

FREE PRINTABLE COUPLES THERAPY WORKSHEETS:VERSION 2

Following are some of the activities that you should do to improve your relationship with your partner.

Take care of each other:

Taking care of each other in a relationship is very important to lead a happy and better life. Sometimes we only tend to focus on our needs and forget about the fact that others need attention and our time too.

- *Give each other some space.*
- *Family comes first.*
- *Go on outings with your partner.*
- *Do any fun activity with each other.*
- *Share each other's mistakes and flaws.*
- *Don't fight for the sake of it.*
- *Don't engage in arguments.*
- *Communication is the key to building good and strong relationships.*
- *Create healthy boundaries.*
- *Don't raise your tone in an argument.*
- *Don't belittle each other and disrespect each other.*
- *Discuss your concerns and then give solutions too or suggestions but don't bring problems to the table.*
- *Always decide mutually.*
- *Learn to say no assertively without being aggressive.*
- *Respect each other and their boundaries.*
- *Listen to each other.*
- *Compliment each other often.*
- *Spend Quality time with each other.*
- *Try to do what your partner likes.*