I WANT TO MAKE MY RELATIONSHIP STRONGER...

THERE ARE MANY WAYS OF STRENGTHENING RELATIONSHIPS, HERE ARE OUR TOP TIPS...

SPEND QUALITY TIME TOGETHER

Spend quality time with each other and enjoy each other's company. This will help to protect your relationship if things get tough. You will be looking after your relationship by increasing the good times you and your partner spend together.

TALK WITHOUT INTERRUPTIONS

It also helps to set aside time to talk without being interrupted by other things. Sharing what is worrying or upsetting you, as well as what is interesting and exciting for both of you, will make your bond stronger.

GET THROUGH YOUR DIFFERENCES

Although many people think arguments are bad for relationships it can make it stronger if you can get through your differences, and make up after falling out. When partners genuinely regret any hurt caused by what they have done being able to forgive is also a way of making your relationship stronger.

UNDERSTAND WHAT YOU BOTH THINK

Sometimes problems between partners happen because one hasn't understood what the other said or did. If you react in a negative way, it could have serious outcome. Sometimes when we think of other people's actions as being negative, it is based on our own past experience or how we feel that day, and nothing to do with what the other person actually meant. If you want to make your relationship stronger, it can help to check things out to make sure you understand what your partner meant.