

Summary

Making time
Understanding
Kindness
Problem solving
Moving forward

Follow these steps and your relationships can become happier, healthier and a good place to be.

Talk it out
Listen to your partner
Ask what it is they want and need
Tell them what it is you want and need



CLStaff Support Specialists

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**HANDYHINTS
ON HAPPIER
RELATIONSHIPS**



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.....> **It appears that for many people, falling in love is easier than staying in love. Relationships need “work” and “commitment” in order to flourish.**

.....> **1. Making Time:**

Try to spend quality time together with no outside distractions. If possible, go out on a “date” once a week or once a month if that is all you can practically do. Make one another’s happiness a priority. Share your hopes for your future. Listen carefully. Talk to each other. Remember how alive you felt when you first met? Try to keep the magic alive by making communication a priority. Laugh together.

Your relationship can nurture you for the rest of your life - find time for each other.

.....> **2. Understanding:**

Men and women often view relationships differently. Men can feel neglected and unappreciated if their partners are seen to give priority to children, work, family

and friends. This feeling may not be expressed and men may continue to be dissatisfied. Women can feel that men prefer the company of their mates or they spend too much time at the club or at work. These feelings often are expressed and men feel nagged and pressured. The key is in communication. Talk to one another, negotiate time together and time apart. This will strengthen your relationship.

.....> **3. Kindness:**

It is very easy to hurt your partner. You know which buttons to push and when angry, most people verbally attack. It hurts you, your partner and your relationship. Make a conscious effort to express appreciation towards your partner at least once a day. Be kind. Kindness feeds and strengthens the relationship.

.....> **4. Problem-solving:**

There will always be areas of conflict in your relationship that seem to cause arguments. These “hot spots” can affect the way you think, feel and behave towards your partner. You probably think they’re wrong, you’re right and if they changed

their opinion you’d both be happier. It didn’t work before, it won’t work now. People can withhold love, time and money when “hot spots” occur. Insults, blaming, nagging, criticising and abusing won’t solve the problem but will hurt the relationship. Instead, sit down quietly together and negotiate. Acknowledge that you both need to be prepared to make changes. Keep your temper and your sense of humour.

.....> **5. Moving Forward:**

Now that you’ve made your relationship a priority, are spending quality time together, are kind and loving and changing responses to conflict, you are moving towards a happier relationship. Do not try to “change” your partner. Enjoy them for their differences. Accept them for who they are and what they do, so they can accept you too. You can’t change another person, but you can influence their behaviour.