

My 25 Relationship Secret Cheat Sheet Reminders

1. Focus on what you can control.
2. Always be yourself and don't let your partner change you.
3. Set boundaries of what is acceptable and what is not early on in the relationship.
4. Think before you answer.
5. Respond, don't react.
6. Allow your partner to make mistakes.
7. Allow yourself to make mistakes.
8. Do something for yourself once in a while.
9. Remember that trusting doesn't mean telling every single little thing to your partner. Some things should be shared, some things are better off kept quiet.
10. Don't talk down to him, but don't let him talk down to you.
11. When dating, listen to your intuition – it's never wrong.
12. Learn to listen to the tell-tale signs.
13. Remind yourself that you deserve respect and won't accept anything less.
14. Try to avoid argument if at all possible.
15. Never use your children as an excuse for anything about your marriage/relationship.
16. Treat your partner as you'd like him to treat you, but don't let him treat you any less.
17. Be financially independent of your husband as much and as soon as possible.
18. Share household chores.
19. Share your feelings.
20. Share entertainment and recreation.
21. Talk, communicate with each other on a daily basis.
22. Accept happy times and bad times as part of life and learn from them both.
23. Watch for signs that anything has changed or shifted in your relationship. It could mean that your partner is having a change of mind or double life. More time than not there are signs that we subconsciously choose to ignore.
24. Always speak out if you are emotionally, psychologically or physically abused in any way. Do not let fear paralyze you.
25. Seek help if you are in a bad relationship.