

## **Relationships can be challenging**

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### **Live Life**

#### **Passionately Ever After**

Relationships can be challenging! Just about the time you think you have it figured out, the rules seem to change. Listed below are some ideas that you can do every day that will positively impact your most significant relationship. "***Just do it!***"

- Talk with your partner with respect and honor. Always!
- Compliment how your partner makes the shirt or slacks look great. (**Not** that the clothes make them look great.)
- Praise your partner to others, even when they are not with you.
- Show interest and excitement when you see him/her at the end of the day or hear their voice on the telephone.
- Always demonstrate that your partner is *the* top priority in your life. (Guys, give up the remote.)
- Ladies, if your man needs some time alone (15 – 30 minutes) when he first gets home, let him unwind before engaging him in family conversation and problems.
- Play and laugh together, often. Include the children during some of these events.
- Discuss and come to agreement before making major financial decisions.
- Focus on your choices and behaviors. Be the best you can be and support your partner in being their best. (DO NOT TRY TO CHANGE YOUR PARTNER!)
- Work together to keep a positive, safe and loving energy flowing between the two of you.

Living life ***passionately ever after*** with your partner is one of the healthiest ways to improve the quality of your life, reduce stress and minimize the struggles of the outside world.

For assistance in living your life ***passionately ever after***, call...

**Passionately Ever After Counseling Center.**

At

**214.618.8202**