

RECIPE FOR A BETTER RELATIONSHIP

When there have been a lot of problems in a relationship, the following are important helps to improving the relationship.

1. Pray for the *desire* and *strength* to be more loving in word and deed. Try to name several ways that you can show love by word and deed.
2. Before you say and do stuff ask yourself: Will this help the relationship? If it won't, bite your tongue then don't say it. Acting on this suggestion alone will do wonders to improve a faltering relationship.
3. Lower your expectations. Raise your performance.
4. Try to go the extra mile versus playing tit for tat.
5. Have the courage to say, "I'm sorry" and "please forgive me."

Ideally, at the end of the day do a little exam of how you did. Ask:

- What went well?
- What didn't go well? What words did I speak or things did I do that hurt the relationship?

Resolve to do better tomorrow.