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# Foreword

Do you frequently ask yourself if you're still pleased with the relationship? Do you frequently look back to check why you're with the individual you're with today? Do you feel that the relationship is bringing you down more than it's bringing you up? You might be in an unhealthy relationship and you might have to learn how to maintain a healthy relationship. Get all the info you need here.



## ***Locking In Love***

The Guide To Sustaining A Relationship

# Chapter 1:

## *Relationship Basics*

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# Synopsis

What is a sound relationship?



## **The Basics**

A sound relationship ought to have the accompanying qualities:

A sense of respect for one another. Your partner ought to be able to give you the same respect he wants from you. This is honor for your identity, for your unequalled personality – your humor or the uncanny way you laugh. Likewise this means a sense of respect for your choices. Accepting your choices and comprehending it. Simply put, mutual esteem in a relationship implies that you value each other's differences and comprehend them, not attempt to alter the other individual's personality.

Trust for one another. Trust means recognizing that your mate is faithful to you regardless how many alluring chances surround him. This is when you see your beau talking to a new girl in his class and you'd know deep inside that your mate loves you enough to not play around. Everyone is entitled to feel envious. It is, after all, a really normal emotion. It's how you respond to that emotion that will count. Acting on jealousy will only bring you down and won't be healthy for your relationship.

Truthfulness with one another. This ought to go hand in hand with trust as trust is based on how honest your mate is to you. How may

you trust somebody who can't be truthful with you? Once you've caught your mate in a huge lie, you'll have doubts the next time he tells you where he's going or whom he's accompanying.

Supportiveness. Your mate won't merely need your support during problematic times. There are individuals who appear to merely come along out of thin air to offer a helping hand if everything appears chaotic, but is nowhere to be found during euphoric times. It's nice to have somebody to share wins and happy times with. It constantly feels great to know that you have somebody who trusts in your capabilities and celebrates your accomplishments with you.

Equity. Relationships ought to be reciprocation. Taking turns in making choices, be it as easy as selecting a movie to watch or a place to eat at. This includes that you're not keeping count of how many times the other individual has made the choice for the two of you as a couple, and you're not turning the decision making procedure into a power struggle as to who ought to get his way.

Separate individualities. This implies compromising in conditions where there's a difference in interest. This doesn't have to wind up with one losing his identity merely to give way to the other individual. Both mates ought to still be able to sustain time for their own interest like when they began with the relationship.

Open communicating. This includes being able to express how you feel openly and truthfully to your mate without concern of having your candidness misconstrued. Having the sincerity to speak what's on your mind, provided you've thought it out thoroughly enough to understand that what you say will be taken in a good, constructive way.

What makes a relationship unhealthy?

A relationship begins becoming unhealthy when it turns mean, disrespectful, controlling and injurious. A few individuals are exposed to domestic violence and begin bringing it over to the way they carry a relationship. An individual who has grown up to watching physical and emotional punishment inside their homes will most likely believe that it's normal in a relationship.

Relationships commonly need work. It might have started with an overpowering feeling of love for each other, but then again, keeping that love is an altogether different thing. Comprehending you and your mate's differences, accepting them and working around those conflicts will make your relationship simpler to handle. Keeping it healthy, will make you both thrive and grow not merely as people, but as a couple too.

# Chapter 2:

## *Get In Touch With Your Own Feelings*

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### Synopsis

Emotions are the glue that associates you to others and gives meaning to life. They're the foundation of your power to comprehend yourself and relate to other people.

When you're aware and in command of your emotions, you are able to think clearly and creatively; manage stress and challenges; communicate well with other people; and display trust, empathy, and self-confidence.

However lose command of your emotions, and you'll spin into mental confusion, isolation, and negativity. By realizing and ruling your emotions you'll be able to gain command over the way you respond to challenges, better your communication skills, and savor more fulfilling relationships.

This is the power of formulating emotional awareness.

## **Your Emotions**

Whether we're cognizant of them or not, emotions are a ceaseless presence in our lives, influencing everything we accomplish.

Emotional awareness means recognizing what you're feeling and why. It's the ability to identify and express what you're feeling from minute to minute and to comprehend the connection between your feelings and your behaviors.

Emotional awareness likewise allows you to comprehend what other people are feeling and to understand them.

