

## **Ideas For Maintaining A Healthy Relationship**

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**Schedule regular date nights and make this time a priority. The equivalent of 1 per week is the ideal and greatly enhances intimacy.**

**Be polite to your partner. Say please and thank you. Honor each other's feelings as if they were your own.**

**Spend a minimum of 15 minutes of quality time everyday talking to your partner. Allow no interruptions.**

**Upon returning home, before doing anything else, find your partner and give one another a hug and a smile.**

**Tell your partner everyday that you love him/her.**

**Do 1 nice thing everyday for each other - unsolicited.**

**Compliment your partner regularly.**

**Listen and empathize. Always listen to understand rather than judge.**

**Never demean your partner.**

**Surprise each other with small presents, love notes, etc.**

**Give to your partner without being asked.**

**Take regular walks, just the 2 of you.**

**Treat your partner in ways that you did at the beginning of your relationship.**

**During times of anger - stop - take a time out, walk away, cool off - continue to problem solve later.**

**Make a point of being affectionate with each other.**

**Accept your partner in totality, as someone with weak points as well as strong ones. Accept each other's differences of opinion, tastes and style.**

**When issues arrive, avoid blaming each other and seek solutions.**

**Look for the good in your partner.**

**Don't expect to get all of your needs met from your partner.**

**Compromise.**

**Negotiate.**

**Laugh together.**