

Keeping It Real: Relationship Reality Check Pt7

author:

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Synopsis

In part seven of Relationship Reality Check, Dr. Phil drops some relationship wisdom: It's on you to own your actions and mindset. Don't give up on yourself or your partner. Grow and evolve instead of playing the blame game. Rekindle what made your partner fall for you in the first place and rediscover yourself. Take the reins of your relationship and your behavior. Be the kind of friend your partner deserves.

Learn how to invest your time and energy wisely. Keep it real emotionally, be open, and choose happiness over being right. Oh, and don't forget those nine tips for a healthy relationship - put 'em to work! Time to assess your own relationships.

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Reader's comments

comment 1: Alexandra Bennett

In 'Keeping It Real: Relationship Reality Check Pt7,' the author continues to explore the intricacies of modern relationships with a refreshing blend of humor and realism. This latest installment in the series offers readers a deeper understanding of the dynamics that often go unnoticed in everyday interactions. With a keen eye for detail and an impressive ability to resonate with real-life situations, the book is a must-read for anyone navigating the complexities of love and partnership. The author effectively balances personal anecdotes with well-researched insights, making the content both relatable and informative. What sets this book apart is its ability to address serious topics with a light-hearted touch, ensuring that readers are both entertained and enlightened. The dialogue is sharp, the scenarios are authentic, and the advice is practical. Whether you're single, in a committed relationship, or somewhere in between, 'Keeping It Real' provides valuable perspectives that encourage introspection and growth. Overall, this book is a testament to the author's expertise in relationship dynamics, offering a reality check that is both necessary and empowering.

â€” Alexandra Bennett (2026-05-30 15:17:27)