew up in the area or is going to school locally. Regardless, it may not be in their plan to stay there permanently. Make sure you ask your partner about where they see themselves in five years. Do they plan to stick around or move to another city, state, or even another country? Maybe you're planning to move; perhaps you don't want to leave the area. Both of you should ask

yourselves and each other if you're willing to do long distance or would you be willing to move with your partner.

*// You don't want to get too involved with someone if you already know your plans for the future will never line up. //*

### BELIEFS

This is one of the few conversations that isn't centered



on the future. Religion and beliefs matter a great deal to many people. Some beliefs are attributed to one's upbringing, others chose their path because of share values. This is true for one's religion or value system. While it's not impossible to be with someone who has different beliefs, it can be incredibly difficult and often times is a deal breaker. Odds are you already know what it is your partner believes, however, ask them about the importance of it to your relationship or share with them the importance it has to you. If you were to have children, what set of beliefs would you want to teach them? Conversations like these are helpful in understanding what is important to yourself, your partner and the relationship as a whole.

### POLITICS

I know what many of you are thinking. But this is not an impossible topic, and if two people have differing views it does not mean that they cannot get along or navigate through it. Politics may not be important to either of you, but it is still a good conversation to have. This will offer insight as to what values your partner has and what things are important to them. Different party affiliation doesn't necessarily mean you won't be able to make it work, but it can cause issues down the road if you don't value the same things.

### YOUR PAST

This can be quite the uncomfortable conversation to have in some cases. The person you are today is often

a result of the past. Though we all have our own story, our different experiences and struggles make us who we are today. As you are listening to your partner share their story, it's incredibly important to talk to your partner about your past. Doing so can allow you to better understand the person you're with. It can let you know what things they love and what things they don't. Being in a healthy relationship is about feeling comfortable with someone. When you learn of someone's past, you get a better understanding of things that may trigger a bad memory or a problem they had in their past. Having this conversation can make a world of difference in making your partner feel safe and secure around you.

*// Ultimately, weighing the importance of each conversation depends on your individual values and those fundamental to your relationship. //*

What is important to one person, isn't always important to another. Find out what things are important to you and find a good time to talk freely about it. Be courteous of the others thoughts, and opinions as well. While doing so, ask your partner what is important to them. Conversations like these aren't always comfortable, but they are important in making sure you're with the right person.

*// Conversations like these aren't always comfortable, but they are important in making sure you're with the right person. //*





# AVOIDING THE TOUGH CONVERSATIONS?

*Achieve your dream relationship with these 5 skills.*

- FRIENDSHIP
- FAITHFULNESS
- FAIRNESS
- FORGIVENESS
- FORTITUDE

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*// The first step in making a long-distance relationship work is to understand that it's going to be a difficult but good test of your love. //*

An illustration of a hand holding a pen. The hand is rendered in a textured, reddish-pink style with white outlines for the fingers. A dark blue pen is held between the thumb and index finger, extending from the bottom right towards the top left. A large, semi-transparent white circle is centered over the pen and hand. Inside this circle, the words "LONG DISTANCE" and "RELATIONSHIPS" are written in a bold, dark red, sans-serif font, stacked vertically. The background is a solid light orange color.

## **LONG DISTANCE RELATIONSHIPS**

Despite what you may think, there are many people in long-distance relationships.

There are many reasons that one may find themselves in a long-distance relationship. Sometimes it's work, school, or in the case of 2020, a pandemic like COVID-19. Many relationships will face the challenge of long-distance at some point in its lifespan. It can be incredibly difficult, but with the right perspective, entirely possible.

**// The first step in making a long-distance relationship work is to understand that it's going to be a difficult but good test of your love. //**

First, you must understand that being a part from someone you care about will always be challenging. However, that doesn't always mean it's the end of something. You can learn how you feel about each other from a

distance. Distance can help you realize how important someone is to you. Distance adds purpose and value to your times together. Remember this, if your love can make it through a long-distance, it can survive just about anything else in life.

The next step in establishing a long-distance relationship is learning to get creative with how you communicate with each other. Texting is one of the more popular ways to talk to someone. It's convenient, allowing you and the other person to respond when it's feasible. Just know you are going to have to do more than that if you really want to make this relationship work. Technology will soon be your new best friend.

Here are a few ways to communicate:

- Video call (Zoom, Skype, Face time, Snapchat)
- Regular phone calls
  - Watch a movie at the same time
  - (you can do this on the phone)
  - Play an online game together

**While communicating regularly is important, do not to over-communicate.**

This may catch a lot of people by surprise. You probably feel it's important to always be talking, that way the distance doesn't feel too distant. Take care not to over-communicate as this can cause tension or anxiety at the beginning of the relationship. The separation of a

long distance relationship can actually foster growth; after all, absence makes the heart grow fonder. As your relationship grows, don't rely too much on the other person for your happiness. A long-distance relationship gives you a unique opportunity to spend more time on your hobbies and personal passions. Communicate with your loved one regularly, but don't over-do it.

**// The most common challenge of a long distance relationship is planning to visit each other in-person. //**

It cannot be emphasized enough how crucial this is in a long-distance relationship. Be sure to express to your significant other how much it means to see them in person. While it can be extremely difficult for some to make these visits a reality, it's important that you do. There is nothing like the physical touch of a loved one. **Too much time apart from one another can hurt the relationship and sometimes end it.** If the distance isn't extremely far away, find time every couple of weeks to plan a weekend visit with each other. You can always look at places to stay that are halfway. This is also a great opportunity to practice healthy compromise and get to know their temperament. Plan a mini-vacation where you meet halfway, rent a hotel room (or Air BnB), and enjoy some time together.

Long-distance relies heavily on one thing - effort. If you both are willing to put in the effort, long distance can help your relationship grow even stronger.



**RESOLVING  
CONFLICT**

## // *There are things in life most of us choose to ignore, like squeaky floorboards and check engine lights. //*

Article By Team TYRO

By the time we see or hear the warning signs, most of us quickly dismiss them and move on with our day. Perhaps we don't see these subtle, or not-so-subtle, warnings or we choose to ignore them. Regardless, the end result in these scenarios is predictable. Avoiding warning signs in relationships can cause even bigger problems later on.

