



Putting Effort into Your Relationships

Putting your relationship first

- Be aware of your thoughts and behaviors; focus on things you really like about your partner.
- Make a daily commitment to try and make the relationship better. Just showing that you are putting in effort can work wonders.
- Explore what it means to create a healthy relationship. *That's exactly what you're doing by reading this fact sheet—well done!* You are taking the time to figure out what it takes to make your relationship even better.



How can I show my partner I am committed to the relationship?

Make the relationship a priority. Making time for your relationship cannot be an afterthought. Try to set aside time each day to connect with each other.

Spend time together without distractions. Protect your relationship by doing more activities together. Avoid distractions like spending too much time watching television alone, making phone calls, or hanging out with others outside your relationship. The amount of time is different for each couple, so talk with each other about what you need.

Build traditions. Think of activities to do together consistently, in a way that builds connection.

- Make a point to sit down at the dinner table every night and talk about the highs and lows of the day.
- Schedule a date night every week.
- Plan a day trip together every few months.
- Start your own traditions around the holidays. The holidays can get very stressful. Take time out each year to have some special time between the two of you – whether it's sharing what you're thankful for or exchanging a small gift with each other. Create a ritual that you can enjoy each year together and that will build your relationship.

Practice Intentionality

Show your partner how much you love them by doing things that are important to them:

- Clean the house
- Plan dates
- Share intimate feelings without being asked
- Pick up your partner's favorite treat
- Cuddle on the couch



Envision a healthy future together. Think about and talk about your future as a couple. Assure your partner that you want to spend the rest of your life with him or her. Make a plan each year to set new and exciting goals for your relationship.

Focus on strengths. Choose to dwell on your partner's strengths and look past their weaknesses. Think about what is going well rather than focusing on the negative aspects of the relationship. Learn to be positive!

Make your relationship a priority. Make time for each other and balance your personal interests with the relationship. Talk about what you need from each other. Separate activities and interests are healthy, but only if they are balanced with couple time, too.



Turn Off Relationship "Cruise Control"

Sometimes relationships can run on autopilot. Partners sometimes forget or don't have the energy to put the relationship first.

Jumpstart your relationship by:

- Sending the kids away to play at a friend's house
- Setting time every day for couple talk
- Setting a bed time for the children and protecting that time
- Not inviting friends or family for a visit when you already have planned to do something together as a couple
- Reading a book together
- Taking evening walks together
- Learning something new together
- Most importantly, having fun with each other!

Couples that choose to make the relationship a priority often have fewer fights and happier relationships!



**HEALTHY
RELATIONSHIP
& MARRIAGE
EDUCATION
TRAINING**

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