**Mindset of Love Relationships**

**What is Love?**

**Intimacy, passion, and commitment** are characteristics of the set of feelings and actions that make up **Love**. Care, proximity, protection, attraction, affection, and trust are all components of it. The depth and evolution of love are subject to change. (Also see: Verywell mind).

Our lives are like Flowers, and love serves as the honey. It is the supreme power in the universe. It is capable of overcoming all obstacles and improving any negative circumstances. When we are in love, we feel the most alive. When a person is in love, everything feels joyful, including sadness, rudeness, and other negative emotions. "Being deeply loved by someone gives you strength, but being deeply loved by someone gives you courage," the saying goes. You may learn things about yourself through love that you didn't know. It gives you the reassurance that someone is always by your side, no matter what.

**10. Communicating with Partner**

Every problem relating to the two people's relationships can be resolved through conversation. Studies show that communication plays a crucial part in all relationships. The manner in which we communicate with one another has importance of its own. We communicate differently when we are unhappy or angry than when we are happy.

Keep in mind that in order to communicate, we must attempt to **comprehend the situation from their perspective**. Understanding what the other person is saying is helpful.

**9. Adding Kindness**

Adding kindness means **stating** **the issue, not blaming your partner.** For example, if our partner does the same thing for which we are annoyed repeatedly, we can say to him/her "I have reminded you many times." In this way, we stated the problem as well as expressed our feelings without hurting them or feeling blamed. It increases the chances of success.

In some relationships, couples can read each other's minds. They can guess whether their partner is in a good or bad mood. If he/she is in a bad mood, you **can try** (not necessarily)to leave him/her alone till he/she passes it. Knowing when to **keep quiet is an art and a skill in every relationship.** Sometimes reading each other's minds can’t work, so in this case, adhere to the 10th point. Try to communicate with each other; listen to your partner and don’t make any judgments. Sometimes, just **listening to your partner** can strengthen the bond between the two of you.

**8. Taking out time to make it work**

When two souls fall in love, they begin to rely on one another to meet all of their needs, including their emotional, physical, and spiritual needs. Relationships involve "give and take," as we are constantly told. But in many relationships, one person will occasionally give and give while the other person continues to take. In this way, the giver is exhausted, and the receiver questions why the giver is no longer enthusiastic.

Relationships also require various inputs that must be modified in accordance with the personalities of the parties involved. It takes time, ongoing attention, and a little healthy neglect.

**7. Restoring the Fun**

Sometimes relationships need **dusting and polishing**. We wonder why the relationship is not like the one in the beginning. It's the process of the evolution of relationships from time to time. Restoring the fun is not straightforward, but one can try to restore it by doing the things you did in your starting days that made you happy. Doing things from the past can sometimes make your relationship happy. if the relationship has been neglected for many years, it will take a lot of effort from both parties to mend it.

**6. Partner’s Need**

When the relationship is in its initial stages, the flame of love burns very brightly. When months or years pass, we get used to our partner's habits and behaviour, and we start to stick with the patterns. when we feel that we know the other person very well. This is the danger zone where **'taking a person for granted'** can creep in. We may neglect to notice things about our partner. Love can be expressed in many ways. For one, an expression of love might include words, and for another, it can be gifting flowers. So, try to **communicate positively** to your partner, try to understand their primary love language and start practising it to strength your bonds. Keep eye on what instances make your partner's face light up and what not.

**5. Making Deposits**

Sometimes relationships work as **banks**. It is necessary to make deposits in your relationships, but only the positive ones. Negative deposits can't be withdrawn. Keep in mind that your deposits are also viewed by other people as well. We may pay attention to which love language our partner speaks. Any "loving act" we perform goes into "deposits," and any time we fight with them goes into "withdrawal." It is important for both partners to make deposits because when only one of them makes the deposits, he/she gets depleted. When both the partners make large amounts of positive deposits, the relationships eventually grows.

**4. The Fun Jar**

This point relates to the deposits. Try to make your relationship fun. Plan the activities that both partners enjoy doing together. As we all know, sharing is caring, so this implies the same with this point. Doing nothing is worse. Couples who share their interests, hobbies, and behaviour have higher chances of being happy. Doing the activities that both partners love to do together restores the joy and happiness of relationships.

**3. Healing**

Sometimes, the people in a relationship might grow so far apart that the gap cannot be filled. Everything that happens to us affects us, and it also changes us. We are no longer the people we were at the beginning of the day. We should be grateful for the love we already have in our lives. It's human nature to drown in the emotional turmoil by reminding ourselves how things could go so wrong. Accepting the hard times and facing them is also one of the skills of relationships. We continuously replay the things that we said to that person who isn't in our lives anymore instead of letting them go. It is going to hurt, and maybe it will hurt for months, or even years. But with time, those pains also disappear.

**2. Stop Stalking**

When a person is going through a break-up, he or she may begin stalking their ex and reopening old wounds. If we truly desire to overcome the break-up, the best way is to treat it as a closed door. Making yourself uncomfortable by looking at their pictures with someone else, worrying about whom they are meeting, or thinking about how they are happy after the break-up will make it difficult for you to overcome. Just harden your mind and heart and unfollow them everywhere. It requires a good amount of willpower, but don't look back no matter how hard the temptation is.

1. **Filling the gaps**

It's important to fill the voids that have been left after the breakup. Try to make yourself engaged. Try new activities that you haven't tried yet. Make yourself busy by meeting with random people, making friends, and communicating with your old friends who were left behind. Try to rediscover yourself. You can attend fitness classes or Zumba classes, which will channel your positive energy all over your body and make you feel lighter. It will be tough in the beginning, but distracting yourself will pay off. Engaging in new activities renews a sense of purpose and fills us with enthusiasm for life.

**Conclusion**

So, these are some of my views regarding relationships. Try to understand your partner and remember that talking solves half of the issues. Just learn the love language of your partner. Give it time for the breakup. The pain will disappear slowly, slowly. In relationships, keep things sorted. Don't stretch any issue for too long. Always remember it's a fight between you and the issue, not between you and your partner.

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