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### strong relationships

- compatibility
  - can change
    - passions
    - interests
  - stay mostly same
    - core principles
    - life goals
- = foundation
- intimacy
  - emotional
  - intellectual
  - physical
- day-day stability

### improving relationships

- boosting self-esteem
  - love yourself
  - feeling down?
    - letting go
    - negativity doesn't define you
- accept differences
  - don't try change
  - be curious
  - grow with
- quality time
  - especially when busy
  - quality = **not thinking about work**
  - dates?
    - actively listening

### boost love chemicals

- excitement
- nervousness
- how?
  - do exciting thing
  - then romantic or chocolate
- feel good
  - dopamine
  - fish
  - meat
  - avocado
  - almonds

### affair

- quit or
- separate for few days
- something isn't right
- underlying problem
- not just sex
- cause of affair
- unsatisfied with what? why?
- copied with it

### discuss disagreement

- place & time
  - where
  - when
- approach
  - first second opinion?
  - main point first

### active listening

- listen
- not problem solving
- not adding your own

### sex

- good for you
  - stress reduces
  - anxiety
- slump?
  - 'ideas to try out'
  - 'could even be better'
- open communication
  - not 'you're not good enough'
  - no hurtful comments
- discuss nonjudgmental

