

MAKE YOUR **RELATIONSHIP** WORK

Women's Guide to a Better Relationship



By Garry Adams

Introduction

No matter how long you've been in a relationship, the foundation of a strong and healthy one can easily be destroyed. When you notice that your relationship is spiraling downwards, it's an emotionally draining time. But instead of mulling over it and letting your emotions take over you, it's better to do something about a failing relationship.

In this e-book, you'll learn effective ways for you to save your relationship with your man. When you know it's time to take action and fix your relationship, these tips will come in handy. As you read through this e-book, note the tips that you can apply to your relationship and adjust them as needed; everyone's relationship is different, and not all advice can be a one-size-fits-all solution.

If you're ready to learn how to get your relationship from doomed and unsatisfying to restored and happy, let's dive in!

Relationship Fix Tip #1: Do Some Self-reflection.

In many relationships, we don't see what we're doing wrong; we can only see what the other is doing wrong. But that can be one of the main reasons for a relationship going sour. When you don't admit what you do wrong and only criticize the other person for things that you deem are mistakes, this can strain your relationship.

What you should do is take time to reflect on yourself. Let go of your wall of pride or stubbornness and look on the inside. Even if you do discover that you have made major mistakes in your relationship that you didn't own up to, it doesn't make you a bad girlfriend or spouse. Use this opportunity to save your relationship.

Another part of self-reflection is that it helps you tune into thoughts and feelings you want to share with your man. What's truly bothering you about your relationship? What changes have you noticed in your relationship that's worrying you? Find the answers to these questions, and talk it over with your man.

But be careful; sometimes, our minds like to play tricks on us and make us see things that aren't really there. Instead, you may be seeing “problems” in your relationship due to past experiences and assumptions you've made.

For instance, say someone you were involved with in the past cheated on you. You noticed the signs of cheating that your past partner displayed, such as distancing himself from you, and you notice similar signs that your current partner is showing. You may think that he's cheating on you based on those signs; however, those signs could be related to a personal issue that your man is struggling with, not cheating.

That's why self-reflection is important. You'll learn more about how you feel and think instead of jumping to conclusions.

Relationship Fix Tip #2: Stop Bottling it in.

Most women tend to bottle their feelings and thoughts up and expect their man to figure out what's bothering them. But you're only making your relationship more stressful than it needs to be.

Whenever you think something is wrong with your relationship or you're bothered by something and want to talk to your partner about it, go ahead and share. Don't wait around thinking that you're giving off hints and your man should catch onto them. When it comes to serious matters, such as fixing your relationship, you don't want to play these mind games.

Take some time off to talk to your man about anything that's not making you happy. If you continue lock away your feelings and thoughts and letting them fester, you only hurt yourself and, as a result, you hurt your relationship as well.

If it helps, write out your thoughts and feelings first to release yourself from the burden of bottling them up for a while. Then, you can sort out your feelings and thoughts and share them with your partner at the right time. When you're opening up to your man, don't lash out on him unreasonably. It may be a hard pill to swallow, but you're responsible for deciding to share or to bottle up your feelings. Have a calm conversation, and see how you can solve any relationship issues with your partner.

Relationship Fix Tip #3: Be Happy With Yourself.

There's a difference between sharing your love and life experiences with your man and expecting your man to make you happy all the time. It's true that you're in a relationship with someone you have strong feelings for; but it doesn't mean that you have to depend on him or the relationship to make you happy. If you think that you're expecting too much of your partner or you're trying to fill your insecurities by demanding love and attention from your man, it's time to step back and take a good look at yourself.

Relationships aren't meant to be a temporary self-confidence boost. Being in a committed relationship with someone means sharing each other's love and happiness and sharing each other's lives. You're giving part of yourself to someone else, and that's a sacred union. Take time for yourself, and think about these questions: Are you expecting too much from your partner? Are you unhappy with yourself in any way and projecting those insecurities on others?

Instead of depending on others, especially your man, to make you happy, learn more about yourself and find out what makes you happy. Figure out what will make your life a great one, even on your own. Remember that your relationship is a part of you, albeit a big one. But it doesn't define you, even if being with your boyfriend, fiancé or husband makes you happy.

Avoid depending on your relationship to make you happy completely. Learn about yourself; love yourself; and be happy with yourself. Don't lose yourself because you're in a relationship.

Relationship Fix Tip #4: Work Toward a Solution.

Though sharing your thoughts and feelings is a vital step, it's also important to work toward a solution. Avoid having a back-and-forth conversation about thoughts and feelings. Once you and your man accept each other's thoughts and feelings and have discussed them, work toward a solution.

For solutions, make sure they fit your relationship. You can apply advice you receive from others, but most of the time, they won't work for your relationship. You and your man have to look at your relationship objectively and find out what the core problems are. Then, find solutions to those core problems.

Once you find the right solutions, the most important part is to execute them. If you know how to resolve the problems in your relationship, you need to act if you want to save it.

Another part to this – don't turn to family or friends for solutions. Only you and your partner know what's going on in your relationship. Dragging more people into your personal life makes everything more dramatic and stressful. Find solutions on your own with your partner.

Relationship Fix Tip #5: Know Your Needs, and Know Your Partner's Needs.

When we enter a relationship, we have needs that we want to be fulfilled by another person. Now, this doesn't mean you have insecurities that you want another person to heal. This means you have basic needs, such as wanting to love and wanting to be loved, that you want to share with another person.

