



ideas to help you Live happy



Relationships can improve if we are willing to invest time and attention. Try one of these tips with your loved one.

Building Better Relationships

TIPS ON BUILDING BETTER RELATIONSHIPS:

- **Be Kind!** Believe it or not, one of the best predictors for a satisfying relationship is if partners are kind and polite to each other.
- **Accept differences.** Most relationship difficulties are a result of trying to change our partner to act, think, and feel the way we do. Learn to appreciate the unique “blueprint” your partner brings to the relationship.
- **Remember, it’s not always greener.** All couples have, on the average, five to ten relationship issues they will never resolve. If you switch partners, you’ll get five to ten new issues to deal with.
- **Focus on your own behavior.** The main reason couples get stuck in negative patterns is that each individual is focusing on changing their spouse’s behavior rather than their own. Significant positive changes can occur in relationships by looking into your own behavior changes.
- **Joke around.** Playful teasing, silliness and just having an uproarious time together can be particularly nourishing to relationships.
- **Show interest.** Be actively interested in what your partner is saying by utilizing eye contact, turning off the TV and by asking questions about the topic at hand.
- **Be affectionate.** You can show affection to your partner in low-key ways through subtle acts of tenderness: hugs after work, holding hands while walking, winking or blowing a kiss.
- **Check the bank account balance.** Remember to put “money” (simple acts of kindness) in the relationship bank account. Just like a financial bank account, you have to make some deposits if you plan on making any withdrawals.

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