Emotional awareness demands the power to:

- Understand your moment-to-moment emotional experience
- Cope with all of your emotions without getting overwhelmed

Have you ever felt like depression, nervousness, or anger was commanding you? Do you frequently act impulsively, doing or stating things you know you shouldn't, only to regret it afterwards? Do you feel unplugged from your feelings or emotionally dead?

Do you have a difficult time communicating with other people and making meaningful connections? Do you feel like your life is an emotional rollercoaster—all extremes and no equilibrium? All of these

roadblocks and challenges are related to a break up in emotional awareness.

Our emotions, not our thoughts, propel us. Without an awareness of what you're feeling, it's impossible to fully comprehend your own actions, appropriately cope with your emotions and actions, and precisely "read" the wants and needs of other people.

Emotional awareness assists you in:

- Recognizing who you are: what you like, what you don't like, and what you require
- Comprehend and empathize with other people
- Communicate distinctly and effectively
- Make sensible choices based on the things that are most crucial to you
- Become motivated and take action to fulfill goals
- Construct strong, healthy, and rewarding relationships.



# Chapter 3:

## *Understand How Your Fears Impact Your Responses*

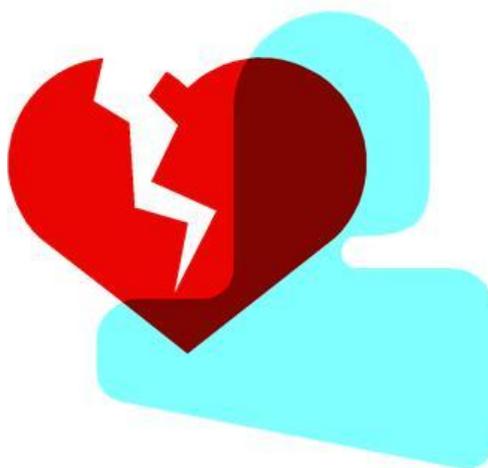
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### Synopsis

Fear of something awful happening in the future is among the things that make us human.

Animals may fear an immediate danger, that's occurring right now, however only we fear something that may occur, that isn't occurring now, that isn't even displaying its ugly face at the minute.

This fear, a few may say, is essential ... it stops us from doing something unintelligent. However I've found most of these fears to be unneeded, to be groundless, to be holding us back from accomplishing something.



## **Dealing With Fears**

Do you have the fear that you're not good enough?

However here's the thing: having the fear is natural. Letting it stop you from going after your dreams is a tragedy.

There has no bit-by-bit program to beating out your fears, however here's what I've learned, first-hand and from other people.

1st, acknowledge your fear. This is a large first step. If you do simply this now, you've done something great. A lot of us have these fears, however they're at the back of our brain, unnoticed, unacknowledged, as we attempt to ignore them and pretend they're not there. However they are there. And they impact us, daily, all our lives. So recognize the fear.

Write it down. What's your concern? Put it on a sheet of paper. Writing it down not only recognizes that you have it - bringing it forward - however it externalizes the fear. Take command over it by writing it down. It's now outside you. You are able to do something about it.

Feel the fear. You've recognized it; however you're still afraid of it.

Understand that you're not unaccompanied, that we ALL have these concerns, that we all think we may not be good enough. Repeat after

me: there's nothing bad with having this fear. Now let yourself to feel it.

Ask yourself: what's the worst thing that can occur? Frequently it's not as awful as we think. Do you fear failing in your relationship? What would occur if you did? You'd lick your wounds, you'd find somebody else who's more suited for you, you'd live.

Simply do it. Feel the fear and do it anyhow. To beat the fear, you have to simply do it.

Be in the moment. Fear of failure is fears of the future tense. We get caught up in fretting about what may occur. Alternatively, banish all thoughts of the future. Banish even thoughts of past errors and failures. Now center on right now. Do something right now to crush your fears, to pursue your ambitions, and forget about what may occur.

Little steps. Conquering fear and following up on a goal may be overwhelming, daunting. So start little. Simply take one little step. Something you know you are able to do. Then feel great about that and take another little step. Keep doing this, and before long you'll have conquered more than you can imagine.

Celebrate each success! Even the lowliest little thing. And use this feeling of triumph, to propel yourself forward and take the next step.

# Chapter 4:

## *Have Realistic Expectations*

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### Synopsis

Among the reasons being in love may be so frustrating is that a lot of us expect magic. We expect chemistry, compliments, allegiance and clever conversation.

