

Metropolitan Wellness Services, Inc.

Succeed at Your Relationship and Your Life!

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Tips for Creating a Successful Relationship

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Assisting Couples Get on the Same Page & Create a Satisfying Relationship™

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- ♥ Don't make assumptions or mind read!!
- ♥ Co-Create your relationship – don't take over or become a door mat
- ♥ Take responsibility for what you are contributing to the relationship that is keeping you stuck – pay attention to what you are inviting from your partner
- ♥ See where your partner is coming from – how they are looking at the situation and you, and see how you can meet their need or change aspects of yourself that are not attractive
- ♥ Check-in with your partner about how they are doing, what they are feeling, and how they see things
- ♥ Stay “current” – make sure you touch base and share what is going on in each other's lives
- ♥ Have joint projects, activities, hobbies, ventures
- ♥ Create and maintain Positive Nurturing and Caring Rituals
- ♥ Have dates and other fun together (abstain from including mind altering substances)
- ♥ Gift each other the way you each want to be gifted (don't buy presents you want to give but rather ones your partner wants to receive)
- ♥ Show love the way your partner wants to be shown love not the way you want to be shown love
- ♥ If you are dissatisfied, can't get your relationship needs met, have repeating unresolved arguments and issues, and/or feel stuck – GET HELP! Don't wait till more damage is done – it gets harder to “fix the damage” the longer it goes inappropriately addressed

Additional Resources for Couple Success

Recommended Books
Free Successful Couple™ eZine
Quizzes

Top 10s
Relationship Tips
Resources for Nurturing the Relationship

Can be found on our website: <http://www.metrorelationship.com>
