



RELATIONSHIPS

Is there a secret to a healthy relationship? Let's use RELATIONSHIPS to thrive, by remembering these expert-curated tips!

Respect

It forms the foundation of any healthy romantic relationship, and enables you to accept your partner's virtues and flaws alike.



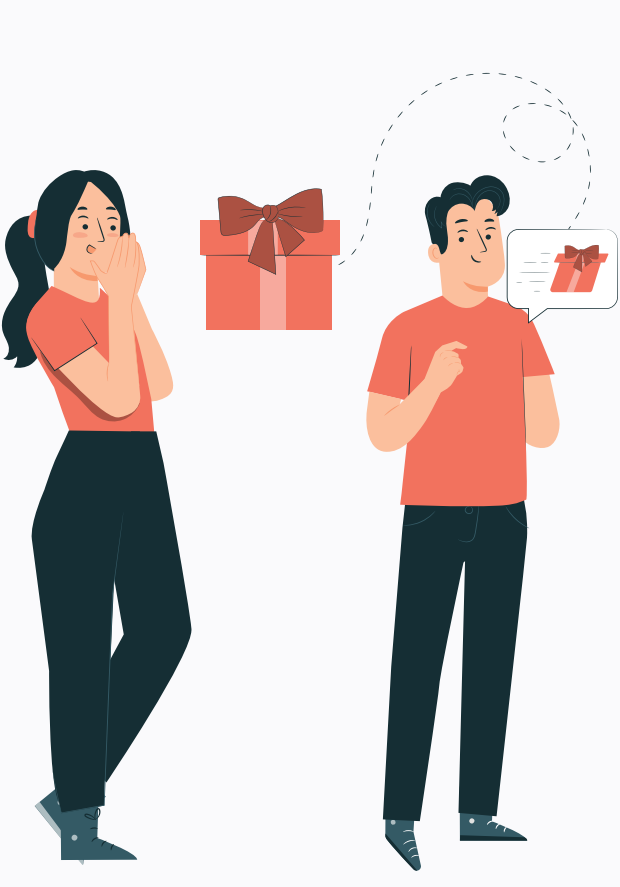
Empathy

Being able to understand your partner's experience and emotions can go a long way in establishing a middle ground, especially during conflicts or disagreements. If you missed a date due to sudden commitments, you can try saying, "I understand you might be upset about our date, I am sorry. How can I make it up?"



Love languages

Identifying your partner's love languages (words of affirmation, quality time, receiving gifts, acts of service, and physical touch) makes it possible to give and receive love, even on rocky days.



Apologies

An effective and genuine apology can help validate your partner's feelings, help them feel heard and mend broken bridges.



Trust

Another part of any relationship's foundation which creates a shared space for the couple to connect honestly and hold faith in each other.



Intention

In everyday living it is quite easy to enter autopilot mode, even in your relationship. Sometimes, taking a step back and looking objectively at your words, actions and communication can help to reset and reassess the intentions behind it.



