Ten ways to improve your love relationship

Stop Blaming

When you are quick to point your finger as opposed to taking responsibility for your own actions and contributions, you are creating an unhealthy dynamic in the relationship. Blaming your partner is often a defense against your own feelings of shame and inadequacy. When you don't want to look at yourself, you look at others and see exactly what you don't want to see in yourself. Ask yourself why you need to be right or to win? Blame comes in the form of "you" statements; instead practice starting conversations with "I". Instead of saying "You always yell at me", you can say something like "When you raise your voice I feel…"

Be Compassionate

Compassion and empathy go hand in hand, and will be your best tool in diffusing negative interactions. Compassion and empathy are also the key to deep connection and intimacy. Putting yourself in your partner's shoes for a minute, and trying to understand what is driving their feelings and behavior will help you to respond in a more loving way. To do this you will need to set your own agenda aside as well as your own perspective on the issue. See your partner as a human being who wants nothing more than to feel loved and accepted, just as you do. This can be hard at times, but the effort is well worth it.

Do something nice for yourself

When you don't take time for yourself within the context of your relationship you will develop feelings of resentment and anger. Waiting for your partner to make your life "better" or to make you happy is a set up for chronic disappointment. The more you can fill up your love bucket on your own, the more you will have to give back to your relationship. If you feel depleted and undernourished it is only because you are not feeding your own soul with the nutrients that sustain you. Take control of your own happiness and fulfillment and you will see that this will spread like butter over your relationship.

Bite your tongue

Some of the biggest scars in your relationship can come from the things you say. Words are very powerful and once said cannot be taken back. Firing off critical remarks or saying things in a way that hurt your partner will damage the trust you have between you. Think before you speak, and bite your tongue if you have nothing nice to say. You know

exactly what buttons to push to get your partner heated up, and ultimately what gets you into a negative dynamic. It is within your control to travel a different path, and to change the dance steps that aren't working in your relationship.

Pay a compliment

Even if it kills you to say something positive to your partner, it is good for YOU to provide positive feedback. Just like one negative comment can spiral you into a fight, saying one nice thing can shift everything in the other direction. It's hard to respond negatively to positivity so saying something kind will create a different energy between you. Pay attention to the change, it might take more than one comment to see a difference.

Stop expecting

When you got into your relationship you developed a set of expectations for your partner. These expectations are most likely different than the one's you hold for other people in your life. Expectations lead to disappointment and dissatisfaction, because they are most often unrealistic and unspoken. Ask yourself why you expect anything from your partner? You will notice that you have a lot of "shoulds" associated with those expectations. Try telling yourself that you cannot just expect your partner to do or say certain things just because you are together. This will deepen your appreciation for things he or she does do, and you will be able to receive those expressions of love without condition.

Relinquish control

Your attempts to control your partner might be very apparent or not noticeable at all. Controlling your partner in your relationship is not an expression of real love, which is unconditional in nature. Be aware of how you try to change your partner, how you have trouble accepting the way he or she thinks, feels or behaves. It is not your job to fix your partner, or to shape him or her into something that meets your approval. Ask yourself what you cannot accept about your partner, and then begin to work on embracing him or her with all of his or her warts.

Be honest

Your partner is not a mind reader, and protecting him or her from your feelings is not healthy. You may find it hard to be completely honest because it's vulnerable and exposing. The type of honesty I am suggesting is not about confessing every little deep dark secret, but about

admitting that you are not perfect and that you screw up sometimes. Honesty is the opposite of defensiveness where you feel like you have to try your case in front of jury every time you do something wrong. It's about coming clean and sharing your inadequacies. For example, if you have been asked several times to look into some vacation plans, but you never seem to get around to it, admit that you have been neglecting this responsibility and that you recognize that it's upsetting for your partner.

Perform a random act of kindness

Small gestures of thoughtfulness and love can go a long way in a relationship. You may have forgotten how important this is, or you simply may not feel motivated to do anything nice for your partner. The truth is that these acts benefit you as well. It feels good to give without expecting anything in return. Doing something kind will shift your perspective and turn on the "feel good" juice in your system. There is nothing bad that can come from trying this.

Be a role model

Whatever you do or say within the context of your relationship is setting an example for your partner. If you yell or lose your temper, you are saying that this is acceptable in the relationship. You need to "be the change" in your relationship and live and breathe what you want to receive. Relationships are not a place for double standards. If you want respect, behave respectfully. If you want adoration, adore your partner. Be mindful of feeling entitled to anything that you are not earning in some form.