

This is **the free sample** of "*The 7 Habits of Successful Couples*" booklet, which starts at the end of this short introduction, on page 2.

Introduction

I wrote this for couples who are interested in **creating new habits for a successful long-term, committed relationship**. According to the most sophisticated researchers, **it takes about three weeks to create a new habit**. The information you are about to read may benefit both of you, even if only one seems motivated to learn a new habit at this time..

If you are currently not experiencing distress in your relationship, this information will give you tools to prevent problems in the future. If you are experiencing some problems, completing this exercise without your partner is a sure way to demonstrate to yourself that **you are motivated to be the change you want to see and to become the best partner you want to be**. Your relationship will have to change for the better when you thoroughly digest this material.

When you are in a long-term, committed relationship, **you are responsible for the well-being of your partner**. Doing or saying something that makes your partner's life better in some small way--every day--is the glue that will keep you together through the rough times that inevitably arise. And both of you will benefit from your actions. Don't expect perfection at all times. Rather, try to set at least a trend in the right direction.

For instructions on how to buy the other chapters or the entire booklet, see page 4 of this document.

Note: The information contained in this document is not a substitute for couples counseling. Not all advice is helpful or indicated in all situations

What Is Love?

When people think about the meaning of love, they usually have only one kind of love in mind, the kind that does not last. At the outset, romantic love is actually a temporary chemical imbalance that occurs when two strangers meet and are attracted to each other. And the reflection they see in their new mate's eyes reveals an incomplete picture of who they are--only their best and most desirable qualities--creating powerful feelings and forward momentum.

Practically everyone craves this heightened feeling, and without it, most love relationships would never get off the ground. However, real love--mature and lasting love--is something different altogether.

When two people first meet, they are strangers not only to each other, but also to themselves. Through getting to know another, we also get to know ourselves. It is only in relation to the other person that we truly learn who we are. Through his or her eyes, we begin to see a much more complete picture of ourselves. If we are lucky enough to have someone honest and brave to point them out, we become aware of our strengths and talents as well as our shortcomings. **The best relationship helps us grow and makes us more humble.**

When romantic love starts to fade, as it inevitably does, the differences that were on the back burner now come to the forefront, and we can no longer ignore them. Couples who can struggle through this process learn to master vital relationship skills, which can lead them to a kind of love much more rich and deep than the giddy high they experienced early on. These skills include standing our ground without putting our partner down, fighting fairly (not to mention understanding that even the best couples fight now and then), and calming down when we get upset. Most importantly, we learn when to press on and when to let go.

Many bail out from the relationship when romantic love fades because they are unable or unwilling to withstand the struggle that can ultimately lead to lasting and mature love. And often they mistake the restoration of chemical balance for falling out of love.

Understanding the difference between romantic love and mature love is crucial if a relationship is to succeed, last, and thrive. Love is not just an emotion but an active process of working through differences. Love is a decision you make every day.

Habit 3

The Gratitude Habit

After the initial romantic stage of a relationship, many couples take each other granted and stop saying the things that they used to say in the early days. They may stop appreciating each other, which is revealed in words or actions.

People like to feel appreciated for their contributions to the household and the relationship, and for paying attention to the overall well-being of their partners. Practicing gratitude will strengthen the relationship. But this is more challenging than it sounds. Exercising our gratitude mindset may not always be a priority if we are not in the “mood” for being grateful or appreciative.

Like workouts that are good for your health, you may have a hundred reasons (legitimate complaints, feeling like a victim) for not exercising gratitude. But if you push yourself past these and decide to go for it anyway, you will be rewarded in more ways that you anticipate.

Create a habit of gratitude everyday

Here are some of the things you can do to create the gratitude habit

- Say thank you to your partner more often.

- Write a gratitude letter or card to your partner when it is not a birthday or anniversary.
 - Send an email or a text to your partner saying one or two things that you are grateful .
 - Say something you appreciate in your partner to someone else in the presence of your partner.
 - Make sure you share the **specific things you like** about your partner often.
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Want to learn more habits? Purchase more exercises for only \$1.99 each!

If you can learn to become **the partner you want to have** by creating this habit, you will have a good chance of inoculating your relationship from the inevitable ups and downs; you will be on your way to give your relationship the tools, skills and habits it needs succeed in the complicated modern world.

For more information about how to purchase the other 6 habits for \$1.99 each, see below or visit <http://www.couples-counseling-now.com/rules-for-relationship-success.html>

Here is the list of the 7 habits

- **Habit 1. Pay attention to your relationship and create a relationship vision.**
- **Habit 2. Ignore most of the negative thoughts about your partner and show you care.**
- **Habit 3. Develop the habit of gratitude and notice what your partner does well.**

- **Habit 4. Don't ignore what is important to your partner, even if it is not important to you. Recognize your partner's bids for connection.**
- **Habit 5. Talk about sex and be physically intimate in some way. Take time to play.**
- **Habit 6. Before the fight: Think about how and when you will react. Restrain yourself.**
- **Habit 7. After the fight: Be open to being influenced by your partners' needs and opinions, even if they differ from your own.**

