

The Keys to a Loving Relationship: Communication and Attention

What does it take to build and maintain a loving relationship in today's busy and fast paced life? The reality of pressures from daily living and work often don't fit within personal, family or societal visions of "the perfect marriage/relationship." This often puts couples in the middle of a firefight. In the midst of the hectic schedule, it is often the simple and practical things to do that escape them.

Growing and fostering a healthy marriage should include these essential components:

- ✚ Consistent communication and romantic gestures that are maintained with both partner's needs understood and considered.**
- ✚ Understanding and accepting one another's faults.**
- ✚ Remaining supportive through efforts to learn from mistakes, rather than belittling or focusing on the negative.**
- ✚ Respecting each other's habits, hobbies, desires, etc.**
- ✚ Understanding and encouraging the independence necessary at times to grow as individuals as well as a couple.**

It is often said that "relationships takes a lot of work". Perhaps it is better said in this way, "relationships needs a lot of attention". The attention that two people give each other while falling in love should never really go away.

While certainly the needs and demands of family and life are incorporated into a couple's relationship, why would anyone replace the attention they gave to the love of their life, with attention to other things? And besides, it's fun!

Adapted from the Family Dynamics Institute