

HOW TO STOP YOUR RELATIONSHIP BLUES

Checklist

- Ask for what you need to feel loved.
- Keep your focus on what he is doing right! See the positives.
- Celebrate your relationship wins!
- Stop making up stories when you do not understand the 'why'.
- Have the difficult conversations.
- Say 'sorry' often even when you don't feel he deserves it.
- Keep working on yourself!