

10 Ways to Perk up a Relationship . . .

1. Be Grateful...

Remember to say thank you, focusing on the other person

2. Poke fun at each other...

3. Capitalize on good news...

4. Use your illusions...

5. Find your ideal self - in your partner...

6. Notice what's new about your partner...

7. Put it in writing...

8. Provide support in secret...

9. Get back in touch...

10. Look after yourself...