



Tips To Keep

A Romantic Relationship

Healthy And Thriving

Spend some time with each other every day, without interruptions.



Engage in conversations where you can respectfully exchange your honest thoughts.



Be mindful of each other's wants and needs while making individual decisions.



Express gratitude and appreciation to your partner frequently through words and deeds.



Work on improving your self-esteem and how you perceive yourself.



Accept and appreciate your partner's differences without contempt or criticism.



Avoid defensiveness during arguments to prevent the situation from escalating.



Take five deep breaths before responding to your partner to maintain a calm situation.



Learn from arguments and work as a team to resolve the root cause.



Learn to forgive and seek mutually satisfying solutions to resolve conflicts.

