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Valentine's Day –tips for keeping relationships together

Marriage Makeover – a practical approach to reviving relationships.

Based on sound business, financial and lifestyle thinking, it is the antidote to divorce, building communication NOT antagonism.

The vast majority of problems in relationships are based on misunderstandings of the facts.

The service is led by experienced professionals - family lawyer (Penny Raby) and forensic accountant (Mike Gordon). Penny and Mike are married and together have two children.

Marriage Makeover's top tips for staying together:

1. **Accept that change happens.** Neither time nor people stand still. If you want something to change, then change something. If your relationship is flagging, you have to do something to renew it.
2. **Be honest.** Sometimes you have to be cruel to be kind. If you really have fallen out of love with someone, tell them. Don't prolong the agony or raise expectations falsely.
3. **Talk about the tough stuff.** Facing up to sensitive problems is half the challenge – you can then talk and deal with them.
4. **Play together, stay together.** Set aside some fun, quality time for yourselves together. Make sure your marriage is your most important project, not mundane tasks like DIY.
5. **Keep it up close and personal.** The support of other people can be helpful but try not to be consumed by their opinions, advice and suggestions.
6. **Continue the courtship.** Try to remember the reasons you were attracted to each other in the first place.
7. **Have a shared goal** to work towards. Focus on what you can achieve as a team rather than as individuals – it reminds you of the power of togetherness.
8. **Negotiate the money minefield.** If you're able to agree a reasonable approach to money, it can save a lot of underlying tension within the relationship.
9. **Let go of resentment.** It's easier said than done, but it's absolutely crucial to find a way of moving on from issues that have affected your past.
10. **Argue well.** Arguments are part of every relationship so turn them into a positive lesson in communication. Agree to disagree and realise there doesn't need to be a 'winner' at the end of every discussion.

~ 355 words ~

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