And we expect it all before the main course has even gotten there. Sustaining healthy expectations in love doesn't mean lowering your standards or flexing your morals.

Rather, it means coming to the table with an open mind and letting relationships build by nature in their own way and at their own rate. If you frequently feel disappointed after you fall in love, you might be manifesting your own destiny. Attempt these tips to help recalibrate your love expectation scale.

## **What You Expect**

Arrange your life for success. View a date as a chance to share things a getting to understand a new individual. That's it. If a 2nd date comes after, great! If fireworks blow up, even better! Blooming romance is a bonus of a love, not a fundamental.

Be an honest romantic. Having fair expectations doesn't mean turning bitter and jaded. It's possible to keep your heart opened up and your spirit rosy, even as you stay grounded and pragmatic.

Understand that your love owes you nothing. In the start of getting to understand one another, the only thing needed is that your love treats you with kindness during your time together. Past that, you're on your own. Your love doesn't owe you anything. Your love doesn't owe you a telephone call later in the week. Your love doesn't owe you an account of why he or she doesn't wish to see you on a particular day.

Be honest about how much you are able to and not able to give. If you do not feel like kissing at a particular time, do not kiss then. If you can't pay for an expensive dinner, do not agree to an expensive dinner, unless your love insists on paying for you. If you're tired and wish to get to bed following dinner, get home and get to bed following dinner. If you do not wish to have sex outside, do not have sex. Giving more than you're ready to give is certain to make people be resentful and heartbroken.

Let the relationship show you what it's about rather than trying to steer it where you think it should to go. You've no way of knowing where things are going. Keep your mind in the here and now and surrender control.

Allow for a raw ebb and flow. Getting to understand somebody is a slow procedure with its own rhythm. You link up. You pull apart. You link up. You pull apart. Do not freak if you seem to be drifting in different directions. This is the natural way.

Keep your life. Continue seeing your friends. Keep your routines the way there are. When you first meet somebody it may be easy to float away in an all-consuming, lovesick bubble. This is natural and fantastic, but someday the bubble is going to break. Keeping a little semblance of your own life will make your fall to truth all the easier.

If your love seems disinterested in you, move on. If you're disinterested in your love, move on.

# Chapter 5:

## *Learn How To Take Responsibility For Your Part Of The Relationship*

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### Synopsis

We're responsible for our actions--all of them. We're responsible for our ideas and action, whether calculated or unintentional. A responsible individual makes errors, but if they do, they take responsibility and make it correct. Here are ways to be responsible.



## **Get it Together**

Be accountable. Maybe you yelled at your kids because you were sapped at the end of a long day. Perhaps you snapped at your mate who was talking your ear off about things you truly weren't interested in. Perhaps you beeped your horn and gave a raunchy gesture to a wandering driver who cut you off.

Even if the other individual was out of line, you're responsible for yourself. Whatever you do, you're responsible for your behaviors. If your children are feisty, your mate unreasonable, your colleague unbearable, you're always responsible for how you react. Your action is under your command.

Quit blaming. It's simple to point the finger. As a matter of fact, you may build a case against anybody. However blaming other people doesn't help you get to be a responsible individual. If you quit pointing the finger, you have command over yourself. Simply because the other individual is a dork, do not be one yourself.

Acknowledge what occurred. If you acknowledge, "Yes, I didn't call like I said I would," you eliminate the need to cook up crazy excuses. "I messed up" is the responsible sentence, and if followed with "How may I make it up to you?" it makes individuals ready to forgive. Your integrity earns value.

Accentuate the favorable. Move through your day with favorable attitude. Have you ever noticed that individuals who do not take responsibility for their own actions are negative and cynical? The people who blame other people seem to have the worst luck. Anything that fails is always that other individual's fault.

No wonder they do not accomplish much happiness. They're ceaseless victims. If you take responsibility for having the life you wish, you shift your focus from what failed to what went correctly. A little shifting in focus turns a loser into a winner.