This is also the case when it comes to resolving issues with people. Generally, I tend to be a happy-go-lucky person, but I am not too fond of conflict. Whenever I am talking to someone and I expect conflict, be it in person or virtually, I respond in an unnatural fashion. If I expect them to disagree with me, or have had a disagreement with them in the past, I react in a different manner.

Your reactions may differ, depending on a range of factors: personality, current stress level, and the relationship with the other person. We each have unique personalities; we might not know how to determine if our friend, partner, or co-worker is upset or frustrated. But, by using these tools, we can create an open conversation and allow healing and trust to be built once again.

### // *Honest question: Is there a way to peacefully resolve conflict? //*

For many, the path to conflict resolution feels like reading a poorly-written cookbook, frustrating and uncooperative. But the fact of the matter is, it is not only possible to resolve conflict but people have been doing so since the dawn of time. In fact, these steps I am going to share with you have been used to end wars, bring peace to nations, merge businesses and heal relationships. Believe it or not, this is a learned behavior.

*There are three crucial steps to identifying conflict:*

- Produce a solution that you can both agree on
- Work as quickly as possible to find a solution
- Improve, not hurt, the relationship

I know what you're thinking: "you don't know this person." or, "we can't agree on anything." The thing is, we all can find something to agree on. When we are offended we are only hurting ourselves. This puts a divider between ourselves and the other person. So, take a deep breath, and let the offense go. Next, work towards creating a solution to the conflict. There may be things you can't compromise on, but maybe there are other things you can. You have to decide that for yourself, and respect that the other person can do the same.

Here's a surefire path you can use to resolve conflict.

- Understand the conflict
- Communicate with the other person
- Brainstorm possible resolutions
- Choose the best resolution
- Use a third party mediator
- Explore alternatives
- Cope with stressful situations & pressure tactics

### // *Resolving conflict is not a flip of the light switch, it will require effort. //*

At times it means being vulnerable. Resolving conflict can even feel like it's getting worse before it gets better. When we make a choice to resolve an issue and not ignore it, we are choosing to care for the other person above ourselves. This requires transparency and being vulnerable with the other person. But, if you care about the other person, it is always worth it.

There's an old saying, "don't let the sun go down on your anger." Take a minute and reach out to that person, or long-lost friend and make an effort to resolve your differences. Life is too short to hold a grudge.

**You are fully capable of having healthy, and long-lasting friendships.** No matter what others have spoken over you, you can foster a healthy, thriving friendship. Make the most of today and put your best foot forward.



**WHAT LOVE DOES  
FOR YOUR HEALTH**

## *// We are going to explore the profound and unparalleled effect that love has on our health. //*

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Article By Team TYRO

We all have experienced it. That special feeling that clouds our senses, fills our heart with hope, and takes leave of our senses. The emotions found in loving someone, and being loved provides a sense of wholeness and purpose. We feel love for many things in many ways. There's love for your family, love for your friends, love for your pets, love for the things you're passionate about. The list can go on and on. So, what is it that makes love truly so special? This article explores the profound and unparalleled effect that love has on our health.

**Love has tangible and direct positive benefits to our physical health.** Though this may come as a surprise to you, you may yet discover that the act of caring for another is not only mutually beneficial to one's happiness; it can positively improve one's health. We have become very accustomed to being challenged to "exercise daily" and "eat healthy." These actions have a direct positive impact to improve your quality of life as well as your longevity.

While one should without question pursue these activities, it's important to know that being in love can increase your life expectancy as well. In fact, research has shown that those in a happy, healthy and loving marriage tend to live longer. This is especially true with men. However it does go both ways, as those who tend to be more isolated or unmarried have a lower life expectancy.

**Love helps keep your heart healthy.** The international symbol for love is a heart. While it may sound a little far-fetched, it's not coincidence. Stop for a moment and think about how caring for someone makes you feel. How does it feel to be loved? How does it feel just to be around them? This sensation can alleviate stress. Resulting in overall health for your heart and your body.

While the physical benefits of love are great, it goes even further. Love can have a profound impact on your mental health with equal proportion. Now, we know that love decreases stress and it can further create emotional stability. With less stress, you reap both physical and mental benefits. When you stress less, you feel more energetic, reducing tension throughout your body. These outcomes mean that you don't feel on edge all the time, you socialize better, and you sleep better. Stress is that hidden disease that we can't always see. When left ignored, it can wreak havoc and have profoundly negative impacts on our health.

**Love also reduces depression and anxiety.** Scientists have determined that, like drugs, this is because love can alter your brain chemicals. but, unlike drugs, in a very healthy and good way. Love triggers these brain chemicals which, in response, elevates your heart rate, giving you the sensation of "skipping a beat."

*// This feeling of euphoria, can feel limitless. Love has this way of making you feel happier and less anxious. //*

Although we only covered a few, love has a limitless amount of benefits; benefits that can't be replicated. I realize that not everyone is trying to fall in love right at this moment, choosing rather to spend this season growing themselves. You can feel these same benefits from social interactions with close friends you care about. If you fall in this boat, be sure you are not avoiding others because of being hurt in the past. There are many reasons to care for others.

As you are on your own journey, be considerate of those you care about. After all, love is not just an emotion, it is a mutually-beneficial journey that can heal you, help others and find purpose in life.



**REBUILD  
YOURSELF**



Article By Team TYRO

*// What if there are experiences in life that define us, that create the character to become stronger, healthier & more resilient. //*



Every day is a privilege. Though we may wish, there are no restarts, no saves, and you cannot press pause when you are tired. Through the highs and lows, each season of life has its triumphs and tragedies. We have, every one of us, seen the effects of COVID-19 run its course through our society. The novel coronavirus has not only taken lives, it has affected families, education institutions, discouraged entrepreneurs, made skeptics of business owners and created enemies out of friends. Make no mistake, Coronavirus took more than it gave.

