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Foreword

Relationships can be beautiful things that bring us much joy and pleasure in our lives. Sometimes we face issues in our relationships that cause problems between the participants. The following are some steps on how to piece things back together and keep the relationship together with the one you love.



The Relationship Rescue Plan

The Ultimate Guide To Manifesting Effectively

Chapter 1:

Introduction

Synopsis

Look at your hands. The four gaps between your fingers were made for your special someone to fill. However, being in a relationship is not always a bed of roses. Sooner or later, both of you will encounter problems or challenges. Thus, there is a tendency that either of you will let go of the hand of the other.



Your Love Life

When you have found the love of your life, you feel like everything is perfect, right? That is how magical love is. It can turn a gray world into a colorful one, a frown into a smile and melt a frozen cold hearts. In the sonnet *My Love is Life to Ice* by Edmund Spenser, he describes love as something that can alter all the course of kind. To put it simply, it can dramatically change your life.

However, not all things stay the way they are. Given the fact that nothing in this world lasts forever, something will surely change in the way you and your partner feel somewhere in time. These changes are caused by problems, which are triggered either by internal or external factors. Internal factors are caused by a change of perception of feeling towards your partner while external factors are caused by third party, money, misunderstandings on a certain matter, jealousy, contradicting beliefs in politics, religion, etc. and others.

If you are wondering on how breakup and divorce come to be, then these factors are the culprits. However, it is up to you and you and your partner if you will let those assail your relationship or not. Do you feel guilty because you are the one who made a mistake or do you find it hard to forgive your partner because you were betrayed? These instances will really cloud your mind and heart with confusion, but if you will do the right thing in the end, you will not be haunted by the wrong choices you have made.

Is your relationship currently hanging by a cliff? Do you want to hold on to it? Well, as long as the waters cover the sea and as the sun rises in the east and sets in the west, it is not too late. You just need to have a good relationship rescue plan that will help you save your love life. With this, you will be able to make the right choices and keep your life on track.

To start rescuing the relationship, you need to come to terms with yourself. The succeeding chapters will teach you how.



Chapter 2:

Importance Of A Healthy Relationship

Synopsis

In the Creation, God made man first. Upon seeing that he was lonely, he created woman next. This only illustrates that men and women are meant to enjoy each other's company and to build a healthy relationship. What does a healthy relationship mean and why is it important?



Healthy Relationship

A healthy relationship means that you and your partner exercise a give and take process. With this, everything will stay in balance and neither of you will feel deprived of something because you fill each other's needs. Also, you can say that your relationship is really healthy if you and your partner work as a team. Always remember that it takes two to tango. In other words, you need to cooperate and work hard in everything that concerns your relationship.

A healthy relationship also depends on your and your partner's health. This is not limited to physical health; in fact, this aspect is of low significance for a healthy relationship. Spiritual and mental health are actually the most influential elements that contribute to the health of any relationship.

Spiritual Health

Typically, most people link spirituality with religion. What they do not know is that there is a big difference between the two. The former is linked on how a certain person treats others while the latter is concerned on religious practices, rituals and traditions. If you are loving and kind to others, then that only indicates that you are sound spiritually. However, if you mistreat people and take advantage of their weaknesses, then that means that you have poor spiritual health. Given that a relationship is the growth and unified interaction of two persons, each person's spiritual health is essential.

The most interesting thing with regard to spiritual health is that those who are not spiritually sound will commonly find themselves partnered with people who are not mentally sound. This kind of coupling may lead not only to an unhealthy relationship, but a totally toxic relationship. It is common for people to lean on the shoulder of someone else when they get depressed and to open up to those who increase the negative energy they emanate. This is the most destructive kind of relationship for both individuals.

Meanwhile, people with sound spiritual and mental health may find themselves with a person who lacks in either aspect, but they will eliminate themselves from this unhealthy relationship at the soonest time possible. If they fail to do so, they will start to drain on their very own health until they compliment the deficiency of their partner.

Understanding these fundamental foundational concepts will give you pathway to experience a healthy relationship, not only with your romantic partner, but with your friends, schoolmates, family and co-workers as well. From time to time, do you find yourself in an unhealthy relationship? If yes, then it is about time to do some self-introspection. Concentrate on your mental health. If you have an inability to examine yourself, it is ideal to get some help from trusted friends, family or experts.

