

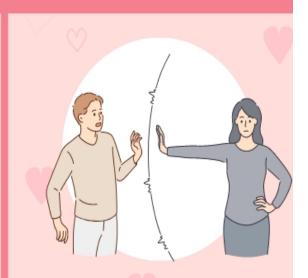


Spend quality time together





## Have open communication



## Understand their nonverbal signals

**Regard their boundaries** 



Have faith in your partner



Be emotionally available



Maintain transparency



Pick up new skills together



Source: https://www.momjunction.com/articles/how-to-have-a-good-relationship-tips-tobuild\_00812148/