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**Top 10 Tips for a Great Relationship**

**By Michael Myerscough**

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Top Tips for a Great Relationship

Commit to telling the total truth

A relationship involves three essential components. You, your partner and the truth. Every time you hold something back from your partner, a piece of your passion dies.

Astound your partner with your generosity

Relationships work best when you ask yourself what you can give to your partner, rather than working out what you can get.

Take responsibility for feeling deeply loved.

Accept that it's your job to educate your partner about what makes you feel most loved. Love your partner how they want to be loved, not how you want to be loved.

Make loving each other a priority

At some point in the day, ideally last thing at night, take the time to tell your partner exactly what you loved most about having them in your life.

Walk away when you get nasty

Most of us get a little nasty when we feel backed into a corner. Come up with a plan that allows either one of you to walk away from a row when you catch yourselves saying things you'll regret.

Find out your partners dearest goals and dreams

If you support your partner in achieving their deepest desires, you build a relationship that leaves a legacy.

Come back together even if you're hurting

Develop a simple ritual for coming back together after a fight. Acknowledge that you fight only because you feel hurt. If you can accept that, it's easier to have a truthful conversation.

## Top 10 Tips for a Great Relationship

**Know that things are not how they appear**

Every relationship is a tangle of projection, transference and a dose of denial. It's as if your partner is holding a mirror to your face and shows you what you hate most about yourself. The earlier you can stop blaming and start talking the better you'll feel.

**Accept growing pains**

All relationships go through stages. Very few parents throw out their children when they hit the 'Terrible Two's' so why leave a perfectly workable relationship?

**Be realistic**

No one person is ever going to fulfill your every need and desire. Imaginary couples fall in love quickly

and we never really hear how it goes after the credits have rolled. Real couples fall in love slowly and live fully ever after.

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### **The Realities of Your Relationship**

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##### Relationship Reality

One of my aims in life is to break down any sense that we are alone, that our challenges are in any way unique or special. It's all just stuff that gets in the way of us being our best, but just like gum on your shoe, it can be scraped off.

Every relationship you get into is going to move through three nicely predictable stages. Romance is first up, being of course the absolute best bit. It's like the cherry on your cake, knowing you've met Mr. or Mrs. Right and loving everything about them. The next stage, unless you're taking some delusional narcotics, is the inevitable power struggle. This is the time when we start to establish whose needs come first in the relationship. Trust me, this is where it gets messy. Do you know that according to Barbara De Angelis there are four stages a relationship moves through as it hits this struggle? These are resistance, resentment, rejection and repression. The power struggle is a nasty, painful phase and potentially we squabble in ways we're not proud of.

## Top 10 Tips for a Great Relationship

The bad news is that using the examples we grow up with the best most of us ever reach is the stage of repression. We look around and realize there are no better options, we love the home we've built together, we've got mutual friends, and we're more comfortable than we've ever been. We then settle for what we've got using the tired refrain, "you just can't have everything" and "Oh well, it's really not that important". Well at this point I think it's really important to ask yourself who's the it you are referring to?

Potentially, we now have a relationship where we endure each other and live as roommates rather than lovers. It's the norm, most of the people around you exist in it so it's not surprising people feel a little guilty when they begin to want more. Fortunately for those brave souls willing to ask for more we've got the potential for co-creativity, a phrase coined by Seana McGee and Maurice Taylor in "The New Couple". This is where the relationship manages to evolve beyond the power struggle into adulthood and we get back to the place where we can ask ourselves what we can give to our partner rather than getting stuck in trying to get our needs met.

It's not a big deal and the skills you need are in no way complicated. Most of us don't need therapy; we just need strategies that lead to happiness. Take a look at my top tips for some easy to implement solutions. Let me know which one's work for you, I'd love to hear from you.

<http://www.thegreatrelationshipcoach.com/download/relationship.pdf>

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