The most crucial thing to bear in mind is that if you wish to experience a healthy relationship, you must be healthy yourself. You cannot rely on someone else to do it for you. People with sound health

will not choose to stay in a relationship with unhealthy ones. And if you were able to bring a healthy individual to an unhealthy level, then it will not lead to a strong and healthy relationship. Thus, it is important to fix your broken parts until you can confidently and happily smile at yourself in front of the mirror. Always remember the golden rule, respect yourself and do not allow other people to use you or take advantage of your weaknesses. Have the willingness to help someone without expecting anything in return. When you are able to do that, you will sooner or later find yourself with a person that has the same attitude with you. In turn, both of you will experience the strongest, most incredible and healthiest relationship ever.

Mental Health

Mental health is how a person treats and views himself. It is true that this kind of health is commonly influenced by external stimuli, but it still depends on how a person responds to those stimuli towards him/herself. It is how that person reacts, matures and grows from those experiences that gauge his/her mental health. By simply looking at it in that way, it would be easier to perceive how essential mental health is to a sound relationship. If a person does not have a sound relationship with him/herself, then he/she will not be able to contribute to a healthy and lasting relationship with anyone else.

Importance

So, why is a healthy relationship important? Actually, there are several reasons, and the pages of this ebook would not be enough to enumerate and explain them. In a nutshell, a healthy relationship is very essential simply because it will make you a better person and you can make the lives of others better too. When people learn to love themselves, they will love the people around them in return. What you give is what you will receive. As a result, the world will be a better place to live in.



Chapter 3:

*Make Sure You Understand Honestly What The Problems
Are*

Synopsis

In any kind of relationship, the most common reason why problems or conflicts arise is due to misunderstandings. This is something inevitable, given the fact that people live in an imperfect world. If you are currently facing problems in a relationship, don't lose hope because you can still solve it. Always remember that a locksmith never manufactures a lock without a key.



Understanding Problems

The most common mistake of people in a relationship is that instead of facing the problem, they try to escape it. Well, a problem is a problem and wherever you go, it will chase after you. So, the wisest way to deal with it is to face it.

A romantic relationship, specifically a husband and wife relationship, is very complicated. Failure to understand and figure out the root cause of the problem will surely lead to breakup or divorce. Thus, it is important for at least one, but if possible both partners in the relationship to know how the relationship is supposed to work. This understanding will provide the relationship with long-term success.

The Difference Between The Sexes

The major key to understanding the relationship is to know the differences between the sexes. Of course, there is a huge difference in the physical aspect, but what counts the most are the mental and emotional aspects.

One of the main differences that both partners face in the relationship is the way they solve problems. Typically, they approach resolution from different angles. When women are faced with a certain problem, they open it up to other people at great length. They will visit their girlfriends and discuss the conflict and solicit input and pieces of advice. The main reason as to why women are fond of talking at

length about all the problems they face in the relationship is that this is the way they solve them. For men, this is something very difficult to understand because they think that women like to get down to the heart of the matter concentrating on the problem. What they do not understand is that women are just examining the angles and their perception about every angle, in expectations that an ideal solution will appear.

On the contrary, men prefer to keep the problem to themselves and think deeply how they are going to find a resolution to it. When they have figured out what they think is the best solution, they will begin to discuss the real problem with their friends, along with their solution to it.

This scenario only implies that the difference between a man and a woman when it comes to solving problems can be a great stumbling block. The man might get fed up of the woman talking on about her problem, not knowing that this is her own way of figuring out a solution. On the other hand, the woman may think that the man is insensitive and uncaring just because he does not talk about it. The truth is, he is thinking about it constantly, but he is not prepared to discuss it until he has already determined the right solution.

Another great difference in understanding the relationship is that sometimes, women discuss matters they do not want help with or advice about. They just want to get the burden off their chest. For men, this is a strange concept. Most men have a purpose in talking

about something. Basically, when men open up about a certain problem, it is for the intention of solving it. Men really don't understand why women want to keep talking about something without doing or saying anything in order to solve it.

In a relationship, this plays out this way: the man will listen to whatever the woman says, then instantly propose a resolution to her problem. He would think that he has done his part as a partner. However, to his surprise, the woman says that he does not listen and understand her feelings.

This is only a realization and does not really apply in every situation, but it is true most of the time. Women want to talk about it out loud while men want to keep silent.

The next time you want to respond naturally during a discussion about a certain problem, just listen and try to understand your partner. In doing so, you will be able to avoid fights and any misunderstanding.

Chapter 4:

Develop Your Communication Skills

Synopsis

If there is one thing inevitable in a relationship, it is no other than conflicts. We are living in an imperfect world anyway. For your information, conflict in itself is not a problem. However, how you handle it can make or break your relationship.



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