

KEEP THE FIRE BURNING; *Enhance Your Relationship*

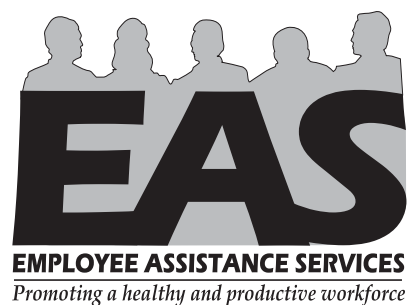
Basic to any relationship are the qualities of love and commitment. Without them, no relationship would begin. But to maintain a healthy relationship, you need more than the basics - *you need skills.*

SUSTAINING A HEALTHY RELATIONSHIP

1. **Use both verbal and non-verbal communication to express your thoughts, feelings and needs.** Establish good eye contact, use "I" statements when explaining and ask for feedback from the listener.
2. **Listen creatively.** Offer your undivided attention, do not interrupt, nod when in approval and paraphrase before asking questions.
3. **Empathize.** Put yourself in the other's "shoes."
4. **Take responsibility for your part in conflict.**
5. **Air your complaints in positive ways;** *"I'd like it if you would ask me how my day went, too."*
6. **When efforts to change are made, show your appreciation;** *"thank you for respecting my thoughts and feelings."*

Developing a healthy relationship based on trust, good communication, loyalty and honesty takes effort. Both partners must choose to either help the relationship flourish or to let it flounder. But with patience and care, you can know the warmth and happiness of a sound relationship.

For more information on enhancing your relationship, contact:



3400 TAMiami TRAIL NORTH, SUITE 204 • NAPLES, FL 34103
PHONE (239) 435-0400 • TOLL FREE (800) 834-7689 • FAX (239) 435-0202