

MAKING A RELATIONSHIP WORK (AND SURVIVE!)

Human sexual relationships (that are not one night stands) are complex

Human Sexual Relationships are dynamic

Sociologist **Diane Felmlee** discovered are are often certain qualities that people find attractive:

Offbeat, very unique
Mysterious
Sense of humor, funny
Spontaneous, fun
On the wild side
Very outgoing and social
Successful and focused
Confident
Quiet and Shy
Nurturing, caring, helpful
Spunky
Likes to have sex.

Johnson's Law: Everyone is difficult to live with. Everyone

Becoming increasingly aware of the costs to be in a relationship, resentments begin to set as a person compares what he or she is getting compared to the partner.

People tend to notice the equity (or lack of fairness) in the rewards and costs between what they and their partner are getting.

What makes a relationship work?

1. First and foremost. Either of you are impossible to live with
2. A sense of humor
3. Choosing one's battles wisely.
4. Never starting an argument before dinner or on an empty stomach.
5. Not blaming your partner for something their parent or sibling said or did.
6. Never starting an argument if either of you has been drinking

7. Men: Never forget anniversaries, your partner's birthday, Mother's Day or Valentine's Day.

8. Never telling your partner that they are just like their father or their mother

9. Women: No matter what he says birthdays being important, not forgetting them.

10. Men: Never telling your partner a PMS joke, unless you know, really know, that she will not take offence.

11. Not agreeing to do something that you probably won't do just to end an argument.

12. Saying "thank you" Being polite.

13. Never saying, "I told you so." Likewise, never saying, "Aren't you glad to took my advise."

14. Knowing your own limits.

15. Never flushing the toilet when your spouse is in the shower.

16. Women: Not getting upset with your husband if he gets horny when all you want is to be held.

17. Men: Not getting upset with your wife when all she wants is to be held and doesn't want to have sex. Just hold her.

18. If you have kids, not taking sides with your spouse in front of your children over something they did or want.

19. If you have a conflict over something your child did or wants, going for a walk to discuss the issue and coming to an agreement that you will present to the child

20. Never, never, never putting your kids in the middle between you and your spouse.