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## RELATIONSHIP TIPS THAT COUPLES OFTEN FORGET

**Once a couple has settled into a relationship, things can fall into a bit of a rut. Routines form, the attentiveness that was present at the beginning of the courtship might be replaced by complacency and ultimately tensions arise.**

### Communication is Vital

Very few of us are able to read one another's minds, so it's important to express things that weigh on us, whether they're positive or negative. It's good to address them early, before the irritation accumulates to the point of anger. Try to discuss it calmly so you can sort things out.

### Never Take Each Other for Granted

Be aware of every wonderful thing that your partner does for you and express your gratitude whenever possible. They'll feel appreciated for the love and kindness they show you and will express their appreciation to you in turn, so no one ever feels like their actions aren't being acknowledged.

### Respect Each Other's Alone Time

Time alone is necessary for personal reflection, growth, meditation or even just quiet contemplation. Remember that absence makes the heart grow fonder and you'll appreciate your partner a lot more after having some space away from them.

### Don't "Let Yourself Go"

It's inevitable that once certain comfort levels have been reached and closeness wins out over early awkwardness, some behavioral patterns will change. That said, closer comfort levels don't mean that you should neglect your personal hygiene or let your living space fall into complete ruin. Try to keep things tidy and your appearance a step or two above "slovenly" and your partner will undoubtedly feel that they're worth making an effort for.

### Share Some Hobbies

Pursue some hobbies and interests together, it's also important to have your own social groups and interests as well. Take classes or swing dance together, make plans with friends, but then split off for your individual pursuits: you'll have fun things to talk about when you meet up afterwards.

### Admit When You're Wrong or When They're Right

This may be difficult for some people to do, but it really is important. If you discover that you've been wrong about an issue, own up to it. Additionally, if you've been discussing something and your partner turns out to be in the right, acknowledge that fact: they might have been filled with self-doubt. If you're stuck in conflict ask yourself do you want to be right or do you want to heal?

### Have Faith in Your Partner

Having trust and faith in another person can be difficult, especially if you've been hurt by others in the past. If you find that your own insecurities are poisoning your partnership, talk it out with them and consider seeking therapy.

### Leave the Past in the Past

If you work through a hardship together and come to a positive resolution, move past it and use the experience as an opportunity to learn and grow. Don't refer back to it during arguments. What's passed is past and rehashing old ugliness will just poison future happiness. Let it go.

### Mutual Goals are Important

A goal or a project that you're both working on together can affect many aspects of your life outside of your actual relationship. Determine your strengths for the project so you're working in harmony and build something amazing that you can be proud of having achieved as a team.

### Be Honest

Some people lie to their partners out of fear of hurting or offending them. The one being lied to will likely know something is wrong. Ultimately, honesty really is the best policy and a strong couple will be able to work through just about anything together.

