

Lori's 10 Tips for a Fantastic Relationship!

- 1** Love and Accept Yourself First, only then can you fully love and accept your mate.
- 2** When it comes to your partner, always take Responsibility for your own actions, responses and feelings. Even when he/she does something you don't like, feeling hurt or angry is your own choice.
- 3** Know what your absolute requirements are in a relationship. Do NOT ignore them or believe they'll be met later. If an absolute requirement is NOT being met, and you can not get it met, get out.
- 4** Boundaries: Know your boundaries and "practice" them on a regular basis, not only in your love relationship, but in all your relationships. Respect your partner's boundaries too.
- 5** Use the Magic Communication Words:
 - Listening - tell me more, what else, is there something you would like me to do? Be curious about what your partner has to say.
 - Talking - I love you, ask, do you understand? When you want something, say, I have a request; this is what I need to make me happy...
- 6** Know each other's dreams and aspirations, support them, be each other's cheerleader!
- 7** Forgive the other person on a regular basis. Do NOT hold on to hurt or anger. Do not "use" a past incident against your partner, unless it is part of a real ongoing problematic pattern you need to point out.
- 8** If you have Expectations of your partner, you are sure to be disappointed. Release the expectations and concentrate only on what you can do or change.
- 9** Men, listen empathetically to your woman without trying to "solve her problems" and women, let your man know that you "appreciate" him. Regularly.
- 10** Become Playmates. Find some activities that you really love to do together and do them frequently. Be romantic and passionate and fun and exciting. Not only will you have a great relationship, you'll live a longer-healthier life!