



LifeWorks...

with healthy, respectful relationships...

Ten Tips for a Better Relationship

1. Believe in your ability to create a healthy relationship.
2. Plan regular time together as a couple.
3. Become clear about your needs and expectations - develop an awareness of where these come from.
4. Be prepared to say what you want in your relationship.
5. Be prepared to listen carefully to your partner.
6. Make room in your relationship for differences and value these differences.
7. Let your partner know when you appreciate him/her.
8. Develop a team approach.
9. Know the difference between fair and dirty fighting.
10. Be curious about your partner.



LifeWorks Relationship Counselling and Education Services

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