

Tools for a Rewarding Love Relationship

A spiritually and emotionally rewarding relationship can best be experienced when there is understanding, unconditional love, acceptance, open communication, a strong sense of humor, a willingness to compromise and a willingness to change.

Understanding how and why we are attracted to one another can provide enlightenment and guidance.

Positive relationship experiences are based on good communication. This is the key to healthier, happier and more productive exchange.

When you know who each of you are, you can accept the strengths and weaknesses in yourself and your partner.

Please answer the following questions and feel free to expand your answers beyond the space given.

What gifts does your mate bring to your relationship?

What are your challenges in this relationship?

What do you believe needs to happen for you to experience a more rewarding relationship?