



MINDFULNESS MATTERS TIP SHEET

5 Relationship Tips

Resolve to improve your significant relationship. Some practice tips:

- 1. Let your partner know how much you appreciate him, her or them.** Tell him, her or them at least one specific quality or action that you are thankful for every day (e.g., doing the dishes, giving the kids a bath, cleaning the yard, etc.).
- 2. Schedule a regular time to talk (and listen!) to your partner.** Turn off the TV, computer, phone, and radio. Find out what sorts of things he, she or they is thinking about/worried about, etc. Tell your partner what he, she or they can do to help you feel loved, cared for, and special. Make these conversations a regular part of your relationship – it's OK to schedule a specific time for them.
- 3. Take responsibility for your part in conflicts** (as opposed to attacking your partner and defending yourself). This response helps make it safe for your partner to confide in you and trust you.
- 4. Don't wait to get help if you are in a troubled relationship.** If you think you can't talk to your partner, seek professional help. Couples wait an average of six years (!) before they get help, making it much more difficult to repair and rebuild the relationship.
- 5. If you are single and want to change that status, get your own house in order.** Take an honest inventory of your strengths and limitations. Ask a trusted friend for feedback. Seek professional assistance if needed. *Believe that you truly deserve a special relationship, and remind yourself of that every day.* After all, the things that we think about most often tend to become a part of our lives.

Hope these tips help. *Patrick R. Connelly, LCSW*

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