



Your Relationship Key Guide

Transform your relationship with
these tips from Jeff Saunders



"A relationship requires more than love to succeed, but few of us know what else is required."

Couples come together keen to meet each other's needs, support their values, and support their journey of becoming more fully who they are.

During the honeymoon phase, each will override their own needs and preferences to support the other. However, this is not sustainable. Eventually couples come back to having to care for their own needs, and may even have to fight to get them heard or understood.



Identify you and your partner's love languages.

The Love Languages were identified by Dr. Gary Chapman in 1992 and has gone on to support many relationships with the value and insight it has continued to hold.

However, it is incredibly common that we overlook the power of the love languages. Deeply connected to how we grew up, each love language dictates how we allow ourselves to feel loved.

You could shower your partner in as many gifts and acts to relieve their financial stress, but if to them Gift Giving is a low priority love language, they just won't respond to your affections in the same way you have delivered them.



Do you know you and your partners Love Languages?

You can see how this dynamic can propagate resentment. You may feel like you're not acknowledged for all you've done. You become tired, have less energy to give.

Do you know your own Love Languages?

You can identify your top Love Language through taking online quizzes. You can also identify them through recognising what acts of love you really value in another, or how you notice you often express your love for your partner.

The 5 Love Languages:

1. Words of Affirmation
2. Physical Touch
3. Gift Giving
4. Quality Time
5. Acts of Service





How much energy do you have to offer your relationship

Most often we default to communicating to our partner with the Love Language we wish to receive, or find easiest to give. This is usually an unconscious act.

However if we are able to recognise when this is happening we can support ourselves and the relationship by choosing to change our patterns.

See this is a reflection of the energy we have. How much can we offer to our partner every day to remind them of the love shared? Just one thing per day makes all the difference however we rarely feel able to do so within our day!



Love your partner for who they are, not who you want them to be.

You came together embracing what makes yourselves unique and loving what makes you similar. The differences were exciting! Taking you places you normally wouldn't go. Your expanding life was welcomed as you had someone who could walk with you along the way.

But as you settled in, those differences began to clash with your lifestyle. *If only they just did this more...* then you would be happy with the relationship. These thoughts yet again, causing resentment.

How much do you assume of your partner and how much do you really know?

Be determined to learn how the other functions as a person, so that you can learn to flow with them, rather than resist it.

Don't assume what the other person means, infers, intends, or thinks. Ask, inquire. If you find yourself reacting, take time out for a while, then reconnect later and debrief what happened if you had a difficult interaction.



Explore your style and theirs, and what each is really wanting. Your style is never right or wrong, but at times may function so as to be unhelpful in a relationship. So long as this remains hidden to you, you will attract problems when relating.

Let your relationship always be about coming together to grow and support your lives. Practice and attention is always involved. Be gentle with your journey. You are learning every day.



A thanks from Jeff Saunders!

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Thanks for taking the time to read this key relationship guide. But it is only a slither of what is available!

1. If you are looking for more ways to support your relationship, Join my Couples Therapy 101 Program and start TODAY.

<https://jeff-saunders-couples-trainer.teachable.com>

I'm very excited to share this course as I've put it together after helping 1000's of couples for over 30 years.

I want to support couples everywhere who, typically, will have little idea as to why they were once so much in love, and are now struggling to even get along.

This comprehensive course can be taken with your partner or alone provides a whole new perspective on your relationships.



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2. Subscribe to my mailing list for regular tips to finding satisfaction in your relationships.

<https://www.couplescounselling4u.co.nz/first-session>

3. Join HELP FOR A HEALTHY RELATIONSHIP - Improve Your Relationship. and connect with couples who are looking for help too.

It's our new Facebook community where couples learn to communicate in a healthy and non reactive way.

4. I offer a range of in depth books, most popular being my Successful Couples Recipe Book also available on Amazon.

All the very best on your relationship journey,
Jeff Saunders