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trust dependability realistic expectations a positive outlook and deep caring create the bedrock of a healthy relationship a healthy relationship requires connection on a physical especially during difficult times it s easier to avoid facing your stalling relationship or eroded intimacy issues there are a few tried and true methods that work to improve relationships be a good listener carve out time together enjoy a quality sex life and divvy up those pesky chores be mindful of your own biases and scars from previous relationships ask open ended questions practice active listening and reflective listening learn your mate s love language and become we gathered seven relationship exercises based on science that can help couples strengthen their bond you and your partner can do one exercise a day for a week or just pick and choose a few a healthy secure romantic relationship can serve as an ongoing source of support and happiness in your life through good times and bad strengthening all aspects of your wellbeing by taking steps now to preserve or rekindle your falling in love experience you can build a meaningful relationship that lasts even for a lifetime 1 share stories together part of emotional intimacy is learning about how your partner thinks and feels how they react in a specific situation such as what embarrasses them or what they

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