

How to Thrive in Love

5 Ways to Create a Flourishing Relationship

Apply these new approaches to your relationship and immediately witness greater love, connection and intimacy unfold. Repeating the same old patterns will only result in more of the same, so why not try something different? All that's required of you is the commitment to create small changes to the way you relate to your partner, based on nurturing connection, communication and intimacy. A healthy relationship is like a flourishing, wild garden. Tend to it lovingly and see what grows!

1. **Choose to be Self-Responsible: You are responsible for your happiness, emotions and 'baggage' in your relationship.**
This includes being self-responsible by:
 - Cultivating happiness, pursuing your dreams and creating a purposeful life
 - Nurturing your personal needs and creating a life aligned with your values
 - Discovering your emotional needs, when to ask for support and commit to healing your 'baggage'
2. **Actively Nurture Your Relationship: Every garden needs to be nourished.**
This includes reciprocal efforts to:
 - Communicate about what you both need from each other to feel loved
 - Give and receive love in the ways unique to you and your partner
 - Have honest and open conversations regularly
3. **Cultivate 'Best Friends' within the Relationship: Allow intimacy to flourish.**
This includes reciprocal efforts to:
 - Build trust through pleasure, playfulness and creativity
 - Create opportunities to have fun, laugh and bond through joy
 - Carve out uninterrupted quality time to spend together
4. **Choose Positive Communication Styles**
This includes reciprocal efforts to:
 - Establish healthy boundaries – what are you not/willing to tolerate?
 - Speak from the heart and agree upon safety in vulnerability
 - Support one another's dreams and make shared future plans
 - Practice patience, empathy and active listening
5. **Avoid Negative Communication: These create a toxic relationship.**
This includes reciprocal efforts to:
 - Avoid negative communication styles that make either person feel disempowered, belittled, disrespected or unimportant
 - Avoid blaming, shaming, controlling and judging from your communication