

9 Important Features of Healthy, Happy Relationships

For Healthy, Happy Relationships, here are some basic guidelines for reference. They are in alphabetical order only, not order of importance.

Acceptance: Don't try to change someone. This is a must. If a person really wants to change, that person will need to be motivated and take action. Period. Also regarding acceptance, accept limitations. He is not Superman; you are not Wonder woman. No one is perfect; so do not expect perfection. Accept the little flaws that come with each person. You accept theirs; they accept yours. That's life!

Bonding: Bonding with another person generally does take time.

Communicate: talk, listen, share the good and the bad, ask questions, compliment instead of nag or insult. In short be a friend; make a friend. That is healthy. If this bonding is lacking, it may mean professional help is needed (like a counselor or therapist) or it may be time to move on to healthier relationships.

Communications: Be open to the other person. Check judgmental attitudes at the door. And give chances. Be fair, flexible and friendly. If and when things get out of hand and it is your fault, apologize and ask forgiveness and move on. Similarly, be acceptable to apologies and grant forgiveness, too. Life is too short to stay focused on the negative too long. No need to deny it; face it, deal with it and move on past it to improve and strengthen your relationships.

Dependable: Be a friend; i.e. be dependable. Things happen from time to time and cancellations are a part of life. But on the whole, if you say you'll do something, do it. Take responsibility for your own actions.

Expectations: Movies, romance novels and television shows often portray life, especially human relationships, very differently than it is in the real world, this is no secret. How many people really always look like movie stars, have zero health ailments, endless income without hardly ever going to work, fabulous cars and homes, friends and family who totally adore them and come to their beckon call, no long-term problems because they all end so quickly, etc.?

And who can battle serious issues like one person having an affair with someone else, and wrap the whole storyline up in two hours? Get real. Expect a little less than the media portray and learn more about humans by joining the real world scenario.

Be Flexible: Keep a little mystery in the relationship. Juggle your schedule and invite the other person to a surprise picnic or walk at a local public park area.

Goals - People usually have some goals together over time. Develop some together. Toss what no longer works, what you outgrew or what may no longer seem important or is finished. And then inherit or create new goals. Working toward a common cause like saving for an annual vacation or a new garden area can help people grow together.

Health: Take care of your own health and encourage others, too. Even in this day and age of cable television with movies and the Internet available 24/7, it's still amazing the number of people out there who can't "Just say no" to unhealthy behaviors like smoking and drug abuse. Don't be afraid to share your healthy views and encourage healthy choices and living.

Intimacy: Closeness with a person takes time to develop. And there's more to intimacy than physical contact. Intimacy can mean a hug during a tough time, a smile of encouragement in the face of adversity and compassion when you least feel like giving. Don't abuse or take advantage of the other person. And don't let yourself be abused or taken advantage of. Intimacy takes commitment and sharing.

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