*// Perhaps there is something we can take away from all this. Indeed, there are lessons found in every season in life, if we have the courage to see it. //*

Some see 2020 as a doomsday year. In fact, the Chinese Calendar projected 2020 to be a year of bad luck. From Murder Hornets, to the loss of loved ones, to hometown restaurants and businesses closing for good, the first half of this year has not been without its struggles. But what if we flipped the narrative on this year? What if we chose to seize the day and make it something altogether different?

Wherever you are right now, take a deep breath and remind yourself of this: every day offers the

promise of a new sunrise. Although the caterpillar endures hardship, they look forward to the promise of metamorphosis: the rebirth of a caterpillar into a butterfly.

**Hardship and loss are two realities known by all.**

In the process of overcoming these, we must allow ourselves to grieve what we have lost. Grief is part of the process of healing. But we must not dwell in the place of grief for too long. You might find yourself in the midst of pain and hardships right now. If you feel you are stuck in this place, do not despair. What you may not see is that you might be in the middle of your transformation.

So, if we are going through hardship, what is the purpose of it? What is the light at the other end of the tunnel? What if there are experiences in life that define us, that create the character needed to become stronger, better and more resilient? And not that we would wish the pain that we experienced on others, but through hardship we can find opportunities to grow, if we have the courage to take charge of these moments.

*// Growth is what defines us and makes us resilient. //*

Where can we learn how to overcome hard times? In the program TYRO, we learn the virtue of growth. We learn that pain and suffering can become our greatest teachers. This understanding comes from having the maturity to see that pain, loss, even mistakes can be used to build not only our character but rebuild our old thoughts, habits, or toxic patterns. This is part of the rebuilding process and, despite the pain, is a process to becoming a stonger person. This self-awareness is the first step in the transformation that enables growth.

Life is made of choices. We make so many choices every day that we cannot possibly even keep track of them all. As soon as you open your eyes in the morning, you begin making choices. Some of these choices are routine activities while others require critical thinking. You may even find yourself making the same choices for so long that they are more habits than conscious decisions.

**// There is something fascinating about the promise of tomorrow. A new day, filled with infinite possibilities, if we have the courage to pursue them. Here are a few steps to start rebuilding yourself today. //**



**Do you need a breakthrough?**

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We can, unknowingly, be sabotaging ourselves with negative choices. These choices can be in the form of toxic friends, bad habits and the like. We must choose to take control of these choices. If we fail to do so, we may find ourselves stuck in a cycle of destructive choices that can make us feel helpless to overcome life's obstacles.

Just as an athlete recovers from an injury, so does rebuilding yourself start with a small step. Sometimes, a step is all that we can muster. And that's okay, so long as we wake up to take another step tomorrow. There is something fascinating about the promise of tomorrow. A new day, filled with infinite possibilities, if we have the courage to pursue them. Here are a few steps to start rebuilding yourself today.

**Rebuild Your Mind:** We cannot always control what happens to us, but we can control how events shape us. We can become stronger through hardship by rebuilding our minds. This is done by replacing negative thoughts about yourself with positive thoughts. This act of positive affirmation is rebuilding your mind. Next time you catch yourself saying something negative over yourself, press pause, and replace it with something positive.

**Stop The Self-Hate:** Erase these phrases from your vocabulary now. "I never do anything right", and "Why does this always happen to me?" Life can be hard, no doubt about it, but it's time to start building yourself up now.

**Practice Gratitude:** Gratitude is a tool for growth. A great way to start is to take 3 minutes every morning and write down all the things you are grateful for.

**Try Something New:** From trying a new food, to going skydiving, its time to shake off the mundane and overcome something. Trying new things frees you of the fear of failure and performance, both of which can hinder you from rebuilding yourself.

**Accept Yourself:** For many, the most natural thing to do in hard times is to talk negatively about yourself. But, you are stronger than you know. Accepting yourself gives you the ability to take on the challenge of today, and offers hope for tomorrow. Give yourself a chance to succeed today.



**Express Yourself:** Fear and loss can stop us from being who we really are. Discovering the power of self-expression is a powerful tool to wield. Self-expression ignores the negative reports and unlocks the creativity that has been suppressed. You don't have to be a master at something in order to express yourself. Sign up for a poetry class, a free DIY class at Lowes, or even a local painting class.

**Develop Friendships:** Perhaps you have people in your life that affirm you and bring the best out of you. If so, make an effort to connect with them. If you don't have anyone that is affirming you and helping you grow, put yourself out there and start looking for a new friend or two that will help you grow.

**// Some of the choices we make in life are the things that are stopping us from growing. //**

Astoundingly, we may not realize that some of the choices we are making are actually the things that are stopping us from growing. Take some time to reflect on your life. Are there people, places or things that are negatively impacting your ability to grow in life? These may be a group of toxic friends, bad habits, hangouts, or negative thought patterns. Every person needs to uniquely identify the things needed to grow. For some, you will need to spend less time with toxic people. For others, you will need to cut out those expensive or bad habits. These growing pains are never easy, but they are worth it.

**// As you are in the process of growing, it is important to not do this journey alone. //**

**One final thought:** As you are in the process of growing, it is important to not do this journey alone. Finding a mentor or friend to share your journey of growth is a great way to ensure you are not alone in the process of rebuilding yourself. Be sure to choose someone who values you and is willing to offer feedback to help you grow.

Growing is essential to rebuilding yourself and is part of your journey to becoming the person you want to be. This type of growth can be painful and yet liberating. As you are starting this new journey of rebuilding yourself, you are not alone. After all, we are all in the process of growing and changing. So, do not judge your progress by what you see on the outside. For many, the journey of rebuilding yourself starts with one step, one decision, or one action. Take one step towards your healing and rebuild yourself today.

A photograph of a person's legs in blue jeans and white sneakers walking on a gravel path. The background is a bright sunset with a grid of semi-transparent squares overlaid. A large, semi-transparent circle is centered over the text.

