



The royal wedding frenzy is over. But a lifelong relationship has just begun. If you ever wondered whether William and Kate would live happily ever after, how about thinking “what it takes to be happy in a relationship”? Here comes 6 notes for you to ponder on.

## 6 Keys to Happy Relationships





**1. Listen** – Do you often interrupt your partner before s/he finishes expressing him/herself or pass judgment before s/he even speaks? Give your partner the respect that you would like to have and listen in the way you want to be listened to.

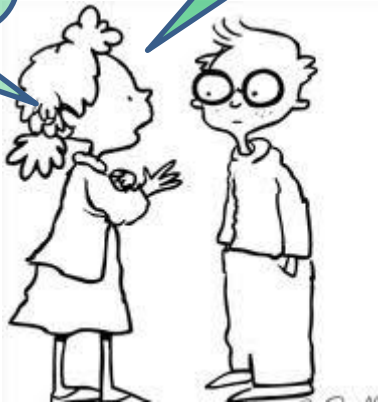


**2. Use 'I' Statements to Express Hard Feelings** - Which of the followings would you rather hear from your partner?

“I am upset that you’ve been so busy lately that I don’t get to spend time with you.”

**V.S.**

“you make me feel upset and lonely because you’re always busy and unavailable lately.”



Begin your messages with 'I's instead of 'you's. Tell him/her how you feel and give reasons instead of blaming your partner right away.



### **3. Recognize and Soothe the Crying Baby**

– There're times when our partners enter the crying baby state. They become unreasonable and cry for attention.

Learn about your partner's crying baby state, find a time to openly discuss what would make them feel better when they are in this baby state. You may be

surprised how little things you do would make a huge difference! Be aware of your own crying baby state and think about what would soothe the baby in you.



**4. Use Timeouts** – At times of intense conflicts, stop the fight before you say anything regrettable, go somewhere else to cool off, separate yourself for a few minutes to gain perspective and clarity.



Ask yourself this: *“Am I arguing simply for winning the fight?”* If the answer is yes, think about whether winning this fight is beneficial or harmful to your relationship.



## **5. Break Interactional Patterns That Aren't Working –**

Have you and your partner been nagging each other about certain behaviors that never change? When we repeatedly do something, it becomes a habit. Instead of giving in to a comfortable action that doesn't give you the result you want, interrupt that pattern by doing something different (random!).

Try giving compliments, ignoring what you normally cared most, or making jokes about those behaviors. Experiment with new possibilities and observe your partner's reactions, have fun and be amazed with the effects!



## **6. Build Your Self Worth –** The insecurities that rise out of relationships are mostly the result of insecurities we have with ourselves. We have to love ourselves before we can truly accept love from others. Go on self dates, spend quality time with yourself, appreciate you, do more of the things that feed your soul. In this process, you will experience love and connection for all beings.