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Lessons in love

Making the “magic” last

If love is strong enough, relationships can be smooth and trouble-free. True or false? The answer: false!

Even the closest, happiest couples have their ups and downs. Why? Because life is always presenting new challenges. Each requires cooperation, communication, patience and hard work from both partners.

Steps to lasting love¹

So how do couples survive — and even grow — through the good times and the bad? Here are some tips:

- **Appreciate each other.** It's easy to harp on things that annoy us about our spouses, partners or friends. How about the things we really like about them? Watch for the positives and express them out loud to each other.
- **Accept each other's differences.** Differences may be one of the first things that attract us to one another. We're enchanted with someone who is different from ourselves. Later, those very same differences can lead to conflict. Rather than reject your partner's differences, try to value his or her perspective.
- **Support each other.** No one lives in a vacuum. There may be family, friends or others who create tensions in your relationship. Try to take your partner's

side — at least in public — and decide together privately how to handle situations that may arise.

- **Spend time together.** Shared experiences help solidify relationships. Time together might include athletics, travel, physical intimacy or just sitting side by side to read the Sunday newspaper or watch TV. Nothing fancy required — just a bit of time.
- **Communicate often and honestly.** If you keep your feelings bottled up, you are more likely to “explode” at some point. Make time to discuss plans, issues and goals. Be open to compromise. Remember to truly listen to each other.
- **Be kind.** Healthy relationships cannot thrive in unhealthy environments. Physical and/or emotional violence are simply not acceptable in caring connections.

¹Information in this article is taken from www.socialworktoday.com

Getting help

Confidential support, information and resource referrals are available for a variety of concerns — both work and personal. Call for assistance for you, your household members or your adult children under age 26, whether they live at home or not. Call or visit us online today!



Contact your EAP for 24/7 access for you and your eligible family members:

1-888-825-3509
www.HorizonCareLink.com
Username: firstdata
Password: myeap

Relationships make the world go round