# MOVING ON FROM PAST RELATIONSHIPS

## // Learning how to move on from a past relationship can be one of the most emotional challenges you will face in your lifetime. //

Article By Team TYRO

Learning how to move on from a past relationship can be one of the most emotional challenges you will face. The heartache of living life with someone every day to suddenly learning how to live without them. Even if the relationship ended on good terms, it doesn't mean it will be easy to move on. No matter how challenging it may be, it is always possible, and here's how you can do it.

### TIME WILL HEAL ALL WOUNDS.

#### TAKE IT SLOW:

Believe it or not, you will heal. Don't move too fast, take the proper amount of time to heal. It's not fair to yourself or anyone you get involved with to move on before you're truly ready. Come to terms with the past relationship being over. There is no need to rush back into things. No matter your age, the right person for you is out there. Don't force yourself into a new situation before you're ready.

#### FOCUS ON YOU:

Now is the time to focus on you. Whether it's learning how to love yourself or learning how to be independent, use this time to better yourself so you can be the best possible version of you going forward. *Tomorrow is a new dawn, a dawn that promises new opportunities.* Take that trip you've been wanting to take; or learn that hobby you didn't have time for. Being "single" isn't always a bad a thing. Reflect on your past relationship and make some deliberate choices to determine what you're really looking for in a future relationship. There are always lessons to be learned and growth to be made.

#### SPEND TIME WITH CLOSE FRIENDS:

Relationships require investment. Sometimes this means you won't have as much time with your friends as you used to. This is an excellent time to start re-connecting with them or just to spend more time

with them in general. Your friends can also be a great support system. You never have to go through heartache alone. Friends can keep your mind busy during the hard times and help you stay away from negative thoughts or patterns.

*// While it's good to learn how to support yourself, it doesn't mean you have to go through hard times by yourself. After all, that's what friends are for. //*

#### REDUCE YOUR EXPOSURE TO HIM/HER:

Maybe your phone has pictures of you two, you're still seeing their posts all the time on social media, or you're still talking to them daily. It's not impossible to remain friends with a past significant other, however, it's much more difficult to move on if you don't give it the proper amount of time. If it was a mutual breakup, it's entirely possible to be good friends in the future, but you need time away first. Delete those pictures, stay off their social media for a while, and don't talk to them every day. It will only make it difficult to truly move on if you don't feel like anything has changed.

#### FORGIVE:

This is usually the final step. Learning to not only forgive them, but forgive yourself. You may have made mistakes and they may have too. That doesn't mean you should dwell on it. What happened in the past has happened. You can't control that now, but you can control how you choose to be moving forward. Don't become toxic. Avoid filling your conversations with the things you hate about them with your friends. Don't constantly worry about all the mistakes that may have been made. Make peace with your past and look forward to your future. Most importantly, forgive them and yourself.

*// Life is ten percent of what happens to you, and 90 percent how you react to it. //*

- Charles R. Swindoll

A photograph of a man lying on his back on a bed, holding a young child up in the air with his hands. The child is smiling and has their arms outstretched. The man is wearing a blue patterned shirt and glasses. The background is a white wall with a shelf of books. A large, semi-transparent yellow circle is overlaid on the image, containing the text.

# WHY TRUST MATTERS

*// Trust is putting your faith into someone you care about as you continue down the path of the unknown. //*

Article By Team TYRO

Trust is one of the most essential parts of a long-lasting, healthy relationship. A healthy relationship cannot last without trust. Trust is putting your faith into someone you care about as you continue down the path of the unknown. A lack of trust can lead to a break in the relationship, no matter how much love is there. But what exactly is it about trust that makes it so important to a relationship?

### **TRUST LETS US BE US**

Having trust in a relationship lets us feel free to be ourselves. Nobody ever wants to feel like they have to hide aspects of their life or live their lives looking over their shoulders. Your partner needs to trust you and you need to trust them. Worrying is natural for the human mind, but there is a limit to healthy worrying. Worrying too much can cause a great deal of stress in your partner because they may feel that everything they do needs to be done to keep you happy. This can lead to burnout in a relationship. A relationship should be a stress reliever, not a stress creator.

### **TRUST IS SECURITY**

Feeling secure and reassured is a great benefit of trust. Knowing your partner trusts you, lets you know that they love and care for you. Everyone in a relationship loves to be reassured by their partner. Feeling genuinely trusted eliminates the need for your partner to constantly physically or verbally reassure you. It allows us to not overthink because we know our partner truly cares for us.

### **TRUST PUTS YOUR GUARD DOWN**

There is a saying that goes, "It's okay to not be okay". When you feel down, you go to someone you trust.

You trust them because you know you can go to them about anything. You know that person will love and care for you all the same. You're allowed to put your guard down around them and let them see your raw emotions. This is what trust is all about, knowing you can always be authentic with who you are and how you feel. This is why it's so important to have trust in a relationship. A relationship that is not authentic is not a healthy relationship.

### **TRUST FIGHTS ANXIETY**

Mental health awareness has made a lot of headlines over the recent years. Anxiety is one of the biggest challenges facing us today. Anxiety alone can cause trust issues in relationships. Sometimes, this is an imbalance of chemicals in your brain, other times it is a result of suppressed memories and trauma. When we trust and feel trusted, it reduces anxiety. Trust keeps the anxious thoughts at bay. With time, trust can put trauma and anxiety to bed forever. Trust lets us worry less about things that are out of control. When you trust someone in a relationship, you feel less anxiety because you don't feel the need to worry as much.

