



Four Ways in building a Solid Foundation in Your Relationship.

1. Be intentional in growing together concerning self-development.

If you both are intentional about educating yourself especially in self-development and growing spiritually, the bond between you and your mate is bound to get stronger. Growing in these areas will definitely give you the best chance in building a successful relationship.

2. Love Your Mate Unconditionally.

To create a rock solid relationship, you cannot have unrealistic expectations, you cannot judge your mate. Too often we try to control our mates by imposing our own will and thoughts on our partners. So, to build a solid foundation, you must be willing to love your mate and even more willing to accept the parts in them that you particularly don't like.

3. Always Look Within.

Sometimes our mates will reflect the very things that we need to heal in ourselves. The temptation is to avoid them because let's be honest, who enjoys admitting to the things that we need to work on the most. In fact, you are more likely to point the finger at your partner, saying "It's your problem to work out, not mine." The key is to look at yourself and ask, "what do I need to work on to make sure my relationship is solid."

4. It's always love, never fear.

If we would be honest, most of us are afraid to love or to allow ourselves to be loved. Having a fear of love really comes back to you. You need to learn how to love yourself first and embrace it. Make sure all growth is for yourself first before it is for anyone else. By understanding this concept, it helps bolster the foundation in our relationship with ourselves and with others.

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