

Fairy-tale Love is Hard to Find

“Good relationships don’t just happen. They take time, patience, and two people who truly want to be together” ~ *author unknown*.

Everyone knows that couple that just seems to have it all. How do they do it? People often look at someone else’s relationship and wonder why theirs isn’t as perfect.

Have you ever asked yourself, “*What is it like being married to you?*” Having a long lasting, happy relationship is not as easy as simply finding that special person.

Relationships take work:

- Don’t place the “happiness burden” on your spouse. It is a burden neither spouse was designed to carry. Find your own happiness.
- Do thoughtful things for each other. Treat your significant other as you would like to be treated.
- Enter the relationship with the thought of giving, “*What can I do for you?*”
- Don’t take your partner or your relationship for granted. By giving your partner attention, you’ll give your *relationship* or marriage a world of *good*.

Communicate – stay connected. Remind your partner of why he or she is special to you. Be honest with each other. If you don’t say what’s bothering you, it won’t get better. Never ignore each other’s emotional needs. Ask for what you need. Give them what they need - *listen and pay attention to the clues*.

“*Peace begins with a smile.*” – *Mother Teresa*

When you're in a good relationship, you learn things, you act differently and you think as part of a team.

If you are having trouble resolving a situation with your significant other or communicating about your relationship, don’t hesitate to seek help. EASE has counselors available if you want to talk (800) 882-1341.



“*Strength is the courage...to reach out!*”