

after your wedding

Relationships

Love Beyond the Newlywed Years

*Tips and practices by experts to help ensure that your love thrives
beyond the newlywed years and endures the test of time*

Everything seems beautiful in the beginning: you're brimming with excitement and enthusiasm at the prospect of a lifelong relationship. In time, however, things can become, well, less than ideal: people change, mentalities shift, and one or both partners find themselves asking, "Where is the person I fell in love with?" Practice these actions now to ensure that your love thrives well beyond the newlywed years and endures the test of time:

Simplify.

We often forget that when it comes to love, simplicity is key. Naturally, we want to build an empire with our partner, but in doing so, we can quickly lose sight of the simple values that first fostered love.

Return to simplicity.

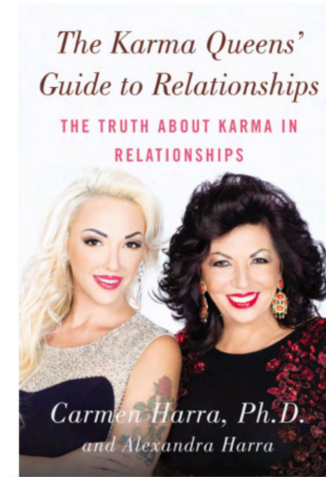
Nothing is more valuable at the end of the day than tender moments shared in silence, with no mention of what was, could have been, or might be. De-clutter your relationship.

Cleanse your bond of all toxicity.

People who interfere, harmful emotions, hurtful memories, and compromising tendencies. Maintain a love as pure as water.

Keep out external influences.

External influences are the rotten seeds of relationships. Before you know it, negative influences can consume a relation-



ship like weeds ravish a garden. Keep your relationship exclusively between you and your partner. Your loved ones may want what's best for you, but their biased advice or out-of-line behavior may affect the delicate dynamic with your partner. Bringing in the energies of others may do more harm than good. Learn to think for yourself. Ask the universe for help, not overly opinionated friends. Everyone will offer you his or her take on what's right but no one can actually offer you what's right. Only you can do that for yourself. When plagued by doubts in love, pray, meditate, and look for answers within yourself.

Tame your ego.

The ego is the most destructive force of all relationships. It tears down the human bond because it favors the me and neglects the we. For the sake of your relationship, let your proud guard down. Take nothing personally; even if your partner does something irrefutably wrong, understand that he or she may have personal issues that you know nothing about and that also have nothing to do with you. Realize that, yes, in a perfect world; everything would be fair play, but that in relationships, everything is compromise, sacrifice, and endurance. Hold your partner closer to your heart than you hold your own ego, and you will succeed in holding a healthy, long-term relationship.

Build them up.

The quality and duration of relationships revolve around choices. You have the choice to build your partner's self-worth or tear them down to nothing. Remember that weaknesses are far more visible than strengths, but that it is a sign of personal weakness to play on the shortcomings of another. We become so used to our partner's flaws that we think those around us are used to them, too. We may joke to people about our loved one's imperfections and think this is no big deal. But we don't know just how deeply run the emotional wounds carved by these failings. As a rule of thumb, refrain from speaking negatively about your partner in public.