

How to Make Relationships Work:

Building Trust, Love, and Loyalty

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What Can You Do Now To Make Your Relationship Work?

Nurture the Friendship in Your Relationship:

Build Love Maps

- Maintain awareness of your partner's world.

Share Fondness and Admiration

- Make deposits into the Emotional Bank Account

Turn Towards Instead of Away

- Accept bids for emotional connection.

Maintain a Positive Perspective:

The Positive Perspective

- A positive perspective occurs when the friendship of your marriage is strong.

Learn to Manage Your Conflict:

Manage Conflict

- Accept influence from your partner- be open to compromise.
- Discuss your problems- take turns listening to one another about perpetual issues.
- Practice self-soothing- keep yourself calm.

Honor Each Other's Life Dreams:

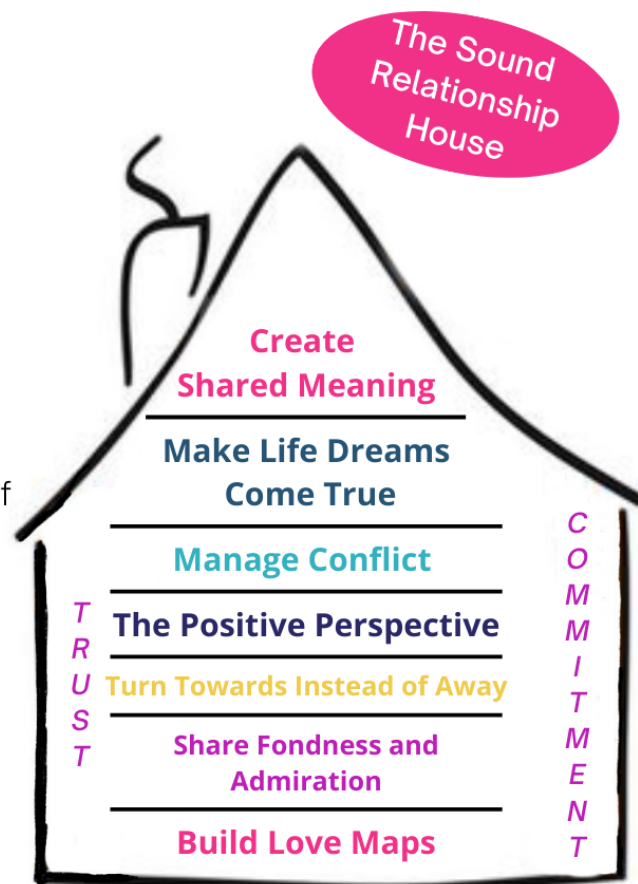
Make Life Dreams Come True

- Find ways to make one another's life dreams come true.

Create Shared Meaning in The Relationship:

Create Shared Meaning

- Build a shared sense of purpose.
What is your mission and legacy?



What About TRUST and COMMITMENT?

5 ways to build trust, love, and loyalty in your relationship:

- ♥ Make trustworthiness a main priority in your relationship.
- ♥ Act to maximize your partner's well-being.
- ♥ Know that trust is built in small positive moments.
- ♥ Avoid negative comparisons.
- ♥ Generate frequent thoughts and acts that cherish your partner's positive qualities and minimize your focus on their negative faults.