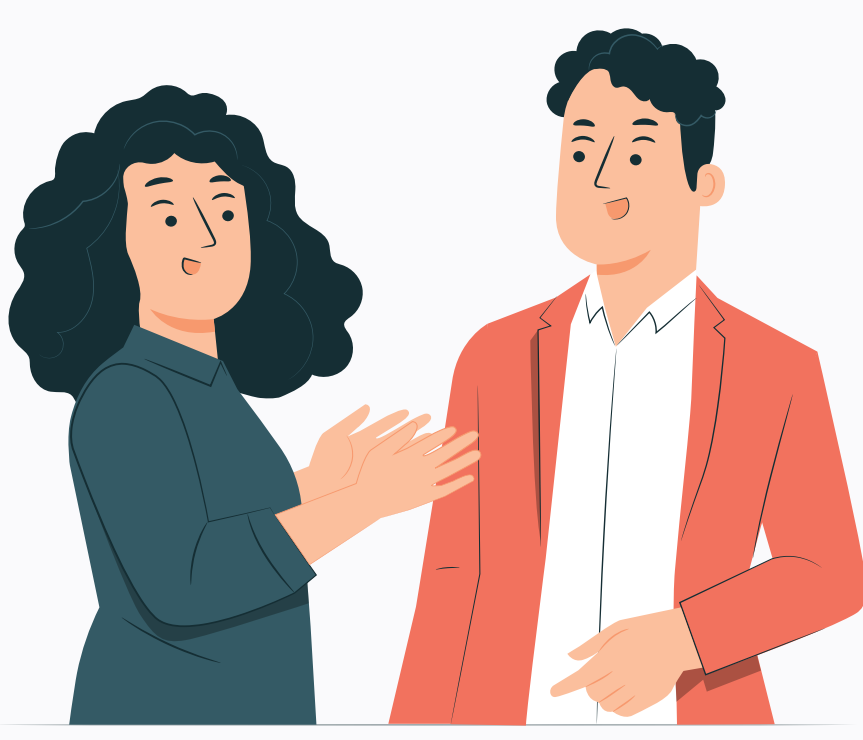
Openness

It creates a safe space for you and your partner to share and express without any fear of judgment, ensuring that you are aware and involved in each other's individual lives.



Novelty

While you seek familiarity in relationships, human beings also need newness to stay curious, engaged and refreshed. Every once in a while, ensuring that your relationship has something different in the mix can keep the spark alive.



Sincere

Making honest efforts to share feelings, or letting your partner know how important they are to you enables them to count upon you and develop security. Next time, try saying, "Having you as my partner helps me keep grounded. I can't express how grateful I feel."



Helpfulness

No relationship is ever 50-50. On some days you might have more direction and dependability than your partner, or vice versa. On such days, the former could extend more support and take on more responsibility to maintain balance.



Intimacy

Affection, closeness and physical attraction are essential to feel fulfilled in a relationship and are also proven to relieve physical and mental stress.



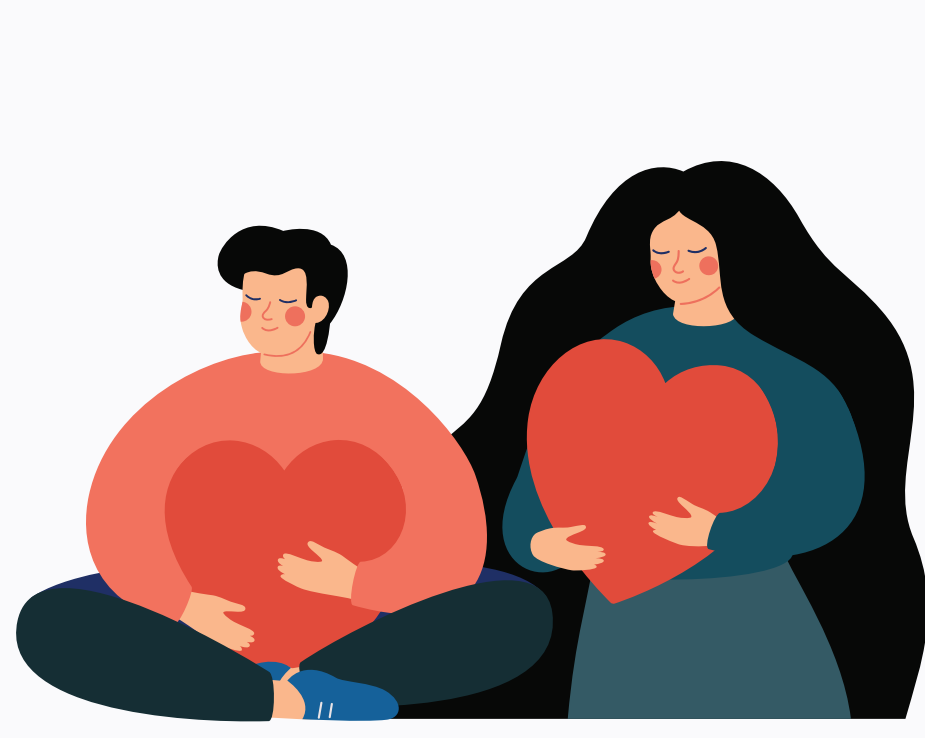
Patience

Despite your best efforts you might still experience turbulent waves impacting your relationship. During such times, remind yourself to ride out the big waves until it's time to enjoy the sea again.



Self-assured

Lastly, while you focus on your relationship, also prioritise caring for yourself and your needs. Remember, for a relationship to thrive both individuals need to feel secure, work on themselves and function the best they can.



There is no rulebook for a perfect relationship. More often than not, it is trial and error until you find YOUR best formula!