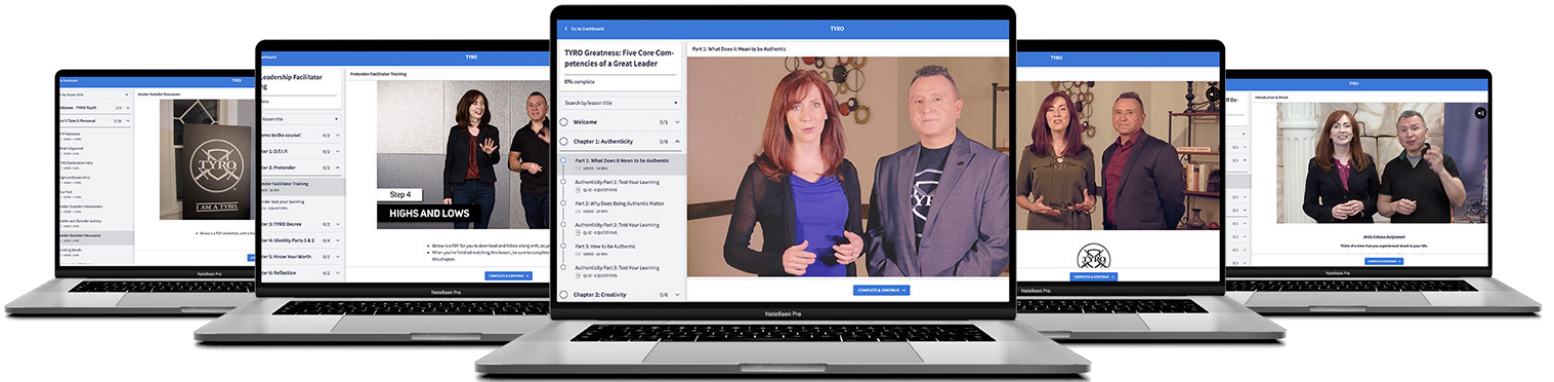
*// With time, trust can put trauma & anxiety to bed forever. //*

**Trust is and will continue to be an important part of healthy relationships.** If you are currently with someone, ask yourself, "Do I trust them?" Then follow it up with, "Do I feel trusted?" A quick way to evaluate if you truly trust someone is by looking at certain aspects of your relationship. Ask yourself the following questions: are we open with each other, are we being authentic, do we feel comfortable around each other, do we actively listen to each other, do we blame each other or do we resolve problems together? All of these questions can help you determine the level of trust in your relationship.

Don't be afraid to talk to your partner about the importance of trust and make it a priority in your relationship right away.



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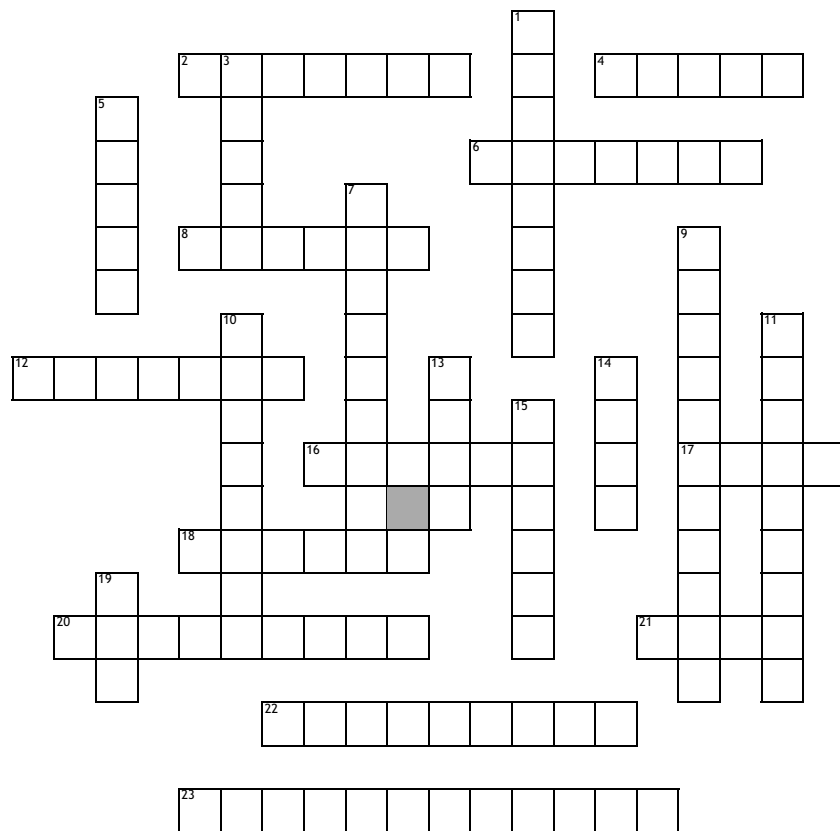
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# THE TYRO TIMES FALL WORD SEARCH

## Fall Festival



**Across**

- 2. gather a crop
- 4. Beverage served hot or cold
- 6. "Oh the days dwindle down to a precious few Sept. Nov..."
- 8. Decorative corn
- 12. \_\_\_ Spice Latte
- 16. Vegetable with many eyes
- 17. Another name for Autumn
- 18. Wide brim hat
- 20. First Month of Autumn
- 21. collection of paths with one entrance and one goal
- 22. Ray Bolger "Hunk"
- 23. Feast of Autumn 1621

**Down**

- 1. nut hoarding animal
- 3. nut from an oak tree
- 5. a tree with white, papery bark
- 7. Green Bean \_\_\_
- 9. Busiest shopping day
- 10. a pine trees seed protection
- 11. "All Saint's Eve"
- 13. to turn pages, especially quickly (usually followed by through)
- 14. leaf scorch
- 15. Baby Turkey
- 19. maple leaf color

A lifebuoy with orange rope and a metal handle is positioned on a grey wooden plank background. A semi-transparent white circle is centered over the lifebuoy, containing the text 'HOW TO SAVE A RELATIONSHIP' in a bold, dark red font.

# HOW TO SAVE A RELATIONSHIP

*// Every relationship will be tested and every relationship will have times of struggle, but every relationship has a chance to be saved. //*

Article By Team TYRO

**No matter how much you love someone, your relationship will always have its ups and downs.** Every relationship will be tested and every relationship will have moments of struggle, but every relationship has a chance to be saved. Saving a relationship is by no means an easy task. Every healthy relationship takes time and effort in order to grow. When you find someone you truly care about, the relationship may be worth saving.