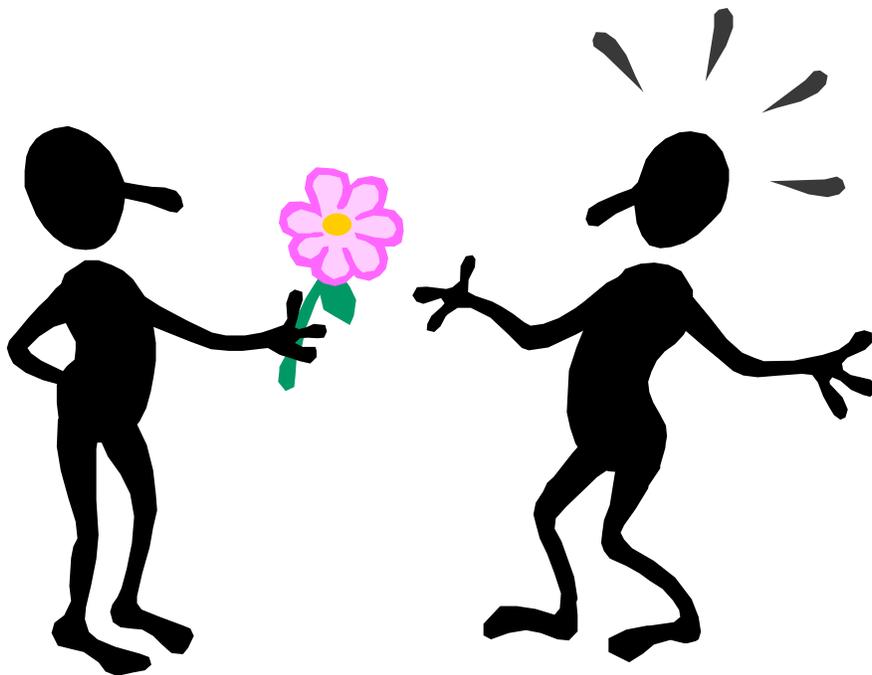
See yourself clearly. Taking responsibility includes acknowledging both your weaknesses and fortes. It means acknowledging all that's wonderful about you. If you take responsibility you understand your talents and put them to use.

You know if you've done a great job. You appreciate your work. You're kind to yourself. A responsible individual doesn't dismiss her own accomplishments. She knows her great and positive qualities. She has a full picture of who she is. A responsible individual goes on to grow emotionally.

Say "thanks." Accept praise graciously. If somebody acknowledges you, say, "thanks." If somebody is kind or gives you a present, the responsible response is a sincere "thanks."

Practice healthy self-focus. Thinking too much about our own issues, worrying ceaselessly about the future, ruing the past, and feeling sorry for ourselves may lead to indulgent self-pity.

It's consuming. But, taking time to truly know what makes you tick; in a gentle, reflective way is the start of self-love and personal responsibility. If you get familiar with your hurts, your limits, your gifts and talents, you grow into the best individual that you may be, then you're alive and living your best life and working on true love.



# Chapter 6:

## *Learn How To Be Attentive*

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### Synopsis

Being in a relationship implies caring about the solace and satisfaction of your mate on all levels. If you truly want to satisfy your mate, this means attentiveness to all aspects of the relationship, both in, and out of, the bedroom. Here are a few ideas that will help.



## **Pay Attention**

Be thoughtful. Nothing is quite as appreciated as knowing your mate wants to spend time with you. Make yourself available for conversation or run errands with one another. Conveying the notion that you wish to spend time with your mate renders a great deal of emotional gratification.

Learn the little things your mate likes. If your mate loves a cup of hot tea in the morning, brew some tea. If your mate likes to curl up in a preferred chair for a noon nap, cover her with a blanket. Little courtesies like these may make your mate very pleased with the quality of the relationship.

Keep yourself clean. While this may appear obvious, the fact is a lot of individuals want a kiss first thing in the morning, despite bad breath. Slipping out of bed and brushing your teeth prior to gently kissing the lips of your mate may sweeten the experience and lead to a few pleasant activity. Take a shower while you're up.

Ask your mate what he likes. Most women have particular locations on the body that they love to have touched or fondled. Your mate might love the sensation of your hand on the small of the back or the touch of your lips on the nape of the neck. Discover what they like and how they like it. Both of you will be fulfilled with the results.

Carry the attentiveness into the bedroom. Sex is a crucial aspect of most relationships. Assorted types of sexual activity appeal to different people. Learn what your mate enjoys and be pleased to comply. The result will be a mate who is pleased with you in, and out of, the bedroom.

Be truthful. Nothing may kill a relationship like telling lies. If you are caught in a lie, it weakens everything your mate thinks about you and impacts every aspect of the relationship. Trustfulness goes a long way in keeping your mate fulfilled.



