



Relationship Rescue

A relationship is defined as the state of being connected. Whether it's with a spouse of 20 years, or a new friendship, relationships are worth the effort put in to maintain connection and a network of support in our lives.

- 1. Work on communication**—Ask deeper questions. This can circumvent routine banter and lead to meaningful discussions.
- 2. Dedicate time**—Anything worth working on is worth scheduling time to improve. Just do it. Find whatever time you can spare, and put it in the schedule.
- 3. Express your appreciation**—Relationship comfort leads us to often overlook others' acts of kindness. Never get too comfortable to express gratitude.
- 4. Let go of the past**—If you find yourself stuck on the past, take a step back and consider why. Bring clarity to each instance so you can work on stronger relationships in the present.
- 5. Respect boundaries**—If another person has a different communication style than you, learn to understand and respect the differences. And different is ok—opposites attract for a reason.
- 6. Be the best you**—Make time for yourself in order to be a better “other half” of a relationship. Taking steps to discover who you are can correct toxic behaviors and in turn, promote better behavior in others.



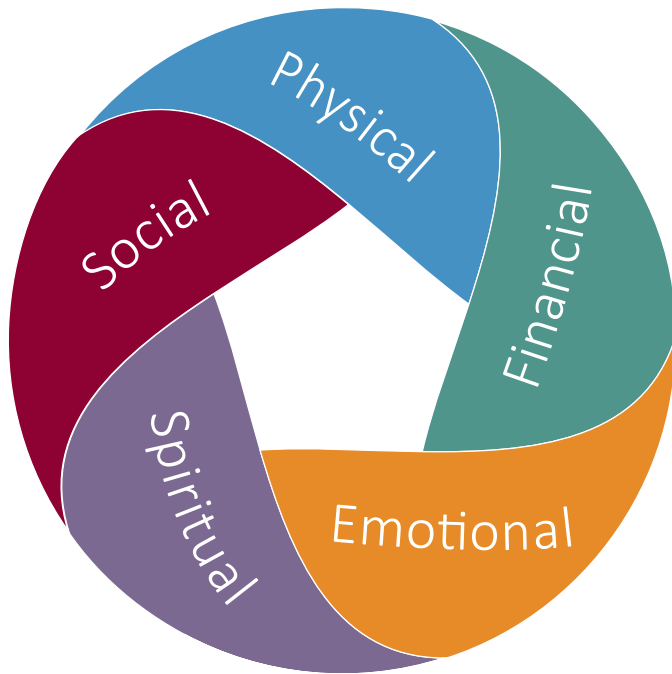
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DIMENSIONS

CONNECTING ELEMENTS OF WELL-BEING



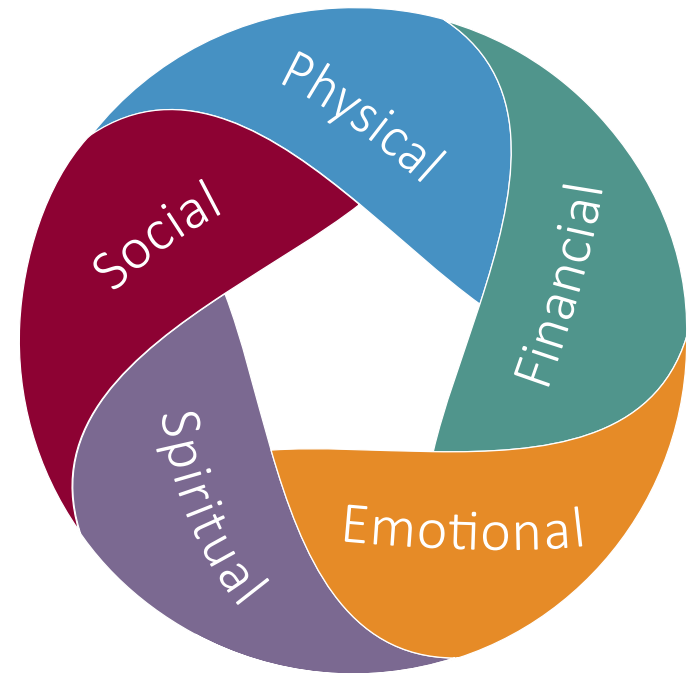
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