

# SIX WAYS TO NURTURE A HEALTHY RELATIONSHIP

## Checklist

Do you sometimes wonder what further growth could make your relationship even stronger? Go over this checklist often to remind yourself of important things you can do to bring you even closer to each other and strengthen your bond.

### 1. **Grow Together, Not Apart**

- Keep up the spirit of a newly dating couple by continuing to date throughout

your relationship.

- Explore new experiences together in order to grow in new ways and get to know each other in unique settings.
- Share your interests with your partner and show interest in theirs.
- Begin couples counseling or coaching early in order to build healthy habits and continue to grow as a team.

## **2. Rules of Engagement**

- Disagreements are a normal part of all relationships.
- Knowing how to argue is an important tool to exercise.
- Speak in terms of yourself and your feelings rather than in assumptions.
- Be mindful of your body language and the volume of your voice. Keep body language open and your voice at a normal speaking volume.

- Focus on one disagreement at a time in order to come up with one solution at a time.

### **3. Mixing Finances with Romance**

- Communication about money is difficult and necessary.
- Honesty is the most important quality when it comes to discussing money.
- Work together to come up with a budget that is realistic.
- Share responsibility for financial tracking and budgeting.

### **4. Catch Life's Curveballs**

- Supporting your partner does not mean that you have to save them.
- Listen with compassion and provide support.
- Help your significant other reach out to professional help when needed.

## 5. **An Exciting Love in an Ordinary Life**

- Though many things compete for attention, it is important to stay focused on your relationship.
- Having built-in time together is a great way to stay connected as daily life distractions overwhelm.
- There are small things you can do each day to keep nurturing your relationship in a consistent way.

## 6. **Interdependent, not Codependent**

- Codependent relationships are built upon too much sacrifice and not enough self.
- Strike a balance and foster an interdependent relationship with your partner.
- You can do this by taking care of yourself and pursuing your own interests.