

Healthy Relationships # 10 Steps

We all have goals in life that will help us achieve happiness and satisfaction. For some, it's landing a dream career. Others view money as a measurement of success. But ultimately, healthy relationships provide the greatest degree of personal fulfillment.

The simplest definition of a relationship is a connection between two people, taking into consideration the feelings of both parties. There are romantic relationships, platonic friendships, business partnerships and relationships between parents and children. In all of these associations it's important to establish healthy relationships to be truly successful in life and love.

Many people fail at relationships simply because they don't understand the basic meaning, or can't differentiate a strong relationship from a placid one. Healthy relationships affect every aspect of your person's life. Similarly, every person you meet offers a new relationship opportunity. However, some people will stay in your life for a few days or even a few moments, so it's impossible to expect to have a healthy relationship with everyone you meet.

Preventing relationship meltdown requires the ability to understand and address the danger signs. If your partnership seems unhealthy, you can choose to work on it to avoid further pain and frustration. The following tips can help you create and maintain happy and healthy relationships:

1. **Bite Your Tongue:** Begin each day with the promise to erase any of the guilt or disapproval you may be feeling about your partner. If you fail to keep your promise, accept it, apologize and move on with your day.
2. **Be a Good Listener:** Hear what your partner is saying to you. Appreciate his or her opinions and actions. No matter how small the achievement, remember that the thought and effort need to be commended.
3. **Talk it Out:** Have a heart-to-heart discussion with your partner. Exchange your hopes and fears. Tell each other what you appreciate, and why you feel love or appreciation for one another. You will know what your partner needs to be happy, and he or she will understand your needs as well.
4. **Toss Out the Garbage:** Avoid the elements of your relationship that are unhelpful or can cause negative feelings. You're well aware that there are things you say or do that can be hurtful or irritating to your partner, so don't do them. If you want your relationship to work, you need to work at it.
5. **Be Considerate:** This is the Golden Rule of any relationship. Treat your friend, child, partner or lover, as you would like to be treated. Think of ways to please the other person, and then follow through and make it happen. If you're thinking of doing something that can be potentially hurtful, let it go.
6. **Express Yourself:** Tell your partner how you feel, and what you need to be happy. Remember, no one can read your mind. If you're feeling happy or sad, tell your partner about it and explain why you feel that way. Encourage your partner to be equally open and expressive.
7. **Create a Security Blanket:** Protect your communication. Friends, children, business associates and romantic partners all need to feel a degree of trust. When something is told to you in confidence, lock it away and keep it there. In protecting your communication, you'll make your partner feel more secure and willing to open up to you even more.
8. **Take it Step by Step:** Moments of passion and outbursts of anger are not measures of happiness or failure; they are steps along the path or true love. When you encounter disappointment or arguments, use them to fix the problem at hand and improve the relationship.
9. **Give a Little and Take a Little:** Shared kindness is key to making a relationship work for both parties. It's important to give a little of yourself whenever needed, and you also need to be able to accept the kindness and generosity of others.
10. **Learn About Love:** As you continue to learn new ways to improve your relationship, you'll also be learning how to make yourself happy. Concentrate on yourself and you'll find that your personal growth will impress and endear your partner.

Although some people claim to be 'loners', it's hard to believe that anyone can lead a truly fulfilling life without having healthy relationships. Most people cannot live a solitude existence and many are afraid of being alone. Humans have an innate need for special connections; having another person to trust in, communicate and share with, love and sometime contradict. This is the basis of living a content and satisfying life.