



**5 MUST KNOW TIPS
FOR IMPROVING YOUR RELATIONSHIP
IN TOUGH TIMES**

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Is Love All It Takes For a Lasting Relationship? Relationship expert talks about, why love isn't all it takes for a long-lasting relationship. Perth relationship counselling expert Lynne Foote hears all too often this fairytale fantasy that some women think that they will meet, fall in love with this handsome prince and live happily ever after. "In reality though most of us know this doesn't happen, don't we?"

"Love is fundamental however 'I Love you' on its own without the actions to support it won't get you a long-lasting relationship."

Love takes time, and it requires constant nurturing.

So do you want to learn how to improve your relationship during tough times? If yes, then continue reading this eBook we prepared for you.

01

ACKNOWLEDGE THE PROBLEM

Once we acknowledge the problem we can work with the problem. We don't take it out on our partner. You turn to your significant other and say, "we are in a bad place at the moment, and we need to work through this together."





02

IDENTIFY THE STRESSORS

External stressors like accumulating debt, unemployment etc can place extra stress on our relationship. Once you identify the stress/ issues work together to find a viable solution. Start communicating, effective communication is vital and includes listening, clarifying and not interrupting.

03

DISCLOSE YOUR FEARS

Fear stops us from enjoying ourselves, and one way of letting go of fear is to acknowledge our fears and share with our partner. It can feel like we are in a vulnerable position however vulnerability is empowering. It helps connect the couple on a healthier level.



04

EMOTIONAL INTEGRITY

Effective communication starts with honesty. Remember, honesty is the best policy in any types of relationship. This builds trust, emotional security and integrity.



SEEK HELP

Be open to seeking professional help and be committed to the counselling process. Do not be afraid to seek help from experts.





You're Not Alone

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