

RELATIONSHIPS

MAINTENANCE



Relationships Maintenance

Best relationship advice

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Foreword

There is no such thing as a perfect relationship for there will always come a time when things change, fights and conflicts take place, and people end up parting ways. But as a New Year starts, it is also the best time for you to start anew and bring a fresher perspective to your relationship. Here, you will learn everything you need to know to make sure that your relationship will turn out for the best and become better and more wonderful for the next months and years.

Chapter 1

Relationship Resolutions Basics

Synopsis

The following are the most basic but undoubtedly most important things that you have to keep in mind when making relationship resolutions. Follow them and start creating the best relationship ever!

“The meeting of two personalities is like the contact of two chemical substances: if there is any reaction, both are transformed.”

C.G. Jung

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The Basics

If you are just like most of the couples today, chances are your previous year has been filled with both good and bad things, happiness and sorrow, triumphs and conflicts. With the start of another brand new year, why not take some time to finally say goodbye and let go of all those not so good things that happened in your relationships the previous year? For just a few minutes, sit down with your partner and discuss of the best ways that will help in making your current relationship way better than before.

Forgiveness is the Key

So that the two of you will be able to move forward for the brand new year with a positive mind frame, it is a must that forgive and forget what happened in the past. If you have long been nursing some hurt within you and you find it hard to forgive your partner before, this is the perfect time to let things go and embrace the concept of forgiving. Refusing to forgive can be similar to a poison slowly but surely seeping through your whole being, filling with such bitterness and eventually setting us a permanent wedge between the two of you. When you forgive, it does not necessarily mean that you will condone the things done by your partner. More importantly, forgiveness means that you have finally come to peace with it in order for you to finally move forward.

Problem Evaluation is a Must

Take time that you evaluate the biggest problems in your relationship. For some, this might be lack of communication. For others, this can be finances and a myriad of other issues. Discuss the problem and think of ways on how you can improve things. Listen to the ideas of one another in order for the two of you to have your equal share on the decision.

Change Good for the Better

Talk about the ways which can help in improving the already good things in your relationship. All couples have their own strengths in their relationship. Discuss these things and turn these into a validation that signifies that the two of you are doing things right. Talk things out to make good things even better and make a vow that you will never take for granted the good aspects of your relationship.

Talk About Romance and Intimacy

When we speak of romance, this should encompass your sex life. There is no denying that this is an integral part of your relationship so make sure that you do not set this

aside. Laugh together and be playful about this. Come up with ways on how you can make this part of your relationship better and happier.

Think of Things to Look Forward to This New Year

Do you plan to buy your own house this year or start a family? This New Year might be the best time for you to start making some plans. Probably the two of you would like to become fitter and healthier. You can do it together as this can be a fun way of achieving a goal that you have set for yourself. Plan and cook meals together. Go for stroll together and hold hands. No matter what plans you might have, at the end of the day, having each other this New Year is the best gift that you can give to your partner.

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Chapter 2

Take Care Of Yourself First

Synopsis

There are some people who end up forgetting about themselves once they become a part of a relationship. However, for a relationship to work, it is important that both parties know how to take care of one's self for them to better take care of each other. Discover the importance of taking care of yourself first before anything else.

“You yourself, as much as anybody in the entire universe, deserve your love and affection”

– Gautama Buddha

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Self-Care is the Key for a Better Relationship

Taking care of yourself when in a relationship is as important as tending to the relationship itself. It is a must that you take care of yourself prior to fixing your relationship. Here, you can apply the old adage stating that you can never give away things that you do not have. Until you feel happy and peaceful, you will never have a happy and peaceful relationship.

If you choose to skip such steps and jump right away to your trouble relationship's murky waters, chances are you will be going straight down under. This is the reason why you need to do everything in your power so that you can stabilize yourself prior to getting this over your head.

Prior to confronting the core issues of your relationship, first, you need to follow the following steps in order to increase the chance of being successful.

Commit to Staying Okay Whatever Happens Along the Way

Promise to yourself that you will still take care of yourself and remain okay whatever will happen in your relationship. Once your happiness completely depends with your partner being there by your side all the time, you will end up feeling powerless and fearful. This will then mean that there is more likely that you will be engaging in ineffective actions like pleading and begging. When this happens more often, the less will your partner want to stick to the relationship. Why is that?

A good reason for this is that your partner will see you as someone emotionally dependent and needy. The things that another person will do for your sake will still be not enough for you because you will always expect more from that person. It is something that will not escape your partner and will make him/her fearful of being consumed and eaten up by your unending demands for care and attention.

One more reason is that it can be a real burden for one person to feel completely responsible for another's happiness. Majority of people feel the need of running away if this is the case. The partner who tries to be everything to another will then feel anger and resentment when placed in this kind of demanding position, thus snuffing out any sense of fun and playfulness that are vital to have an enduring relationship.

When you respect yourself and believe in your own capacity of thriving whether you are in a relationship or single, you will surely come from a place full of strength and empowerment. These two attributes can attract other people and provoke respect, which will then make you a more desirable and lovable partner.

