

# Shane Warren Coaching & Counselling Services

*Changing lives through simple solutions!*

## IN OUR RELATIONSHIP WE STRIVE TO...

1. Listen to each other and take an interest in what each has to say.
2. Make all our requests in a reasonable manner.
3. Make time to have fun together and also be apart.
4. Care for each other in ways the other wants to be cared for, not only in ways I want to are for him.
5. Praise and acknowledge each other lavishly.
6. Not indulge in behavior such as going silent/cutting the other out, or being contemptuous, critical or resentful. We know if we act this way we do at our own peril.
7. Make the decision to commit ourselves to have the best relationship we can – we will not settle for second best.
8. Regularly celebrate the things we enjoy together.
9. Be affectionate – touch, kiss, and cuddle regularly for its own sake – without it always having to lead to sex.
10. Our relationship with each other is important – we always make I your top priority.

**Source: Relationships Australia Year Unknown Passed Around the Web**