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6 Tips to maintaining a healthy relationship

By Kenia Morales

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Yesterday was my marriage anniversary and my husband and I were reflecting about the day we got married, and what has kept us together. So, I will like to share with you some of the things that maintain our relationship running.

If you noticed I wrote "working" on our relationship because our marriage is not perfect. I do not believe there is such a thing. Yes we do get along, share some of the same ambitions and at the moment we do not have any major marital problems. Disagreements we have them all the time but, hey my brother and I were raised in the same household and it is actually weird whenever we agree on something; Let alone someone who grew up in a totally different environment. Here is a list of the little things that keep us together:

·Maintaining good humor! My husband like many hates to get up on the mornings however, he likes it when I also get up with a big smile and just talk to him about general stuff over a cup of coffee while he gets ready. It is surprising but, most of our best conversations arise at this time.

·Patience: Do I need to say more? Honestly some times I get a little cranky, when tired and somehow I convince myself it is all his fault and poor guy having to put up with me. Hey, sometimes I have to be patient too! It is not easy telling a guy to remember to put the toilet seat down all the time.

·Little details: We both love details and please do not start thinking about the most expensive gifts. This can be anything from saving a piece of your pie for him to buying a simple gift or showing appreciation etc, especially when it is not an important date such as a birthday or anniversary.

·Support each other: Yes he is always repairing a computer, stuck on TV or a video game but it surprises me how he comes back to planet Earth whenever I need him.

·No back stabbing: Imagine you found out your partner tells his family every single flaw you posses? Even worse add a couple of extra ones. How would you feel? or how about you call your family and friends every time you have a small problem? Do you think they will think less of him? Believe that he

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does not deserve you? If you need help there are always professional counselors.

·Respect for each other: He accepts me the way I am even when not on the same terms and I do the same for him.

Remember I am not a relationship expert! These are just some tips that have worked for us so far but, remember always treat your partner the way you want to be treated.

Best of Luck,

Kenia Morales

Kenia Morales is the publisher of online magazine <http://kpatra.com> "For Every Aspect of Today's Woman. Visit her site to find a variety of women related issues and topics" [click here](http://www.kpatra.com/keniascolumn.htm) <http://www.kpatra.com/keniascolumn.htm> to find Kenia's little piece of heaven her inspirational column

Feel Your Grief

By Rinatta Paries

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I recently asked a friend of mine who has been single for several years if she was complete with her past relationships. It's been my experience that one cannot move forward into healthy new relationships until they are complete with their past. My friend said she had no feelings left about her old relationships.

After a little prodding, she admitted she had managed to get over her divorce by getting into a relationship quickly after her marriage ended. "I was amazed at how easily I could forget my husband," she said. Her relationship with her new boyfriend lasted only a few months, and yet she says she still has feelings for him.

Is my friend ready for another new relationship? Perhaps if she wants her next relationship to closely resemble her previous two. But not if she wants something different.

The only way to forget a former relationship as soon as you enter a new one is by avoiding your feelings of grief over the breakup. You would instead look for the new relationship to fill you up.

The only way to do this is to hold your needs, wants, and desires trapped in your heart, unfelt, unmet, and waiting for the next partner. Although most singles think this is what they are supposed to do, it is not.

How do you feel about your past relationships? Have you swept your feelings under the rug? Are you still secretly pining for someone?

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If so, remember that as long as you don't allow yourself to feel the affects of a breakup, you will recreate exactly what you had in the past. If you want something different— a fulfilling relationship — you have to allow yourself to feel.

Your Relationship Coach,
Rinatta Paries
www.WhatItTakes.com

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Having coined the phrase "relationship coach," Master Certified Coach Rinatta Paries works with singles to help them attract their ideal relationship, and helps couples create more love and fulfillment in their existing relationships. Visit her web site at www.WhatItTakes.com or e-mail her at

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