Chapter 3

Learn How To Have The Benefit Of The Doubt Mentality

Synopsis

No relationship will thrive and become successful if one is always doubtful of the other's words, feelings, and actions. Having the so-called benefit of the doubt mentality can greatly help in changing the flow of your relationship to the best direction.

“Love chooses to believe the best about people. It gives them the benefit of the doubt. It refuses to fill in the unknowns with negative assumptions. And when our worst hopes are proven to be true, love makes every effort to deal with them and move forward. As much as possible, love focuses on the positive.”

Stephen Kendrick, The Love Dare

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Give Your Partner the Benefit of the Doubt

Have you ever done some stupid, dumb or hurtful things which greatly affected your partner? Chances are almost all persons in this world have unintentionally or intentionally hurt someone they love. In fact, research showed that a lot of people will do anything hurtful to their partner in all long term relationships.

All relationships are bound to experience their own share of conflicts. Whether it is confusion, misunderstandings or disagreements, if you know and have been someone pretty long enough, eventually, something will take place that will result to tension. People will make you feel frustrated, angry, disappointed, hurt, or upset. Your partner is human, just like you, so there is actually no way to get around this. Once such situations happen, will you respond with anger or will you give your partner the benefit of the doubt?

When you give another person the benefit of the doubt, it only means that when you still lack all the needed information, even in times of conflict, you will still be willing to assume the best, set aside the negative judgment and respond in a favorable way. Love itself can give the benefit of the doubt. It will not make the mind filled with the negative assumptions. It will seek to work its way around the difficult situations even after being proven wrong or getting disappointed.

As stated on the Bible, love is something that “bears all things, believes all things, hopes all things, endures all things.” Love is not naïve and instead, it gives the benefit of the doubt. Love chooses to see the best in other people. You do not just give this kind of benefit simply because you want to. More importantly, you give your partner the benefit of the doubt because you choose to and because you love. This act is selfless. So, how will you successfully give your partner the benefit of the doubt?

Love

Knowing how to love someone is the key here. You simply cannot expect one person to completely accept you for who you are and then expect perfection from them. This love is not unconditional. Conditional loving is based in selfishness, something that will not let you give a person the benefit of the doubt.

Patience

Patience is needed when looking for the truth and trying to resolve conflict. Jumping to conclusions is not part of giving benefit of the doubt.

Understanding

It is important to try putting yourself in the shoes of the other person. For all you know, they are probably afraid of being themselves to due rejection, abandonment or any other issues. Just assume that your partner has tried to be truthful and grow with you before working with them towards it.

Forgiveness

The last but definitely not the least thing that you need is to learn to forgive and forget. Never let yourself dwell in bitterness. When you finally let your initial anger go, let it stay in the past and do not let it cloud your mind over again.

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Chapter 4

Change Your “Blame Them” Mentality

Synopsis

The “blame them” mentality is another big no-no in a relationship. Letting other people take the blame is an act that will never do you and bring you to any good. Learn how to change this negative mentality today.

“You can't lift a relationship up if you keep walking over the other person's mistakes.”

– Anthony Liccione

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Get Rid of the Blames in Your Relationship

As far as placing blame in relationship is concerned, it is sometimes much easier to see your partner's faults than those of your own. One of the biggest issues with couples that point fingers to one another is that most of the time, the two parties are right or both are just wrong. All persons have their own flaws and some ways that they try to defend themselves, pushing away other people from them. These defenses for protecting yourself become much stronger once you get close to another person, with old feelings triggering ways in you that you do not expect or are not even aware of.

If you want to improve your relationship and make it thrive and last longer, the key lies on knowing and challenging these defenses that you have. Instead of adapting the blame them mentality and choosing to focus your attention on the flaws of your partner, why not look at your own limitations first?

Avoid Building a Case

Once a conflict arises, fueling the fire is easy by using all types of proof of the character flaws of your partner. A single morning of accidentally overcooking the egg can already lead to a full blown case of your partner not attempting to learn how to cook where you catalog all incidences when a similar situation happened. Case building is one of the biggest issues in all relationships. Try to avoid doing this if you do not want your relationship to be always crowded with different cases day in and day out.

Drop It

When the blame is already going back and forth, with things getting out of a control, it will no longer be possible to resolve who is really at fault. During such arguments, there is actually no winner. The battle could have been won, but the war is lost. Just try to keep your perspective on the important things. If your aim is to get close all over again, it will not hurt to just drop the past, put your guard down and be nice to one another. Unilateral disarmament might be the initial step to get back the loving and easy flow of feelings between the two of you.

Calm Down

Relationships can trigger ways in you that you rarely expect. A lot of things can set you off, particularly when your defenses are in full gear. Once you feel triggered, try to focus and relax before you react. Fighting with the fire will not do you any good. Managing the temper of your partner will be easier when you calm yourself first before you approach him/her.

Communicate Your Feelings

After you have calmed down and gave your partner a chance of expressing their own perception, that is the time for you to explain how you felt with no need to feel victimized or place the blame. Stay away from using generalized statements or victimized language if you do not want things to go from worse to worst.

Once you changed your blamed them mentality, you give your relationship the best chance of staying passionate, equal and fulfilling.

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