

Relationship Maintenance

behaviors for a healthy relationship

Romantic relationships require ongoing maintenance to stay in good working order. Research shows that five **maintenance behaviors** are strongly associated with successful relationships. Read on to learn about how these behaviors look in practice.

Positivity

An upbeat and optimistic tone goes a long way. This doesn't mean hiding one's feelings, but instead focusing on the positive and adopting a *can-do* attitude toward challenges.

Giving compliments

Being playful or spontaneous

Not criticizing

Finding silver linings

Openness

Expressing thoughts and feelings builds intimacy and trust. Couples grow closer when they talk about their relationship, work through disagreements, and discuss hopes and dreams for the future.

Being honest

Expressing needs and wants

Raising concerns before they're problems

Assurances

For couples to really trust the relationship, they must demonstrate over and over that it's their top priority. When arguing, it's important to never walk away in anger or threaten to leave the relationship.

Being faithful

Saying "I'm here for you"

Putting the relationship first

Reconnecting after conflict

Task-Sharing

Tackling challenges together as a team strengthens relationships. This includes big things, like a health crisis or job change, and smaller things, like chores and errands.

Dividing the housework

Supporting through hard times

Sharing decision-making

Social Network

To flourish, relationships require social support and engagement. This means spending time together as a couple with family, friends, and the community. It also means asking for help in times of struggle.

Asking for support

Prioritizing time with mutual friends

Volunteering together