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THE 4 ESSENTIALS to a healthy relationship

Often people ask what should I look for in a relationship/marriage? Typically, this question is discussed with peers, friends, and family. Clearly, if you need to ask this question in the first place, then you would most likely benefit from a professional dating coach as there are bound to be many other issues that have been plaguing you and possibly preventing you from moving forward. Just know, although the above people may honestly care for you and they will honestly give you their opinion, it doesn't mean that they truly know what is best for you. For example, if the person you asked (who may know you for several years) is a strong-minded person and you are a soft, more easygoing person, their advice will not resonate with you at all. If you decide to grin and bear it and push yourself to do it their way, eventually it will backfire because it is not you. Therefore, I have created the basic "list of needs" that everyone should have when moving forward in a relationship. However, if you want that personal feeling, and you want a "list" for a potential spouse to be specific to yourself, then you would be best off talking it out with a professional who can help pinpoint certain aspects that cannot be conveyed in any book or hand-out. Below is what I have compiled and developed into a simple list of 4 main items, which comprise your entire being.

Feel free to post questions regarding this or anything else on our open forum page.

LOVE

Love is divided into two parts:

Eros – that burning desire to be with someone.

Choice- you choose to love someone because... (you get to fill in the blank here.)

NOTE: One person may love someone for the way he/she acts and carry him/herself, while another person may love the very same person for the way he/she expresses him/herself.

ATTRACTION - physical

Attraction is your body's desire to be with the other person in a physical way. It's a natural physical reaction to the other person.

NOTE: By the third date there has to be some sort of attraction growing inside yourself. You can be attracted to the mind, body, looks, brain, the way he/she talks, the way he/she treats others, anything. It may take a little longer, especially in the case of friends or acquaintances, but you should definitely put a time limit as to how long you will wait



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until you see that attraction grow. I am not a believer in he/she has all the right qualities so I will marry him/her and the attraction will come later.

RESPECT – mostly logical

You have to respect the person. If you're going to spend the rest of your life with someone and you don't respect him/her it will be a rough and bumpy road to go down.

NOTE: Do you have to respect every little thing about the other person? Absolutely not, but there has to be something/s about him/her that you do respect.

COMMUNICATION

Many people make a huge mistake with this one. After speaking with thousands of people I can tell you that most do not realize that Communication isn't just talking, and sharing your feelings and deep dark secrets, but it's also listening.

NOTE: When you conversed did the other person really "hear" what "you" said? Did he/she keep asking you to repeat yourself? Did he/she repeat it back in a way that was so far from what you said?

The above is your 4 main points. Below are a few "givens"

TRUST

Trust is a given! If there is no trust, there can't be a healthy relationship!

MONEY/INCOME

You need to come to terms with your partner as to what type of lifestyle you want to lead. You don't need to know how much he/she is making, but you do need to know if you will be able to afford to live that way.

RELIGIOUS OUTLOOK

Many times we are fixated on how we want to live our lives, therefore we often turn away possible potentials. Instead of fixating "on yourself", try discussing with your partner how you want to raise your children, what schools you want to send them to. This will give you a better idea of where you truly stand from a religious point of view (in the future).