

10 Tips for Making Your Relationship Work

1. Enhance your love maps and develop a deeper friendship
2. Nurture your fondness and admiration for one another
3. Turn towards each other instead of away and recognize your partner's bids for connection
4. Let your partner influence you
5. Solve your solvable problems and recognize the unsolvable.
6. Overcome gridlock over problems
7. Create shared meanings and rituals
8. Know your own and your partner's love language
9. Work through your own family of origin challenges that may be influencing your relationship
10. Be your best self