

Save Your Relationship NOW!

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Relationships tend to be extremely fragile. A wrong word or misconstrued look can shatter a relationship that you've built and maintained for weeks, months or even years – forever ending a seemingly great partnership.

The blowup may have resulted from pent-up feelings that you and your spouse or partner ignored until it was too late. One small mistake or words chosen in anger or without thought, and you reached the boiling point – hurling you both over the edge. Now, the relationship stands on the threshold of finality.

Many great relationships have ended because of a moment of anger, misunderstanding, or hurt feelings. But if you both care deeply for each other, the relationship doesn't have to end.

You can work it out (whatever it is) and put your relationship back on track to make the bond between you stronger than ever. Working through the pain (and possible anger) that you're feeling right now isn't easy – and it takes complete commitment.

You must mentally turn back the clock and remember what first attracted you to each other and work from there, rebuilding the love and compassion that used to be. Whether the breakup just happened or divorce proceedings are underway, there is hope. You can pull your relationship from the brink of disaster no matter what caused the split if you're committed to learning the basic rules of making up.

Making Up -- 101

Losing a loving relationship can cause physical pain as well as mental anguish. You may feel that a band is wrapped tightly around your chest and it's difficult to breathe – especially when you think of the good times you had together or the words or actions that led to the breakup.

You may also be confused and angry, knowing that you want him back, but clueless about how to do it and still retain your dignity and pride. If the breakup was totally your fault a simple, heartfelt apology might do the trick. But relationships are usually more complicated than that and making up requires more thought and planning.

You can think and plan later – but the most immediate concern should be staying together until you can work out your problems, whatever they may be. If you know that the two of you still have a connection and you both want the relationship to succeed – stop and think about the following steps designed to keep you together until you can sort through the ruins of your relationship.

Immediate Steps You Can Take to Keep Your Relationship Intact:

Call a truce!

Swallow your pride and tell him or her that you'd like to try and make the union work – together. Don't leave or allow the other person to leave in haste and anger. You can compromise later, but right now the most important step you can take is to calm down, call a truce and then think it through.

Allow space for a while.

After you've agreed to stay together and work out your problems, it may be best if you give each other some space until you can think things out and then come together more rational rather than emotional. One of you may want to sit down and talk right away. Don't. Opt for some space and time until you can approach the relationship problems calmly.

Agree that you'll disagree.

A disagreement of sorts is threatening your relationship, so it's imperative that when you do discuss problems, you both agree to hear what the other has to say before you express disagreement. You may never come

together on a point of view, but at the very least you can respect the other's opinion.

Identify the problem.

The blowup that made you both want to run away may not be the root problem. Perhaps you've been silently seething about something that the other is oblivious to. The problems may be imagined or real, but you both have to acknowledge it before you can work it out.

Be patient.

One conversation or meeting may not put your relationship back on track immediately. You may never reach a complete understanding. Be patient with the process and keep in mind what you want the result to be. If you're making the effort to patch things up, patience and time are on your side.

Listen!

Stay calm and listen to what your partner has to say before you fly off on a tangent and say things that you'll probably regret later. By listening to the words (even though you might not agree), you'll be sending the message that you really want to understand. Also, notice his expressions and body language. They'll offer many clues to what he's really feeling.

Be ready to compromise.

You and your partner are probably not going to agree on everything you want to happen. At this point, try to find a compromise that you can both live with – without letting go of your own morals or beliefs.

Seek counseling.

A counselor may be the best route to successfully solving problems that pose a risk to your relationship. Even if your partner refuses to participate, you can help yourself by having an objective person to talk to. Never ask

friends or relatives to take sides and help you solve the problems. You may resent them if they agree with your partner's point of view.

It's important that you go slowly when attempting to repair your relationship. If you completely ignore the problems you know are there and leap back into the liaison, the same issues will arise again and again, threatening your happiness and your future together.

Know Thyself!

One of the keys to forming and keeping a great relationship is to work on yourself first.

A breakup might be the wakeup call you need to change some things about yourself – perhaps you neglected the relationship, taking it for granted.

Or maybe you ignored warning signs that the relationship was becoming tattered at the edges and needed attention and repair. No matter what the cause of the separation, it makes sense that you take time to look closely at yourself before you can determine how to mend the relationship.

Ask yourself if the same problems threatened or ended past relationships, if there have been others. You may be repeating the same self-destructive patterns that helped to destroy other associations – whether love, work, family or friends. It's important that you dissect what makes you tick with others before the present relationship can be rescued.

Keep a journal through this time of healing. Return to it from time to time and try to pinpoint certain patterns in your emotions and actions that keep recurring and causing possible harm to the relationship. It's an exciting and rewarding journey when you begin to explore your deepest and most passionate self. Oprah Winfrey calls it "finding your authentic self."

Once you discover your "authentic self," a unique power will be yours. It's the power of being able to take complete control of your life, including those emotions that sabotage relationships – jealousy, anger, envy and

other negative feelings. You're able to focus on positive events and people in your life and to overcome destructive elements that threaten to cause depression, frustration and anger.

