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# 7 KEYS TO LONG-TERM RELATIONSHIP SUCCESS

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# Seven Keys to Long-Term Relationship Success

## How to Make Your Love Last

Most of us want to meet and settle down with the “right” person, and most of us want such a relationship to last. Have you ever seen an elderly couple holding hands, taking a romantic walk on the beach or in a park? You may think to yourself: “That’s how I want to be when I grow old.”

It’s a wonderful notion: having someone as your mate in a happy and lasting relationship. At the same time, over fifty percent of marriages in the U.S. end in divorce. Between what we want, and the reality of our society, there’s a deep chasm of false hopes and unfulfilled promises. What are some of the most important ideas when it comes to making your love last? Below are seven keys to long-term relationship success.

### 1. Do You Trust Your Partner?

Trust is the first and perhaps most important predictor of long-term relational success. Without trust, none of the other six predictors that follow will have much meaning. Ask yourself the following questions:

- In general, is your partner reliable and dependable?
- Does he or she keep important promises and agreements?
- Can you count on your partner as the “rock” in your life?
- What about you for your partner?

For some of us, trust is a complicated matter. Some people trust blindly. They are with someone who has shown time and again to be untrustworthy, yet they continue to give that person underserved chances. As the saying goes, “fool me once, shame on you;

fool me twice, shame on me.” To allow a chronically untrustworthy individual to be one’s significant other is to create an inherently insecure relationship, which may ultimately lead to disillusionment. Evaluate your partner’s trustworthiness based not upon unproven promises or wishful thinking, but on a strong overall record of dependability.

While some people trust blindly, others have trust issues. Often due to negative experiences from the past, there are those who can't trust a committed relationship, or the opposite sex, or people in general, or even themselves. In romantic relationships, they struggle to trust their mate, no matter how dependable their partner is. Here, of course, the trust issue is likely within oneself. Ask honestly whether the lack of trust is based on solid evidence or unjustified fears. If the answer is the latter, it may be beneficial to seek counseling and support, to allow oneself to trust appropriately again. Don't allow fear push away a good man or woman in your life.

*"For it is mutual trust, even more than mutual interest that holds human associations together. Our friends seldom profit us but they make us feel safe. Marriage is a scheme to accomplish exactly that same end."*

– H. L. Mencken

## **2. Are You and Your Partner Compatible in the Dimensions of Intimacy?**

Authors Ronald Adler and Russell Proctor II identified four ways with which we can feel closely connected with our significant other. The four dimensions of intimacy are:

**Physical** – Hugging, kissing, caressing, cuddling, holding, and other forms of physical affection. Physical intimacy certainly includes sexual intercourse, but doesn't have to. As long as other aspects of the relationship remain sound, physical intimacy between partners can often last a lifetime, even if sexual potency diminishes due to factors such as health, age, and stress.

There's more to this excerpt!

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