

Ingredients to a Great Relationship

TIPS & ADVICE

A romantic relationship can be one of the most rewarding experiences you can have. But sometimes it takes a little work to keep that relationship healthy and successful.

While you may have great chemistry and mutual interests with your partner, relationships require time, commitment and effort.

Remember to follow the big four pillars of a strong relationship:

1. Communication
2. Appreciation
3. Trust
4. And fun!

Any relationship will begin to falter if these aspects are neglected, but just because there may be difficulties or misunderstandings does not mean you and your partner are a lost cause. No matter what stage your relationship may be in, there are always ways to improve and keep your relationship strong beyond the honeymoon stage.

Embrace your partner's love language

We all have different ways that we prefer to receive and express love. Some of them include:

- **WORDS OF AFFIRMATION** – kind words or a note that show your appreciation.
- **QUALITY TIME** – spending dedicated time together, doing activities that you enjoy as a couple
- **RECEIVING GIFTS** – flowers, tickets to a concert, or even something as simple as picking up their favourite chocolate bar can show that you're thinking of your partner.
- **ACTS OF SERVICE** – Filling up their car with gas, making them a meal, doing their least favourite chore – being of service to your partner is another great way to show your love.
- **PHYSICAL TOUCH** – affection, whatever that looks like for you and your partner can greatly improve your connection and intimacy.

It's important to learn both you and your partner's preferred love language – and if they don't have the same as you, don't worry! Love requires adaptation and reciprocating both of your love languages will not only show care and thought, but commitment.

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