



Tip 1: Spend quality time face to face

Commit to spending some quality time together on a regular basis.

Find something that you enjoy doing together.

Try something new together.

Focus on having fun together.

Do things together that benefit others.

Tip 2: Stay connected through communication.

Tell your partner what you need, don't make them guess.

Take note of your partner's nonverbal cues

Be a good listener

Manage stress

Tip 3: Learn to give and take in your relationship

Recognize what's important to your partner

Don't make "winning" your goal

Learn how to respectfully resolve conflict

Make sure you are fighting fair.

Don't attack someone directly

Don't drag old arguments into the mix

Be willing to forgive.

If tempers flare, take a break.

Know when to let something go.

Tip 4: Be prepared for ups and downs

Don't take out your problems on your partner.

Trying to force a solution can cause even more problems.

Look back to the early stages of your relationship.

Be open to change

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