



How To Maintain A Good And Healthy Relationship

Maintaining a good and healthy relationship will require a bit of tactics and finesse. But when it comes down to it, all you have to do is to be courageous enough, while letting him/her know that you care, love and keeping up your good looks and charming personality won't hurt, either. Just don't let him/her think that you are constantly afraid of losing each other or you will be casting doubt over your relationship. You need to maintain your confidence and you will be together forever.

Avoid Becoming a Stalker:



No one likes a stalker. This does not mean you will not hang around and go to places (Cinemas, Beach, Resort, etc.) together. It just means that if it's quite obvious he/she doesn't want to hang around you, or if you are doing something private (such as a get-together with close friends), then give him/her some space.

Always Look Charming:



Nobody likes to see you wear the same thing all the time. Just try to switch it up. Though, you don't need to constantly change outfits but try to change clothing accessories. You might even want to joke about how to always wear the same clothes.

Be Nice to Other People Around Him/Her:



Do not give the impression that you are only interested in friendship with him/her only but other people around too. This is a big one. If you become friends with his/her friends too, you will be loved for it.

Maintain Friendship Relationship:



Maintaining a friendship relationship build-up a mutual respect which very is essential for a successful relationship with anyone. Building your relationship on the basis of a friendship can help you learn about them without the added intensity of a relationship. For example, talk about everything, literally. If you are together and a controversial story comes up, talk about it! You will learn a lot about each other's moral compass and whether you are compatible as a couple.

Be Spontaneous:



When you get comfortable in a relationship, it's natural to fall into a routine which can become mundane over time. To avoid this, surprise your partner often, even if it's something as daft as a fridge magnet you thought they'd like. The little things count and its gifts like these that show you're thinking about your partner when you aren't together.

Avoid Cheating:



Cheating in a relationship sound obvious but surprisingly is a common pitfall. If you have any respect for your partner and the sanctity of your relationship then avoid cheating. When you cheat, even if your partner forgives you, forgetting it will be difficult. It will ultimately eat away your relationship and the trust will depreciate till it fade away.

Be Full of Joy Always:

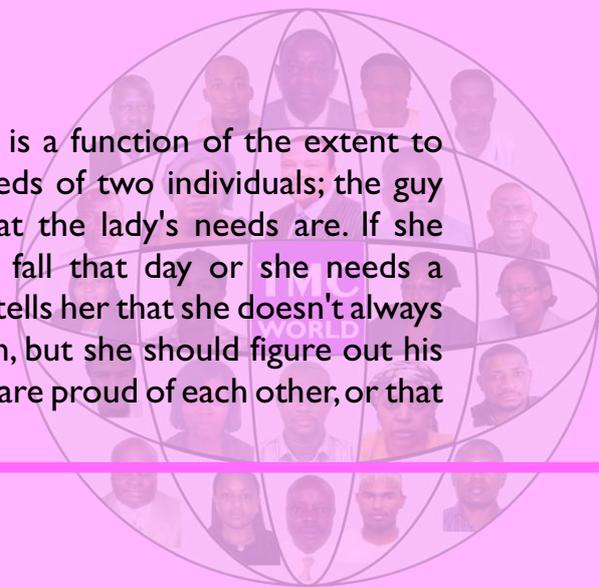


If you have chosen to maintain a relationship, you must feel that there is something in it for both parties, else you wouldn't do it. Take the time to enjoy each other, living mindfully in the present and within the new boundaries you have set. If you spend the majority of your time talking about old stories or making this person repeatedly earn your forgiveness, this relationship won't have a life in the present - it will just be a shadow of the past. And what is the point of holding onto that? It would be far kinder to just set this person free than to stay connected by a pain you refuse to release. Relationship is no easy. Mistakes are bound to happen, but even the deepest wounds can heal and the most strained relationships can transform. We just need to learn to recognize when it is healthy to hold on and when it is wiser to let go. Only you can know what is right for you in this moment, and only you must find the courage to honor it.

Attend to Each Other's Need:



Successful relationship is a function of the extent to which it meets the needs of two individuals; the guy needs to discover what the lady's needs are. If she needs a soft place to fall that day or she needs a shoulder to cry on. He tells her that she doesn't always need to agree with him, but she should figure out his needs; just say that you are proud of each other, or that you look nice that day.



Have Specific Goals:



When you wake up each morning and say, 'What can I do today to advance the ball'? Even small things will accumulate over time and make a difference. Find a quiet moment each day and come up with a specific goal to improve your relationship, whether it is calling your spouse during the day just to say hi, or telling your mate that you love him or her more often. Make a conscious effort.

Get Back to Basics:



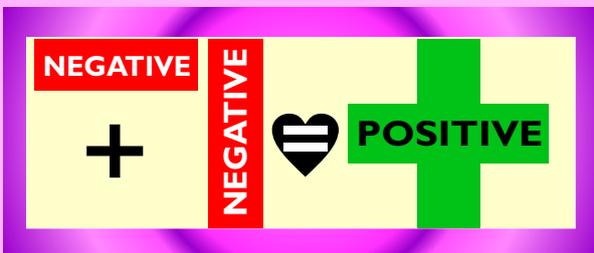
You must have the concept of what a marriage and a partnership is supposed to be and start doing those things. Put down your definitions of a successful relationship and live up to those definitions. Focus on the fundamental things that are going to make a difference in the long run.

Accept Responsibility:



You may not be able to control the way your spouse acts in your relationship, but you can control how you react in negative situations. You have to take 100 percent responsibility for what you are doing in a relationship. Determine what you believe and hold to be true, and conduct yourself 100% consistent with it.

Turn the Negatives into a To-do List:



what would make your answer on the quiz change.

When you getting failing grades on Relationship Health Profile Test, The guy and the lady are instructed to turn their negative answers into positive actions. For example, if you don't have fun with your partner, you need to make a list of enjoyable activities you can do together. Ask yourself,

