

10 Tips for Repairing Relationships

1. Tell your partner you care about them.
2. Confide in each other. Talk openly about your emotions.
3. Admit you are not self-reliant. Tell your partner what you need.
4. Ask your partner to help you express your emotions.
5. Reassure each other you will help when the chips are down and do it.
6. Talk about problems in the relationship. Backing away can reduce an argument's intensity however, you need to reconnect thereafter.
7. Please be aware of getting trapped in old patterns of criticism and defensiveness.
8. If you fight, try to make it a constructive experience. Learn something about yourself and your partner that will help you get along better.
9. Don't lay blame. Everyone has a subjective reality. No one is a saint, no one is a devil.
10. Always try to forgive each other.