

## The 6 Pillars of a Successful Relationship



**Love** - Love is not lust. It is the glue that keeps your relationship strong and solid. Love evolves, takes root when you share your thoughts, fears, dreams, and hopes. Love is when you give to your partner without an expectation in return.

**Commitment** - Commitment means transparency and honesty with your partner. It's a two-way street, give-and-take. It means to support each other through the good and the bad, thick and thin, in sickness and in health. You honor your relationship and give it your all.

**Faith** - To have faith in a higher being, in yourself, and your partner. It is to lead with good intention, kindness, and an open heart. Faith allows you to trust the process and know that everything will be how it should be and that things will work out as they are supposed to. It's Believing without seeing.

**Trust**- Trust is built over time, and it is the foundation of a strong and loving relationship. Trust promotes honesty, open communication, vulnerability, and respect which allows both parties to feel secure and confident. Trust is to be

vulnerable and feel safe to open up, share, and be accepted. It means you don't control your partner, and you have trust in them and their decisions.

**Patience** - They say, "Patience is a virtue" patience is understanding and accepting another person without judgment and expectations. Life is not easy, but with patience, you can handle conflicts, obstacles and cope with difficult circumstances with grace. Remember, "good things come to those who wait."

**Forgiveness** - We are not perfect; we all make mistakes. If we want to enjoy lasting relationships, we have to grow our ability to forgive. The Lack of forgiveness makes resolving conflict much less likely. It stirs up negative emotions and can create more conflict. Forgiveness is also beneficial for the body and mind.