**Don't be stubborn.** If you want to save a relationship, the first thing you have to do is lose the stubborn mindset. What this really means is to learn to be accountable for your own actions. Odds are, if the relationship is in danger, there is likely something going on or a problem to be found. The trick is to understand if you're the cause of the problem. Don't try to deflect blame, if you know you did something wrong, take responsibility and be accountable. The stubborn mindset will only further hurt the relationship.

**Evaluate & communicate.** Ask yourself, "Why are you together?" It's important to remember the reasons you're with someone. Verbal affirmation is important to any relationship. Sometimes we need a little reminder of why it is we love someone or why they love us. Think of the things that made you fall for the person in the first place. Think of what qualities and traits they have that you adore. Essentially, what makes you love your partner? Once you have your answers, communicate them with each other. Give your partner the reassurance of the reasons you love them. While doing this, keep an open mind too, maybe there is something that you did

earlier on in the relationship that you don't do anymore. That could be the root of the problem. It's important to be open to criticism about yourself so you can grow together.

**Do something special together.** There may be many activities you and your partner may have done together. Don't be afraid to revisit these things. As your relationship grows, those memories you make are important to revisit. Sometimes what a relationship needs is special time together. Go on a trip, have a night or even a few nights to yourself, but spend time with each other. Sometimes having this time together reminds you of all the reasons you're with each other which can play into the, "evaluate and communicate" step.

**Work on yourself.** This might seem like the counter argument to doing something special together, however, both are completely doable. When you're with someone, you want to be your best self. Sometimes though, that's not always the case. We can go through rough patches and hard times, for reasons that can be both on the individual and together level. That's okay! Maybe some time to work on yourselves is needed. This can include time to evaluate negative things about yourself or toxic traits you may have. You can spend a little more time alone or maybe just with your own individual friends. Doing so can help you clear your head without feeling stressed out or overly pressured. Use this time to work on improving yourself so when you feel ready, you can both come back to the relationship as better versions of yourself.

An aerial photograph of a city skyline at sunset. The sky is filled with soft, golden light and scattered clouds. In the foreground, a dense residential area with trees and houses is visible. The middle ground is dominated by a cluster of modern skyscrapers, including a prominent white tower with a pointed top. A large, semi-transparent white circle is centered over the image, containing the text 'PARTNER SPOTLIGHT' in a bold, dark red font.

**PARTNER  
SPOTLIGHT**

## // FRIENDS OUTSIDE IN LOS ANGELES COUNTY WINS \$5M AWARD FOR ITS REENTRY FATHERHOOD PROGRAM! //

**Friends Outside in Los Angeles County** (FOLA), a private, nonprofit organization, is pleased to announce that it was notified by the U.S. Department of Health and Human Services that it has been selected for a new grant award to support its fatherhood program!

**The program**, Dads Back! Academy F.I.R.E. (DB!AF), is the next generation of its reentry fatherhood program. DB!AF is a cohort-based, incentivized, intensive program for adult reentry fathers, ages 18 years and older. The project will enroll 900 participants over the grant period of five years. Most fathers will be non-custodial fathers. Participants will be fathers who have been released from state or federal prison or county jail within the past 12 months. The majority will be African Americans and Latinos. The fathers will be unemployed at the time of enrollment. The communities to be served will be South Los Angeles, including Watts (City of Los Angeles), the Cities of Inglewood, Lynwood and Compton, and surrounding communities in Los Angeles County. The program will also serve fathers who are in living in community-based state and federal “halfway houses.”

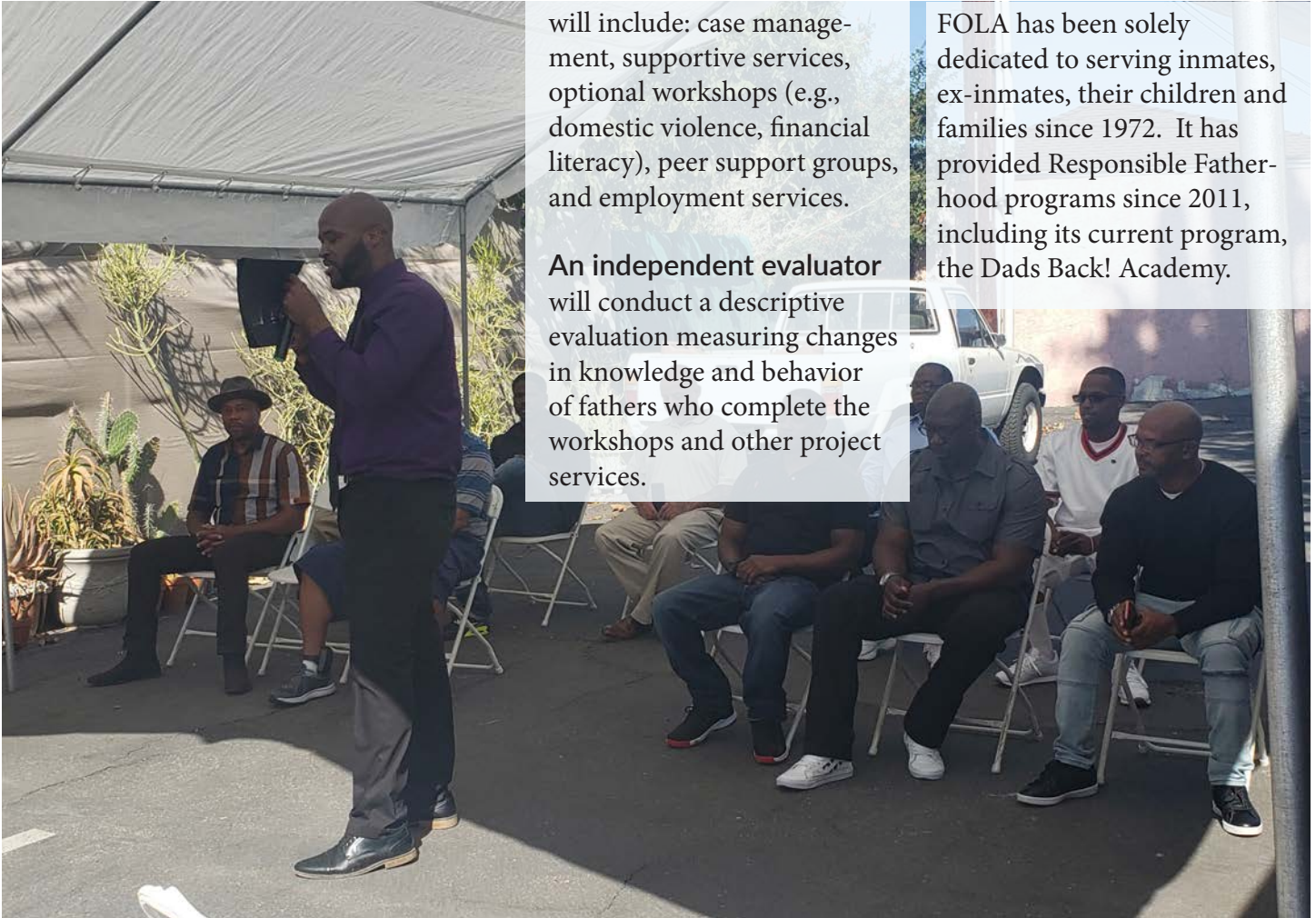
**Children with incarcerated fathers** most likely will have experienced various levels of trauma, including having witnessed parental arrest, experienced the separation from one or both parents, and may be living in out-of-home care. In LA County, at least 75,000 children have an incarcerated parent (Kidsdata, 2018). In 2016-2017, the average number of individuals in California State Prisons that were committed from LA County was 42,814 (32.8%) (Cal-

