

# I learn lessons in love that help to make my relationship stronger

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I believe in love and the stirring emotions that I feel when I encounter someone whom I can call my soul mate. I realize that such a relationship is rare, so I carefully nurture it to allow those feelings to grow deeper and stronger, fortifying our bond of love.

***I acknowledge that no relationship is perfect,*** yet everything that happens in my relationship has a lesson attached to it. I take advantage of these lessons in love to build a more positive relationship each day.

When I have an argument with my partner, I always endeavor to reach a point of forgiveness in a short time. I initiate discussions on the issue so we can find a resolution. This approach makes it easier for us to relate more positively going forward.

***Whenever I make the mistake of doing or saying something hurtful to my partner, I immediately acknowledge the negative effect on their well-being.***

I take a step back and revisit my actions. I

put myself in my partner's shoes and realize the impact. Then, I sincerely apologize.

Today, ***I take the time to learn from love so our love can keep growing.*** I commit to learning each day from my relationship and embrace the fact that every effort made to build a better relationship results in a stronger love.

## **Self-Reflection Questions:**

1. Do I strive to strengthen my relationship?
2. How can I avoid saying or doing hurtful things to my partner?
3. Do I make it a point to apply the lessons learned in love to fortify our bond?