**Best Ways to Enjoy Happy Relationships**

**Introduction**

Relationships are the essence of one’s life. None of us can make it alone. We need external relationships and the world around us. While you should enjoy a great relationship with yourself, your relationship with others makes a huge difference to your life. This article talks about how to build a wonderful and happy relationship with others and have a life that is more fulfilling.

**TEAM**

The word ‘TEAM’ can be interpreted as, ‘Together Everybody Achieves More’. This not only applies in the official front but also in the family. At times two brothers get married to women from different faith, religion, belief system, and from different nationalities too. Yet, they live together as a family in the same house and enjoy happy relationships. How is this possible? The answer is making adjustments.

**You Taking the Turn**

One of the road signals the ‘U-Turn’ has a great lesson to teach you. In relationships, when you take the ‘You Turn’, instead of expecting others to change or the world to change, you are left with more peace and in turn you bring peace to the relationships around you.

Let us discuss some of the ‘you turns’ you can take in life to enjoy happy relationships:

* **Respect:** Most often you feel that you respect everyone around you. But the big question is, ‘do they feel respected?’. This is determined by the way you relate with them. There are so many people who make a huge difference to our lives in very small ways in our daily lives. For example, you cannot imagine a life without the person who clears up your garbage, your gardener who takes care of your garden, your maid who does more than what you do to your house, the watchman who guards your premises so that you sleep peacefully, and many others. How do you relate with them? There has to be respect in the tone of your voice when you speak to them; there has to be respect in your body language and your words. Are you taking this you turn?
* **Clarify Expectations**: How often do you tell your loved ones what you expect from them? Majority of the times you assume they must know what your expectations are without you having to tell them. When your friend calls you at midnight to wish you, you feel he has disturbed your sleep; if he does not call, you feel he does not care for you. So, why don’t you clarify what you expect? Please understand that clarifying your expectations will save you from huge disappointments and in turn will help you enjoy your relationships with your loved ones better.
* **Admit Your Mistakes:** Very rarely do we say sorry when we are at fault even when we realize it is our fault. Most often we tend to justify our faults or try to blame the situation or people around us. It takes enormous courage to admit it immediately when you know you are wrong. More over, it liberates you more than you can imagine and boosts your self-image. This is one of the important aspects to enjoy happy relationships.

**Summary**

In essence, you have control only over yourself. When you make the corrections, the world around you has to and will respond to you. This will not only help you grow but also help you enjoy happy relationships.