ifornia Department of Corrections and Rehabilitation, 2017).

**Reentry fathers face unique challenges**, yet resources in the areas to be served that specifically serve reentry fathers are very limited. There are no other known reentry-tailored fatherhood services in Los Angeles County. Moreover, fatherhood curricula designed for reentry fathers offer limited content focused on the role of fathers and the impact of parental incarceration, toxic stress on children and brain development, co-parenting after incarceration, and other reentry fatherhood-specific issues. Dads Back! Academy F.I.R.E. will address these community needs.



**DB!AF will offer** comprehensive services over a 3-month period, followed by a 3-month follow-up period. Workshops will include evidence-based/informed curricula that cover three categories: 1) fatherhood, using the TYRO Dads curriculum; 2) economic stability using Friends Outside in Los Angeles County’s P2P job readiness curriculum; and, 3) healthy relationships, using the Within My Reach curriculum. And, nationally-recognized expert in the field Ann Adalist-Estrin will develop a parenting curriculum for reentry fathers for the program. Other services



will include: case management, supportive services, optional workshops (e.g., domestic violence, financial literacy), peer support groups, and employment services.

**An independent evaluator** will conduct a descriptive evaluation measuring changes in knowledge and behavior of fathers who complete the workshops and other project services.

FOLA has been solely dedicated to serving inmates, ex-inmates, their children and families since 1972. It has provided Responsible Fatherhood programs since 2011, including its current program, the Dads Back! Academy.

Meet the team.

Left to right:

**Osbert**  
Case Manager

**Dajohnai**  
Data Analyst

**Donald**  
Facilitator

**Sheldon**  
Interim Program Director

**Derrick**  
Out Reach Specialist/  
Systems Navigator





// Our Success is Measured in the Impact on People's Lives. //

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A young man and woman are walking together, holding hands, in front of a brick wall. The woman is on the left, wearing a white sweater, black leggings, and maroon sneakers. The man is on the right, wearing a dark blue sweater over a light-colored collared shirt, grey jeans, and brown shoes. A large, semi-transparent brown circle is overlaid on the image, containing the text.

**ARE THEY  
“THE ONE”?**



**When it comes to love, we often hear about “The One.”** Inevitably, your friends and family will ask you if your significant other is “the one.” Sometimes you know right away how to answer, other times you might not be sure. Whatever their intentions, for many, these words can be very unnerving. Whatever boat you find yourself in, don’t let fear get the best of you. “The One” is the person you want to spend the rest of your life with. If you are looking for the one, here are some simple evaluations to determine if your potential partner-for-life is “The One”.

One of the first questions to ask is, “Am I being myself?”. It’s important for your love to be authentic. In any relationship, you want to feel loved and accepted for who you are. This is why it is crucial for you be yourself with your significant other. Do you feel like you’re pretending to be someone you’re not? Do you feel like you have to force certain aspects of your relationship?

// Love should come naturally. While relationships will always have their ups and downs, when you’re with “The One” loving them will come easy. //

Make certain your plans for the future align with theirs. This difficult aspect is critical for every relationship. Some have set goals and plans for the future that we are not willing to budge on. Don’t let anyone tell you that it’s not okay to have those kind of plans. But when it comes to love, you have to adjust your own plans so you can adapt to your partner’s future. The marriage of two people means merging two unique worlds together. Just make sure one person is not sacrificing too much. Neither person should have to give up their entire plans for the future for the sake of the relationship. When you’ve found “the one”, your futures will mold together. A marriage is the best of two worlds. Both of you should be happy with what comes in the future.

Another critical part to finding “The One” is making sure you trust your partner. A fundamental element to a healthy relationship is trust. That’s why it’s important that you trust them. Take some time to evaluate if you’re constantly worrying about what they’re doing when you’re not around. Worrying about some-

one you love is okay, but only in the right context. You know you can trust someone when it doesn’t matter what they’re doing or who they’re with. Trust shows you know that they will do the right thing. Another important part of trust is making sure it goes both ways. Keep an eye on how they act when you’re not around. Don’t let them control who you spend time with or what you do in your own free time. **Trust has to be a two-way street.**



You and your partner don’t always have to see eye to eye, but you should have some shared values and beliefs. Ask yourself, “What values and beliefs are most important to me?” Ask yourself, “Does my partner share in any of these values?” Again, you may not agree on everything, but make certain things that matter most to you also matter to your partner. Try not to sweat the small things. On that note, make sure you don’t shame your partner for not sharing all your values. Make an effort to respect their own views and beliefs, too.