In many relationships, needs that haven't been met for a while can cause a relationship to weaken and eventually end up broken. This also requires you to do more self-reflection on yourself and see if your needs are being met. This tip requires you to know your partner's needs and see if you're meeting them, too.

What you can do is talk to your mate to see if you're meeting his needs. Ask him what he wants in your relationship with him. Of course, this doesn't mean that unrealistic expectations should be put on you or him. It just means basic needs should be met in order to have a happy and healthy relationship.

However, if he's not sure about his needs himself, it may help to take time apart from each other and allow him to figure himself out. You can't control what another person wants or needs. That's why space may help in this situation.

Note: *To better understand your need and your partner's need especially when it comes to the bedroom, you can check out Felicity Keith's [Language of Desire](#). It contain some vital information and resource.*

Relationship Fix Tip #6: Let Go of The Past.

If you're still upset about a fight that happened months ago or you still hold a grudge for something small, you may be holding onto hostility and resentment toward your man. You may even be using the past to unintentionally hurt his feelings. But you won't have a happy and healthy relationship if you continue to bring up the past.

If you continue bringing up small mistakes your partner has made or nitpick at him, you're not doing what you're supposed to do: enjoying the moment with your man. He's another human, just like you, and mistakes happen. Continuing using his mistakes and shoving them in his face makes him feel less confident in himself. In the end, you're just hurting him, and that hurts the relationship.

If your guy did something that you can't forgive, such as cheating, and it's taken a toll on your health, you may want to step back from the relationship and see why you can't forgive him. Sometimes, relationships can't go on because trust has been completely broken and can't be repaired.

If that's the case with your relationship, evaluate if you truly want to stay with him or you're staying with him for another reason e.g., wanting to control him or wanting to get revenge on him for hurting you. If you stay with your man for another reason besides being happy with him and sharing your life with him, it may be time for you to end this chapter in your life.

Relationship Fix Tip #7: Rekindle The Romance **in Your Relationship.**

Rekindling the flame of love and romance is one way to bring your relationship back to life when it goes stale. If you and your guy have been stuck in a routine and not making the effort to have fun together, this can cause your relationship to go downhill.

Most people say that the honeymoon stage of a relationship is over in a few months; but that's not true at all. If you put in effort to have fun in the beginning of your relationship, why can't you do that now? Slowly get back into fun activities that you and your man used to do. Prepare dates and be creative with them.

For example, instead of going out to eat at a restaurant, have a fancy restaurant dining experience right at home. Set up a candlelit dinner table and prepare homemade dishes that you and your man love. Dress up for this event, too, and make it extra special. Enjoy the romantic atmosphere and privacy of having a fancy dinner date right at home.

If you or your partner is bored with the same date routines, don't think that you're boring or the relationship is going stale. It may just mean you need to find more creative ways to have fun.

However, if you or your man continue proposing date ideas or ways to have fun together, yet they keep getting rejected, you may want to see where your relationship stands. You or your guy may not want to put in effort into the relationship anymore, and it may be time to part ways.

Note: *To learn more on how to rekindle the romance in your relationship and to get sample words that you can say to your partner that will inspire love and devotion, then head to [Text Back The Romance](#) by Michael Fiore.*

Relationship Fix Tip #8: Don't Get Too Comfortable **With Your Partner.**

Don't get it wrong – it's great that you get comfortable with your partner and feel at ease around him. But when you get too comfortable to the point where you lose respect for your man and vice versa, it can spell trouble for your relationship.

Respect must always be maintained in your relationship, just like trust and communication. If you start to lose respect for your partner or feel like he's not respecting you, see where it stems from. Is it because of the fights you've been having with him? Is it because you're losing affection for him, but don't want to be honest with yourself? Is it because you still resent him for something he did long ago? Find out why you've lost respect for your partner and see if it's possible for you to give respect again.

If you're unsure about how to show respect or just want to know about other ways to show respect to your man, here are a few ideas:

- Say thank you for everything he does for you or your relationship.
- Don't interrupt him when he's talking.
- Appreciate his quirks and let him be himself.

- Make him feel special by giving him compliments and reminding him why you adore him.
- Let him have his personal time.
- Don't belittle him in public or in private.
- Update him on your life and what's going on regularly.

Conclusion

If you've noticed that your relationship can be saved, take action now. Apply the tips shared in this e-book to your relationship. Better yet, read through this e-book with your guy, and focus on finding ways to improve your relationship.

Once you know how to fix your relationship, gradually implement them and watch your relationship transform into a better one. Just like how most relationships slowly go downhill when they're not taken care of, bringing your relationship back up again takes time. Don't rush this process, and don't force it; you'll only stress yourself out and make it a chore rather than something you enjoy doing.

Unfortunately, for some relationships, it may be too late to save it. If problems are left unsolved, they only pile up. Over time, the weight of the problems become too heavy and breaks the foundation of the relationship. When you think that your relationship is at this point, don't decide anything for yourself. Talk it over with your partner first before you decide anything. Ask yourself and your man these questions:

- Can this relationship be saved? Where are the main problem areas, and what are the solutions?
- Do we want to save this relationship or go our separate ways? How do we feel about each other now? Where are our priorities right now?

Ending a relationship is hard. But remember that you're doing it for your happiness and the other person's happiness. So don't give up, put these tips to work and start enjoying your relationship.

All the best.

Garry Adams.

Further Reading: *Do you feel distant from your spouse? Have things changed, and you ' re not sure you feel the same as you once did? Do you feel like the two of you have drifted apart? Here is How to Save Your Marriage and Rekindle the love that once existed. [Save The Marriage System](#)*