

10 MOST COMMON THINGS WE NEED TO WORK ON TO BE A GREAT PARTNER:

- 1) I need to work on taking care of my physical body (i.e. being healthy, dressing sharp, ect.)
- 2) I tend to start relying on partners to “fix” my emotional problems, i.e. if I don’t feel confident, I ask my partner over and over again if they like me. (anxious state)
- 3) If I am triggered, I move very far away emotionally (avoidant state)
- 4) I need to work on being a better listener or communicator
- 5) I need to work on the give/take balance of the relationship (i.e. I only do activities that are fulfilling for me or I only do what my partner wants to do)
- 6) I am always looking for what’s wrong or needs to be fixed in relationship
- 7) I don’t prioritize or create special time for my partner
- 8) I need to work on expressing my love and gratitude for my partner (i.e. verbal affirmations, physical contact, gifts, acts of service, creating quality time)
- 9) I need to work on my relationship with money so I can bring stability and fun
- 10) I need to work on my organization, time management, adulting