Lastly, you know you’ve found the one when you support each other unconditionally. Support is crucial to any healthy relationship. It should never come with strings attached. Maybe you want to make a career change. Your partner should be your biggest fan and supporter. Your happiness should matter as much to them as theirs does to you. Feeling unsupported in a relationship will certainly lead to unhappiness in the future. Love is built on the foundation of support and care. When you’ve found someone who meets all of these above requirements, you’ve finally found “The One”.



**HOW TO LOVE  
YOURSELF**

***// The sooner you understand that being perfect isn't feasible, the sooner you will be on your way to self-love. //***

Love makes everything in the world feel right. Feeling someone else's love for us makes it even better. However love doesn't, nor should it, always come from someone else. Loving yourself is equally as pleasant as love from another. We're all familiar with the saying, "how can you love someone else if you can't love yourself first?" Loving yourself teaches you accountability, self-sufficiency, responsibility and more importantly, it helps you grow. Loving yourself will help you feel more secure than ever before. Loving yourself isn't an easy journey, but once you do, the benefits are substantial. So how can we learn to love ourselves?

***// Loving yourself teaches you accountability, self-sufficiency, responsibility and more importantly, it helps you grow. //***

There is no "perfect". Being perfect is a concept that is deeply embedded in most of our brains. The problem lies in the idea that "I need to be perfect." This mentality is toxic and damaging. Understand that there is no such thing as perfect and nobody is perfect. Don't let social media or others convince you that you need to strive for perfection with yourself. This doesn't mean don't work hard or give your best effort. This simply means don't think you need to be perfect to be happy. The sooner you understand that being perfect isn't feasible, the sooner you will be on your way to self-love.

**Treat yourself like a Loved One.** Think of someone you love. Then look at how you communicate and treat them. Now ask this simple question, "Do I treat myself the way I treat someone I love?" When you love someone, you're caring. You do things to make them happy, you give them compliments, you treat them with respect, you forgive them for the small things and you are kind to them. You wouldn't tear down someone you love. You would help them and build them up. Take all of these things and start doing them to yourself on a regular basis. Treat yourself like you would your best friend, your significant other or partner.

Treating yourself like someone you love will teach you how to love yourself.

**Live in the Moment.** The past is behind you and the future comes tomorrow. Even if only for a brief minute, take a moment to appreciate where you're at. Take a breath and enjoy the world around you and everything that you have in life, instead of the things you don't. Living in the moment helps reduce anxiety and stress about things that are not in your control. Learn from your past but don't live in it. Plan for your future but don't stress over it. Sometimes it's the simple things in life that remind us everything is okay. Step outside and take in the beauty of the world around you.



***// Living in the moment helps reduce anxiety and stress about things that are not in your control. //***

**Treat yourself.** Sometimes we're forced to do things that we don't particularly love. Sadly, that is just a part of life. It's when you learn to treat yourself that you learn to move past the things you don't care for. Treating yourself, in its essence, means to do what you love. For every day that you have to do something you don't like, find time to do something you do. Maybe it's just sitting down to watch a movie at the end of the night. Maybe it's spending time with friends or a loved one, taking a trip or even eating your favorite meal. Doing things that you love will help you be happy and being happy will help you understand why you should always love yourself.



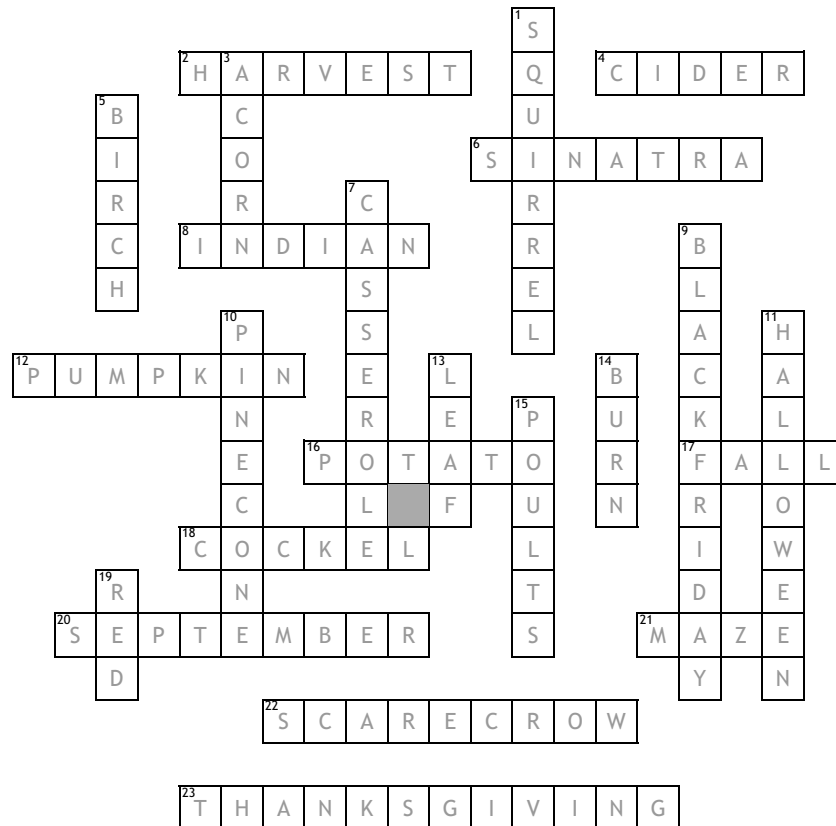
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# THE TYRO TIMES FALL WORD SEARCH - ANSWER KEY -

## Fall Festival



**Across**

- 2. gather a crop
- 4. Beverage served hot or cold
- 6. "Oh the days dwindle down to a precious few Sept. Nov..."
- 8. Decorative corn
- 12. \_\_\_\_ Spice Latte
- 16. Vegetable with many eyes
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- 14. leaf scorch
- 15. Baby Turkey
- 19. maple leaf color



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