



9 Secrets to a Successful Relationship

Thanks for signing up!

I look forward to providing you with helpful tips for improving your life and your relationships. Welcome to Deep Connections Counseling email newsletters! No one said relationships are easy, but you can use these tips to make your relationship more harmonious.

1. Show awareness of each other's world:

Happy couples are familiar with each other's world, their likes, dislikes, dreams, and fears. Happy couples remember which friends matter most to their partner and which relatives they like least. They know what their partner's favorite TV show is, what their current goals are, and what their biggest stressors are. If you don't really know someone, how can you truly love them?

2. Show fondness and admiration for one another:

Happy couples view each other in a positive light. Showing appreciation for one another is essential for maintaining fondness and admiration. Show your appreciation when your partner does something nice for you. You can do that by expressing it verbally or by writing a note.

3. Connect at various times during the day:

Happy couples connect at various times during the day. It is important to give your partner your attention and connect as often as you can during the day. Renowned relationship expert Dr. Gottman says that "over the course of your relationship, every little connection you make is deposited into your relationship's Emotional Bank Account. So when conflicts do happen, and you've invested with lots of positive deposits, you can pull from your emergency savings of love to maintain trust and connection." Technology is the perfect way to stay connected in our busy and hectic world. A simple "love you" or "miss you" text during lunch can create connection.

4. Consider each other perspective:

Happy couples consider each other's perspective. They make an effort to consider each other's feelings without criticism and judgment, by showing empathy and understanding. When both partners feel heard and understood, it is easier to compromise and reach a solution that works for both of you.

5. Differentiate between solvable and unsolvable problems:

Successful couples differentiate between solvable and unsolvable problems. They find a solution for the solvable problems and determine for themselves if they can accept or live with the unsolvable problems. According to Dr. John Gottman, the perpetual or unsolvable problems are due to differences in personalities or core values. Since these differences are unlikely to change, the best way to handle this situation is to accept each other differences.

6. Create relationship rituals:

Happy couples create relationship rituals. Relationship rituals strengthen connections. Some examples are drinking coffee and watching the morning news together, having regular date nights, going on vacations together, reading a book together, and cooking together. Start and end each day with a hug and a kiss. Hugs and kisses increase the release of the 'love hormone,' oxytocin.

7. Help without being asked:

Happy couples help each other without being asked. If your partner or spouse usually does something, like take out the trash, or load the dishwasher after a meal, surprise your partner by doing that chore without being asked.

8. Turn off technology:

Happy couples make time to be free from technology. Talk, ask about each other's day. Although it's mundane talk, it's necessary for connection.

9. Laugh and laugh a lot:

Happy couples laugh! Finding silly things to laugh about with your partner helps cut everyday tension. Watch a silly YouTube video together, share a funny picture or story, create and tell your own "inside jokes." Laughing together is another way to build happy connection.

If you're unsure how to begin making these changes, a couples counselor can help you navigate through the rough spots. Call or text today to schedule an appointment to re-connect.

Deep Connections Counseling

757-319-5416

