



My Spiritual Butterfly

30 TIPS FOR A FULFILLING RELATIONSHIP

1. **Be you.** Be true to who you really are but also allow your partner to do the same.
2. **Laughter** and playfulness are important ingredients for a happy relationship. However, mockery and name calling have no place as if prolonged, it soon leads to low self-esteem, insecurity and defensiveness.
3. It's important to **give** to your partner what you would like to receive.
4. Even if you don't feel like it, always say **thank you** and give praise where praise is due. If your partner has done something for you, no matter how small, they should know you are grateful. Seeing your appreciation will make them want to do more.



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5. Try to really **listen** and be supportive. Don't interrupt or finish your partner's sentences just so you can get your point across. It's not always about being right it's about understanding.
6. When tempted to say something hurtful or mean in anger – **Don't**.
7. Never act when you're angry. Give yourself time to calm down and then respond knowing you are speaking your **truth**.
8. If you feel like doing **something nice** for your partner, do it! Don't let your fear of appearing vulnerable, weak or being unappreciated stop you from doing something nice for them.



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9. Give for the pure reason that it will **feel good** to both of you.
10. If you disagree about something, don't look to be right, as for you to be right someone else must be wrong. Always look for the **win/win** and trust a solution will come that makes you both happy..
11. Don't be afraid to show your partner **affection**. A cuddle or a gentle touch tells them so much.
12. Tell them **you love them** everyday. If you're not used to it at first, it gets easier as time goes by. This simple act brings mega love energy into your relationship.



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13. Keep your relationship free of manipulation and games. Always act with **honesty** to get the best out of your mate and your relationship.
14. It's good to have a degree of **independence**. You are two individuals who mustn't lose themselves in the relationship as this leads to co-dependency. Keep in touch with your friends and your hobbies.
15. It's equally important to **do things together** as a couple on a regular basis. A monthly 'Date Night' is a great way to ensure you spend quality time together.
16. Try to eat together and go to bed at the same time if you can. These are good conversational moments which also keep you **in sync** with each other.



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17. Listen to the tone of your voice when you speak to each other. Talk to each other as you would a dear friend. Speak to each other in a **friendly**, respectful tone and relinquish any bitterness, contempt or resentment in your voice. Sometimes your tone of voice can cause more pain than your words
18. Remember, not everyone is good at **communicating** but this doesn't mean they don't understand or are not feeling anything. They will show you with their actions so watch for it.
19. When in the company of **others** don't ridicule your partner just to get a laugh, or to get someone else on your side. Doing this not only humiliates your partner but it also highlights your own insecurities.



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20. **Share** news about your day and your plans for tomorrow with each other.
21. Be **honest** with your partner and allow them to be honest with you. Holding things in will only lead to resentment and will explode into something bigger later.
22. Recognise unfounded moments of jealousy and insecurity. Turn those feelings around by expecting the best and **trusting** your partner.
23. Don't try to **change** your partner, particularly if the things you'd like to change were there when you first met. Look at their positive aspects as much as possible to see more pleasing behavior come into your reality.



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24. **Embrace** the many sides of their personality.
25. **Relinquish blame** and look for the win/win solution in all situations. Blame stops us from finding true solutions to a problem and stops us from being loving. When wanting to blame someone else ask yourself if this will matter in 5 years' time. If not, let it go.
26. **Avoid complaining** about your partner's faults to others. The Universe will continue to show you what you focus on, so talk only about their good points in order to see more good things to love about them.



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27. Always treat each other with respect and kindness both when out in public and when alone.
28. If you have children, try to provide them with examples of how a **good relationship** should be, so they in turn will go on to enjoy loving, fulfilling relationships based on what they have learnt from you.
29. **Reminisce** often about the love you share and about what first attracted you to each other. Look at old photos, recall happy memories and funny stories. This will keep the love you have for each other alive.
30. Everyone wants to be loved...**everyone**.