**Tips for Healthy Relationships (Teal Swan)**

1. Express your love: touch, gifts, spending quality time to try to connect, serving someone (help), and show appreciation, compliment. We are stingy with our love.
2. Never ignore their presence even if you are angry.
3. Do not physically or emotionally withdraw from them, especially during conflict.
4. Communicate, communicate, communicate - verbal, body language. Be sure to communicate emotions by first bringing thoughts to your heart-space and then speaking from the heart.
5. Make good on promises and your word to establish trust.
6. Admit to mistakes and change behavior appropriately. Apology after apology gives the impression of trying to get them off of your back and destroys trust.
7. Get a handle on priorities. Value it and prioritize.
8. Encourage them and give them emotional support.
9. Express wants, needs, expectations and boundaries. Don't expect them to mind-read you. Understand others needs and wants and meet them.
10. Laugh and play together.
11. Become an expert on the person you have a relationship with.

Use above for yourself. Never be ashamed of how you feel.