

Five Essential Skills to Keep Love Alive and Growing

1. Strive to understand and take responsibility for your part in the problems in your relationship
2. Practice non-defensive listening
3. Accept your differences and learn to collaborate
4. Take risks and move out of your comfort zone
5. Nourish yourself AND the relationship on a regular basis

Adapted from: *Positive Couple Therapy* (2014) by Singer & Skerrett

Love Cycles (2014) by L. Carroll

Karen Skerrett, PhD.

www.karenskerrettphd.com