

# 10 Tips to Build a Healthy Relationship

Healthy relationships don't just happen, they are built. Both spouses/partners must work on improving themselves as well as improving the partnership.

1. **Time Together** - The very definition of a relationship: the way in which two people are connected. Go on dates, video chat, and make each other a priority with time.
2. **Time Apart** - It's also healthy to have separate interests, friendships, and hobbies too. You'll both grow as individuals and appreciate each other more.
3. **Boundaries** - It's important to give each other partner privacy and personal space and know where you end, and your partner begins.
4. **Safety** - Both partners feel safe without any physical, verbal, sexual, or emotional abuse.
5. **Trust** - Trust is a key component, and you must be vulnerable. Time to build will vary, but you should be able to rely on each other's loyalty and honesty overall.
6. **Communication** - Open and honest communication while sharing your wants, needs, and feelings even when they differ from your partners.
7. **Managing Conflict** - Every couple experiences conflict from time to time, and the key to managing your differences is connecting without insults, name-calling, sarcasm, and other behaviors of negativity.

8. **Teamwork** - A couple in a healthy relationship views themselves as a team, and teams work together- They do not compete against each other.
9. **Intimacy** - Mutually satisfying sexual relationship and the ability to share together one's thoughts, feelings, and needs. Physical and emotional intimacy maintains a connection
10. **Commitment** - Maintain your commitment with boundaries between your relationship and the outside world. Work to block any exits in the relationship with an effort to thrive.

## 2 Day Intensive Couple's Retreat

### 12 Hours, 8 Sessions

Find the answers you are looking for.  
Learn practical tools for dissolving conflicts.  
Learn how to be your partner's best friend & healer. Escape isolation and start living in connection.

**Schedule Today!**

Sign up for a 2-day Intensive, 2 consecutive days of 6-hour long session with a one-hour lunch time break. Followed by eight 90 - minute sessions taken once a week or every 2 weeks twice a month, alternatively Sundays and Mondays or Wednesdays and Thursdays:

Call to schedule an appointment today.

**(216) 503 3400**

Mindful Relating, LLC  
www.mindful-relating.com  
kareenlcaputo@gmail.com