# Chapter 7:

## *Learn How To Be A Good Communicator*

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### **Synopsis**

Learning how to communicate effectively is critical in day-to-day life whether you're talking to fellow employees or loved ones. You need to learn to get your point across in a non-confrontational manner. Practice communication in order to have better relationships with those you love and are around on a daily basis. With patience and time, a lot of individuals may become better communicators and relish healthy relationships.



## **Communication**

Talk slowly and calmly. Take in a deep breath to cool off and stay in command whether you are angry, uneasy or shy.

Communicate distinctly and concisely. Don't be obscure. State your exact feeling, like, "I am feeling sapped because I didn't get enough sleep." Don't assume the other individual knows how you're feeling. Get directly to the point.

Learn how to listen. Center on the individual who is talking. Look in her eyes. Repeat back particular things she says so that she knows you're actively hearing her and engaged in the conversation.

Pay attention to your gestural communication. Do not look away or be distracted by other things. Body language says a great deal in communication; if you act like you do not care, you might come off as hardhearted and cold.

Utilize praise along with criticism. Provide a compliment prior to discussing a complaint. Avoid making the other individual feel he is being attacked, which may cause him to get mad and unresponsive.

Despite the numerous ways to communicate, great communicators share in common significant principles and techniques that enable them to communicate effectively. The features of great communicators cut across all languages and cultures. Becoming a

great communicator has a lot of advantages and benefits in nearly all careers, the home, and in basically everything. Remember that becoming a great communicator is a womb-to-tomb journey and not a destination.



# Chapter 8:

## *Learn How To Not Hold A Grudge*

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### Synopsis

Everybody gets hurt or disappointed at one point or another. A few individuals are able to shake things off and march on. Other people hold on to bitterness for years. If you're holding a grudge, abide by these steps to forgive and let go of it.



## **No Grudges**

Choose to move on. You expend a lot of energy holding a grudge; simply let it go. Make the decision to clear up the mental space absorbed by this bitterness. When you decide to move on, the grudge will dissipate bit by bit .

Observe your feelings. Bitterness builds when emotions go unacknowledged. Take the time to get crystal clear about what you're feeling and how come. Take action accordingly. If you have something that has to be stated, say it. If you have already sounded off with your grievance, then settle any additional feelings yourself.

Live with what is. Quit waiting for signs of remorse. Chances are the other individual has already put the subject behind them. You might never receive an apology, but that doesn't mean you ought to continue to indulge bitterness. Be the bigger individual and put the incident behind you.

Forgiving somebody doesn't mean excusing them from their behaviors. It doesn't change the facts. If you have been licitly wronged, then forgiving doesn't mean you have to forget. It does imply that you know that the individual is human and that we all make errors.

Switch your focus. Consider the great things about the individual. Discover the positive in the set of circumstances. Perhaps you learned a lesson and found out something new about yourself. Shifting your point of view will help you release bitterness.

Don't feed the giant. Once you've vocalized your resentment and committed to marching on, don't continually discuss the offense. If you find yourself considering it, mentally change the subject. If somebody brings it up, explain that it's in the past and you don't wish to harp on it.



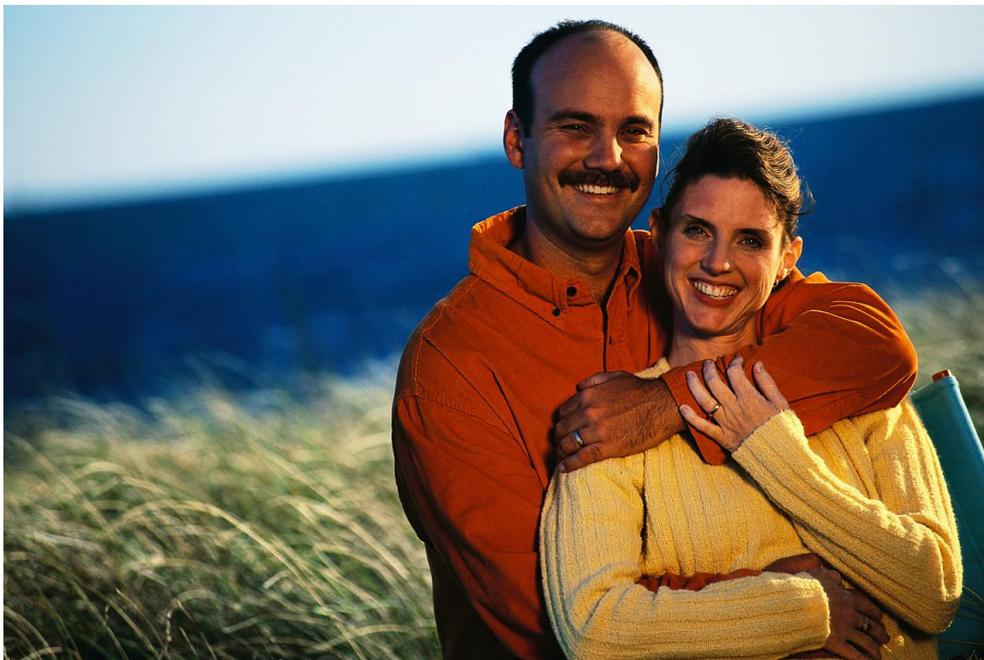
# Chapter 9:

