

Twenty Ideas for Maintaining A Healthy Relationship

1. Schedule regular date nights and make this time a priority. The equivalent of 1 per week is the ideal and greatly enhances intimacy.
2. Be polite to your partner. Say please and thank you. Honor his/her feelings as if they were your own.
3. Spend 30 minutes of quality time everyday talking to your partner. Allow no interruptions.
4. Upon returning home, before doing anything else, find your partner and give her a hug and a smile. Ask her about her day.
5. Tell your partner everyday that you love him/her.
6. Do 1 nice thing everyday for your partner - unsolicited.
7. Compliment your partner regularly.
8. Listen and empathize. Do not immediately offer advice - quiet listening demonstrates great love.
9. Support your partner in all areas that are important to her. Help her to achieve her goals and dreams. Demonstrate that you genuinely care for his/her well being.
10. Never demean your partner.
11. Schedule short romantic getaways every 3 months or so. Have the hotel/inn prepare the room with something special such as a small gift or flowers.
12. Surprise him/her with small presents, love notes, etc.
13. Take regular walks, just the 2 of you.
14. Clip sections of the newspaper/magazine that would interest him/her. Send it in the mail if you are away.
15. Treat her in ways that you did at the beginning of your relationship.
16. Let your partner know that you miss him/her when you are away.
17. During times of anger - stop - take a time out, walk away, cool off - continue to problem solve later.
18. Make a point of cuddling or being affectionate with your partner.
19. Accept your partner in totality, as someone with weak points as well as strong ones. Accept differences of opinion, tastes and style. Avoid being judgmental or punishing for mistakes.
20. Create an audiotape for your partner that he/she can listen to while you are away. Record what your relationship means to you or some other loving message.