

Tips for Fostering Positive Relationships

- Accept and recognize your partner's positive and negative qualities, loving that whole person.
- Choose a partner that you feel comfortable being with when you are your fullest self.
- Develop partnership skills together in order to step back when triggered.
- Express, don't stuff your needs.
- Distinguish how, what and why you are feeling when in conflict and is it you or them?
- Give them the benefit of the doubt- trust, and take time to talk things out.
- Continually get to know each other's likes, dislikes, dreams and daily joys/concerns.
- Develop loving habits that sustain you and your partner.
- Recognize when you and/or your partner is on overload and allow space to unwind.
- Make affection and intimacy a priority.
- Take time out for fun and relaxation together and apart.