**15 Ways to Be a Better Partner**



Every relationship has its ups and downs, but overall, it should be mostly smooth sailing. If you want to strengthen your relationship, here are some tips to help.

1. Be open about your needs and wants. Share your feelings and encourage your partner to do the same. Be understanding of their feelings even if you disagree with them.
2. Give your partner your undivided attention. When they are speaking, put your phone down, take your eyes off the TV and listen to what they are saying. Ask questions to show you are truly listening.
3. Reassure your partner that the relationship is solid by talking about the future. Show them how much you they mean to you.
4. Do you and let them do them. Having a partner doesn't mean giving up everything you love. It doesn't mean being together every moment of every day.
5. Strive to be the best person you can be; inside and out. Work on becoming happier and healthier.
6. Think quality time over quantity. It doesn't have to take up a lot of time or cost anything, just make each moment count. Make them the center of your attention and a priority during these times.
7. Support their dreams and passions. You don't have to fully understand them to be supportive. ...though trying to understand them better is also a great way to show your love for your partner.
8. Express your appreciation. Show them how much you appreciate them. Be specific in what you feel grateful for.
9. Involve yourself with their friends and family. They have love to share and it will mean a lot to your partner to know you accept others who are important to them.
10. Share all responsibilities equally; financial, household, relationship, family, etc. You and your partner are equals. Make sure you are supporting yourself financially as well as emotionally, in addition to helping out with the other things.
11. During disagreements, don't instantly react or lash out. Take a moment to plan your response and deliver it without anger.
12. Don't try to change your partner. Accept them for who they are. Nobody is perfect and they shouldn't be forced to change to be acceptable to you. Yes, that means ignoring some of their annoying or disgusting habits and praising their strengths.
13. Do something unexpected and just because you love them. Random acts of kindness, a hug or a compliment will make your partner feel special.
14. Apologize when you are wrong. Take responsibility for your thoughts, words and actions.
15. Respect your partner and their boundaries and expect them to do the same for you.