



## FAMILY LIFE

# 10 TIPS TO BUILD A RESILIENT RELATIONSHIP

**Often you don't know the strength of your relationship to weather life's trials and tribulations until adversity strikes. If you want your relationship to last, build a strong bond that can weather a storm and recover from the aftermath.**

1. **Be flexible.** Accept that things and people change, as does life. You may not always like the changes, but you'll need to adapt and compromise.
2. **Communicate!** When you talk openly and honestly with your partner under normal circumstances, you'll feel more comfortable discussing your feelings when adversity strikes.
3. **Build trust.** If your partner doesn't trust you and doesn't think they will gain anything from forming a united front during a crisis, the relationship probably won't recover.
4. **Be consistent.** A strong relationship is built on both partners knowing what to expect from the other.
5. **Be optimistic.** If you are optimistic and hopeful about the future of your relationship, your partner is more likely to be, too. When things are tough, talking about future plans and dreams can be helpful.
6. **Go easy on your partner.** Know that no one is at their best when they're stressed, hurt, or overwhelmed. In these times, affection can go a long way to help.
7. **Play to each other's strengths.** One person will often be more resilient than the other. Know what your strengths and weaknesses are and ask for help when you need it and support your partner when they do.
8. **Plan for problems.** Discuss how you will deal with reoccurring problems so you can deal with them when they arise or even prevent them from happening in the first place. Put plans in place that you both agree to, too.
9. **Work together.** It's very easy to blame your partner or shut them out when things don't go according to how you want them to. But remember to work with each other, not against each other.
10. **Build your own resilience.** Resilient people tend to have resilient relationships. Work on your own ability to bounce back.

The success of your relationship depends on how you respond – individually and as a couple - to the changes, challenges, and adversities that life presents.