

Title:

Saving Difficult Relationships through Communication

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810

Summary:

Relationships add significance in our lives. A relationship can bring new and challenging exper

Keywords:

relationship, stress

Article Body:

Admit it or not, relationships with others are important to us as human beings. Relationships

Whatever your age and experience, a relationship can bring you new and demanding challenges. E
All couples experience problems in one form or another --- it's part of sharing your life with

There are reliable tools that can be used to create a healthy relationship, many of which have

- Do not expect anyone to be responsible for your happiness. Too often, relationships f
- Forgive one another. Forgiveness is a process of ending your anger or resentment towa
- Do not do anything for your partner if it comes with an expectation of reciprocation.
- Be Responsible. Responsible means that you have the ability to respond. It does not me
- Approach your relationship as a learning experience. Each one has important informati
- Appreciate yourself and your partner. In the midst of an argument, it can be difficult

Research have shown that people in supportive, loving relationships are more likely to feel he

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