## *Develop Like Interests*

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### Synopsis

In a relationship, your mate might occasionally have interests that you do not always like however you'll need to discover ways to share those interests without seeming phony or overly accommodating. For instance, if your mate likes to listen to sixties rock and roll however you're more into classic R&B, you are able to learn about rock artists like Hendrix who had a blues sound in his rock songs.



## **Gain Their Interest**

Consider how you are able to utilize your cultural background to love your partner's activities. If your mate enjoys reading Second World War nonfiction books and you had relatives who helped in World War II, share your family scrapbook with your partner and talk with him or her about the conflicts your military relatives dealt with during that time period.

Produce amusing activities that the both of you are able to love together, as this builds up the love and closeness in your relationship despite the cultural differences. If you and your mate both like jazz music and both of you are great at playing instruments, the two of you are able to hold a couples' jazz concert at home where you are able to invite a little group of friends over for dinner.

Compromise from time to time as this allows you to formulate fresh interests and get closer to your partner. For instance, if you do not like Italian food however your partner grew up in an Italian home; make an effort to learn how to make his or her preferred meals. You are able to read Italian cookbooks, ask the partner relatives or go to sites that have Italian recipes.

Ask your partner questions about his or her interests. This will give you a better understanding and you might formulate an admiration for them. For instance, suppose your mate has a strong interest in collecting foreign coins. You are able to ask about the cultures of the

nations that are presented on the coins and, as you learn more, you might formulate an interest in exploring world cultures.



# Wrapping Up

Strong favorable relationships are crucial to achieving our success. We're in almost constant contact with other people and we ought to make each contact a chance to strengthen our social skills and reinforce our relationships. We may benefit a lot from sound long-term relationships.

Sound relationships are fun and make you feel great about yourself. You may have a healthy relationship with anybody in your life, including your family, acquaintances and love partners.

Healthy relationships are crucial to our happiness and emotional wellness. They likewise have a favorable effect on our physical wellness. It will influence everything from heart health to age-related health problems. Maintaining sound relationships isn't easy however it may be done.

In sound relationships, we trust one another. Once we have trust with other people, we may be honest about our failings and shortcomings, as we know that we'll be accepted for who we are, without judging or criticism.

If you sustain a healthy relationship, you may get support from your partners. Our lives see a lot of changes and hardships. In either case, they frequently make us uncomfortable and challenge us to grow and

become more than we were previously. Sound relationships provide us the support and encouragement we require to rise to new and assorted challenges.

Having somebody who is willing to listen silently if you're feeling blue or frustrated and need to 'vent' gives you the freedom to express yourself. Occasionally you simply need to get something off your chest without feeling like you have to watch each word.

People in long-term relationships have a history of shared experiences that establish a mutual affection so they 'get you' without much explanation.

When you have a sound relationship, there's always somebody to call on if you need a hand. Everybody, from time to time, needs a hand from a friend, co-worker, peer, or loved one. This may be in the form of advice, a new career, or assistance with a certain project in which you need to call on someone else's expertise.

Sharing your life with people who you trust, who accept, know and support you reduces tension as you have camaraderie and, consequently, less potential for interpersonal fights. Great relationships manifest the best in work teams and families by bringing down the anxieties that cause tension and, at the same time, great relationships cultivate a sense of welfare and emotional surety.

Having great relationships means that there's a mutual love for each other. Being around individuals you love and who love you produces situations that are harmonious, supportive, and well, happy. You have a total feeling of satisfaction in your life story.