Your authentic self will help you identify and take control of emotions you experience from day to day. Ask yourself where these negative emotions are coming from. It could be a past experience as far back as your early childhood – or maybe a recent rejection from someone you loved and respected. Don't let a past experience take over your present life and make you feel less than adequate. Learn how to control it and see it for the lie that it is.

Get Back That Loving Feeling

There was a time when you were both in sync with each other's wants and needs – when the relationship was young and ripe and you were both learning new and exciting secrets about the other.

But **time** happens. During the extent of your relationship you may have gotten engaged, married, had children, or just became bored with the same old routine that you've fallen into. So, what can you do to ignite the passion you once had in your relationship?

First, you need to take a scrutinizing look at what may have happened to squelch the passion – then, make a commitment to change it and get back that loving feeling. Your relationship must be a **number one** priority for both of you. In today's world of multi-tasking, that may be a huge task to undertake. But, if you are committed to each other and saving the relationship – it's **so** worth it.

You may be married, with children, and spend most of your evenings centered around the kids' activities and their homework. Being a good mom and dad is important, but so is your sex life.

There are some changes you might consider, such as putting the kids to bed earlier. Rather than watching television, turn it off, have a glass of wine and discuss the good parts of the day or some things you

appreciate about your partner. And, by all means, turn out the lights and go to bed together.

Talk to your partner if you or he has lost the sex drive that was once a huge part of the relationship before **time** happened. He may be reluctant to talk about it at first, but if you sincerely express that you want to put some passion back into your union and have some suggestions about how to do it, your partner will more than likely become more enthusiastic and join in the conversation. Listen to him. And, be sure to talk about your own concerns and fears, wants and needs.

Flirt with your partner. Surprise him with unexpected and romantic little things, like leaving a love letter on the seat of his car before he goes to work. Sprinkle rose petals from the door to the bedroom when he arrives from work or a trip and have a warm bubble bath ready for him. This type of thoughtful planning is fun, inexpensive and out of the ordinary. It's the unexpected that tends to make our hearts beat a little faster.

Write letters to your partner. Sometimes, it's difficult to say what we feel, but writing letters from your heart can express honest feelings in ways that the spoken word never could.

Express your deepest secrets and dreams for your lives together (keeping in mind how far along you are in the relationship), and especially tell him how important he is to you. No one can read minds – so he may not know how you really feel until you tell him – or write it down for him.

Sometimes, the demands in our lives far exceed the time put aside to spend with our partners. For some couples, pre-planned “date nights” is the answer to making time for each other.

The special night doesn't have to be elaborate. Watching a movie while eating popcorn in your own living room can be a great way to keep romance in your relationship. Taking a walk around the neighborhood or along the beach can also be romantic and revealing when you talk about the love you feel for each other. Schedule a date night as you would any activity – mark it on your calendars so that neither will forget it – and you can both look forward to it.

Become friends with your partner. Even more important than being lovers is becoming friends with each other. If you're able to lean on each other in bad times and laugh during good times, the relationship will thrive.

Finding Purpose in Your Life – With or Without a Partner

Even though you're learning about "saving a relationship," it's important that you save or develop your own self-esteem whether you have a "significant other" or not. Having a purpose in life, separate from your partner's makes everyone see you in a different light.

Maybe you've been putting off some major changes in your life – such as losing weight or getting into an exercise program. Do it now -- establish balance and harmony in your life to discover your real purpose.

Your purpose in life can also be described as your life's mission. When you discover what it is you really want out of life and learn how to get it, it's like an awakening or a spiritual experience. Everything else in life becomes dim in comparison to reaching the pinnacle of your purpose in life.

When your partner sees that you've become empowered through the self-confidence you've achieved from having an actual purpose in life, you instantly become a more desirable and sexy person. Power exudes sexiness – whereas mousiness and indecision gets you nowhere.

Maybe you've been a doormat in the relationship, and he's lost respect for you. Determine from now on to get rid of the doormat image – say what you mean and mean what you say – and say it loudly. Don't cower in a corner when asked how you feel or what you think about something just because you might hurt someone's feelings. People will respect you much more if you're honest and forthright.

It's possible that your relationship is keeping you from finding your "authentic self" or your purpose in life. A toxic relationship is one that keeps you subjugated and fearful of losing the other person.

You may suppress anger or emotions toward your spouse or partner because you're afraid he'll disapprove, or worse – that he'll go away. But, when you empower yourself by going after your true purpose in life, and your authentic self, you begin to lose those fears and become more able to express your emotions.

When you strengthen your spiritual and mental backbone, you're more in touch with yourself and eventually become the person you really want to be. You won't accept a toxic relationship in your life anymore -- but if you have a good relationship and it only needs some tweaking to survive, you'll be able to get it back on track with the honesty and integrity that it deserves.

You'll feel better about yourself and will gain a new independence that can help you clear the hurdles that life throws at you, like the rejection of a partner or mate. The approval of others will take a back seat to your own self-approval, and you'll see that life depends on what **you** make it and not what another person demands.



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