**How to Change Your Mate**

Is it difficult for you to get your mate to talk to you? When something good happens do they tell their friends first instead of you? Do you feel disconnected from your partner?

If so, there is a way to help him/her open up to you more so that you can reconnect and both receive what you have been missing from your relationship. However, it starts with **you**, (the one reading this post) not them.

We have all heard the statement, "be the change you want to see"; **BUT** how many of us are actually willing to do it, to be that change! In life-long relationships someone has to go first. Someone has to get the ball rolling. Someone has to take the high road if you don't want to get stuck.

If you desire more for yourself and your mate, try some of the tips below and let me know how they worked.

1. Set the atmosphere to allow your mate to open up and feel comfortable. If you have been critical of your mate, stop it. Focus on the tasks that your mate does well and the duties that they complete without being asked instead harping on the things that you do not like.

2. Be respectful of your spouse. Keep your relationship business between the two of you. Solve your problems together without involving a third, fourth or fifth person. Consider your mates opinion when making decisions, especially financial decisions.

3. Your mate is not a mind reader. If you have a true concern, set aside time to discuss the issues calmly. Avoid becoming defensive and shutting down when you hear something that you do not like or that triggers a negative emotion. Try to hear the concern from your mate's perspective and take it seriously.

4. Say what you mean and mean what you say. If you are upset that the trash was not taken out **AGAIN** this week, then express your concern about the trash, not about something else that happened last week, last month or last year. Search your thoughts and feelings to determine exactly what it is that you are upset about before starting that conversation. Bringing up old stuff from the past during a current argument muddies the water and typically the issue is never resolved.

5. Don't give up working on your relationship. Anything worth having is worth the time and the effort that you need to put in to make it last forever.