

# 21 simple ways ... to Build a Love That Lasts



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Success in love and marriage requires simple, practical acts such as daily conversations and gestures. The accumulation of these small moments creates the foundation for building a love that lasts. The key ingredients that define a successful marriage are easy to understand, yet difficult for many couples to practice in their relationship.

Here are 21 simple ways to help you to cement your relationship and begin building a love that lasts.

- 1 Be a relationship cheerleader.** Support your spouse in every way you can.
- 2. Learn to compromise.** Plan to work through issues, make decisions and find solutions.
- 3. Share the burdens.** Learn to sense when your spouse needs help and make helpfulness a habit.
- 4. Communicate constantly.** In successful marriages there are no sacred cows - no secrets.
- 5. Leave anger outside the bedroom.** Talk it over first and settle things before sleeping.
- 6. Don't be ruled by emotions,** especially when discussing those "sacred cow" issues.
- 7. Make loving behavior a habit.** Treat your spouse the way you want to be treated.
- 8. Give your spouse the freedom to be.** Respect the individuality of your spouse.
- 9. Let your beloved have alone time.** Remember, the need for privacy is fundamental for human beings.
- 10. Help your partner to health.** Encourage exercise, taking proper medications and going to annual physicals.
- 11. Eat well to be your best self.** Motivate one another to cut back on unhealthy foods.

- 12. Have a good laugh together.** It is the most basic of expressions with the most powerful effects.
- 13. Always hold hands.** Touching is the norm in successful marriages – try to do it at least ten times a day.
- 14. Cuddle up together.** When you go to bed, take turns "spooning" to enjoy the warmth and security.
- 15. Let touching be your secret code.** Use a gentle touch to communicate and underline your love.
- 16. Be a little unpredictable.** Variety is the spice of life, so shake things up in your marriage.
- 17. Kiss hello and goodbye.** Acknowledge your spouse with a warm kiss when you get together.
- 18. Send a love letter.** Tell your spouse how much he or she means to you with an unexpected letter or email.
- 19. Consult your spouse on major purchases.** Never buy a big item without talking it over.
- 20. Share your money.** Be a one-checkbook family and team up on financial matters.
- 21 Show compassion to the one you love.** You are both only human, so remember to be forgiving.

*These tips are adapted from 21 Ways to Build a Relationship That Lasts, written exclusively for Beliefnet by Dr. Charles D. Schmitz and Dr. Elizabeth A. Schmitz, who are authors of "Building a Love that Lasts: The Seven Surprising Secrets of Successful Marriage."*