

What's Happening In Your Relationship?

Although the relationship with a partner may be listed as a priority in many people's lives, it is often the aspect which is most neglected. It's easy to understand why. Most couples today have to balance a myriad of activities, and a long term relationship doesn't feel like it should require any special attention anymore. It is a common trap. Every relationship needs to be nurtured in order to grow, so your EAP staff offer these relationship reminders:

1. **Try to avoid comparisons.** There is no right style of marriage and no way to tell what another marriage is really like. Together, create a unique partnership that meets your need and is right for the two of you.
2. **Show respect.** Marriage is not an opportunity to abandon good manners. Treat your partner with courtesy and consideration. Let your partner know you value his/her individuality.
3. **Maintain a balance in your life between work and play,** between shared time and private time.
4. **No one is responsible for another person's happiness.** In order to be happy in marriage or any relationship, first become happy with yourself.
5. **Learn how to share yourself with your partner.** Sharing your thoughts, your ideas, your hopes and your dreams is important to your partner.
6. **The ability to compromise is a necessary component to any successful relationship.** No matter how similar you and your partner are, you will have countless differences in what you want to do, how you want to do it, and your opinions about many things.
7. **Stick to the issues at hand.** If you are having a disagreement, stay on the topic and do not bring back every wrong from the past as well. Don't use fights as a forum for hurting each other's feelings.
8. **Talk to a qualified professional** if there are areas in your marriage which you cannot resolve. Don't wait until neither partner is willing to discuss the issues.

If you are experiencing difficulties in your relationship, call **Mercy EAP Services at 319-398-6694 or 1-800-383-6694.**