



5 Ways to Nurture a Positive Relationship

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A positive relationship can be one of the most wonderful things in the world, while a negative one can turn your life into a disaster!

Do you yearn to cultivate a positive relationship with your partner and help it grow stronger? Having a positive relationship takes effort from both of you, but you can get it started. Your partner will surely enjoy the benefits and follow your lead.

Here are five important techniques you can use to nurture your relationship:

- 1. Give 100%.** First and foremost, if you want to build a relationship that's positive, passionate, and withstanding, you need to give 100% of yourself. This is one of the most important things for success, not only in your relationships, but life in general.
 - ***There's no 50/50 when it comes to giving in a relationship.*** You've got to give freely of yourself if it's going to work. It's almost impossible to receive from your partner if you don't give in return.
 - Remember the *golden rule*. When you fully give of yourself, the other person will see the effort you're making and soon begin to reciprocate with the same type of behavior.
- 2. Focus on loving your partner.** In nurturing a positive relationship, your main focus should be on simply loving your partner. ***Show your love in both your words and actions, in all you say and do.***
 - The expression *actions speak louder than words*, is definitely true when it comes to a relationship. However, your partner still wants to hear you say, *I love you*.

- Be generous with compliments and mean what you say.
- 3. Use charitable acts.** The things you do for your partner make a difference in your relationship. When you love someone, acts of kindness toward him or her come naturally.
- ***No action should be done just because you feel obligated to do it.*** The things you do for your partner should be done because *you* want to do them.
 - Remember, your actions are more important than your words, so use them to help build up a relationship that's naturally positive.
- 4. Respect your partner.** Always respect your partner in every way to build a lasting and positive relationship with them. ***Respect is an important building block of any relationship.***
- Respect your partner not only in a physical sense, but also mentally, emotionally, and spiritually as well.
- 5. Build a strong friendship.** Your romantic relationship needs to have the stability and deep roots that come from a strong friendship. ***With a meaningful friendship as its basis, your relationship becomes stronger and more lasting.***
- When you work hard to construct a strong friendship, you can be assured that your relationship is ready to weather whatever life may throw at you in the future.

If your goal is to create a stronger bond with your partner, take the time to think about what it is *you'd* like from your partner. Give those things to your partner, and you'll almost always find the answers you seek about how to create a nurturing relationship.

Following these five steps can have a positive impact on any relationship. Once you begin taking care of your relationship and making a conscious effort to improve it, you'll see a stronger, more positive bond flourishing before your eyes.