

## **If you truly love your partner...**

1. Do not try and force them to change to your ideal - If there is something you dislike, let them know in an honest and friendly way what it is and why it bothers you. If they come to a realization that they want to change that trait, they will do it themselves. Otherwise, if they are not ready to give up or change that thing, they will either lie or hide it from you and no relationship should be built on lies and hiding the truth. That only breeds resentment.
2. Do not use sex as a weapon - Withholding sex to try and teach your partner a lesson or because you are angry about something will ultimately make him or her look and find what they are not getting elsewhere. Indeed, give love and sex lavishly so that your partner has no desire to seek it elsewhere. Remember, for most men, if the person they love doesn't want to have sex with them, that is like telling them "I don't love you". Sex has a different meaning for most men than it does for women when in a monogamous relationship.
3. Dwell on the good - Commit to memory the pleasure, good times, and fun you enjoy together. You will have fights and be angry with each other at times. You will say stupid or mean things in the heat of the moment because emotional angst destabilizes logical thinking. Do not dwell on the negative or fights. Work them out and let them go. If you can learn to remember and dwell on the happy moments and process and release the bad times, then your life together when you think back on it will seem to be one of mostly happiness and joy. Remember, strong emotions like hate or anger burn events into the memory much more vividly than regular memories. If you let the anger and pain burn permanent memories of all the bad times deeply into your brain, it will seem like all your time together was one bad fight after another. Spend time burning the good memories in and work out so you can release the bad ones. Dwell on the good and you will remember happiness more than sorrow.

There are many other things that are important in a relationship that are not the big three but the next four listed are also pretty important, like:

4. Communicate with your partner- care about what is important to them and give them time to express themselves. Listen and give constructive feedback when appropriate.
5. Be there for them when they are hurting- nothing says I love you more than being there to comfort or console you when you are in physical or psychological misery.

6. Do not force togetherness when your partner needs space to enjoy the things that they like doing (which you may not). If they like getting together with certain friends, sports, exercise, ham radios, etc., graciously allow them the freedom to enjoy it without bringing them down. Find time to enjoy the things you both like doing together but give them the freedom to enjoy the things you don't but brings them joy (unless it becomes all consuming and gets in the way of ever being together, or work, etc., if that happens, go back to number 4 and communicate)
7. Do not belittle or denigrate your partner to others. Whether it is in front of them or behind their backs. This includes on social networks like FaceBook, Twitter, etc. If it is in front of them, it breeds resentment and bitterness. If it is behind their backs, the way others treat and relate to them will be compromised by the negativity you implanted in those others. Whatever you say will probably get back to them eventually, one way or another. If there is something negative you feel about your partner, let others discover it or weigh it for themselves. Creating a negative perception of your partner to make yourself feel better is a bad way to nurture any kind of relationship, and is a bad practice in general.

Happiness is truly where the heart is. By ignoring the 7 important truths listed above, happiness can turn to sadness, pain, and heartache very quickly. Experience can be a harsh teacher and really ruin relationships when not understood. Know these truisms and you should experience more joy and less sorrow in your relationship together. It sure made a difference for me.

True and Faithful

Brian 2012