



## MAKING POSITIVE CHANGES IN MY RELATIONSHIP

In long-term relationships, we often assume we know all there is to know about our partners; but people change. It is very easy to lose that connection, and not know where our partner is at now, or who they are now. In order to maintain a connection or to re-establish one with your partner, you can:

- look at what is happening in the relationship
- stay curious (but respectful) about each other
- listen, and communicate your needs (don't wait for your partner to try to guess what is going on with you)

### how can I change my relationship?

Ask yourself how you would like your relationship to be different. If you know, then commit yourself to making the changes you need to make. One small change can sometimes make a difference to a lot of big things - relationships need to be looked after. Here are some ways that you can nurture your relationship:

- spend time alone together
- develop common interests
- really listen, and try to understand what your partner is saying
- tell your partner when you are unhappy about something
- look for solutions that are OK for both of you

### there are many ways that you can personally help to improve your relationship

- be supportive; do not make judgements when your partner makes mistakes, or does things differently from how you would do them
- ask for help when you cannot cope with a situation
- share the load - agree on who will do what in the household
- offer to do what you like the most
- allow yourself the right to put up your feet and relax
- make time specifically for yourself – soak in a bath, read, listen to music, talk on the phone to friends
- express your feelings honestly
- show appreciation when your partner does something
- listen attentively
- take responsibility for your actions