

My Thoughts on a Lifelong Commitment



"I can breathe without you. I can stand on my own two feet. I don't need you; I want you. To love you is a beautiful choice; not a desperate necessity."

Communication & Transparency

1. Communicate openly and honestly at all times.
2. Express your thoughts and feelings without hesitation.
3. Be 100% honest.
4. Be transparent about your emotions, fears, and doubts.
5. Clarify misunderstandings immediately instead of assuming. In case of doubts, seek evidence.
6. Never play mind games or manipulate emotions.

7. Ask questions rather than overthink situations.
 8. Reassure each other when needed without hesitation.
 9. Avoid passive-aggressive behavior—say what you mean.
 10. Do not keep secrets.
 11. Always make your partner feel heard and understood.
 12. Address doubts immediately and seek clarity.
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Seeking permanent solutions to temporary problems

Trust & Security

13. Trust your partner unless they give you a reason not to. In that case ask and seek evidence.
 14. Avoid jealousy by building confidence in the relationship.
 15. Never lie, even about small things.
 16. Be predictable in the sense of emotional availability.
 17. Do not test your partner's love with unnecessary drama.
 18. Share your whereabouts out of care, not control.
 19. Encourage openness instead of forcing it. Be non-judgemental.
 20. Have faith in each other's loyalty.
 21. Handle insecurities through discussions, not accusations.
 22. No blame game if things don't go as planned. Your partner should never feel "I am not enough."
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Never above you, never below you, always beside you

Respect & Power Balance

23. Keep third parties out of the relationship.
24. Do not assert superiority due to age, experience, or achievements.

25. Treat each other as equals in every decision.
 26. Avoid dismissing your partner's views.
 27. Never use past experiences as a way to control the present.
 28. Do not make decisions that affect both without discussion.
 29. Allow both partners to have a say in all important matters.
 30. Respect each other's individuality and independence.
 31. Never belittle or talk down to your partner.
 32. Encourage your partner's growth wholeheartedly.
 33. Make sure decisions are mutual, not commanded.
 34. Maintain balance, not power struggles.
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Communication and Trust equals a relationship that will last a lifetime.

Emotional Support & Validation

35. Validate your partner's feelings without judgment.
 36. Offer comfort and solutions when they are upset.
 37. Provide reassurance in moments of doubt.
 38. Be their safe space where they feel free to be themselves.
 39. Support your partner, especially in tough times.
 40. Support their ambitions and goals wholeheartedly especially professional endeavours.
It should not be biased or come from emotional baggage.
 41. Cheer for their successes without feeling competitive.
 42. Be patient when they are feeling anxious or insecure.
 43. Never make fun of their fears or vulnerabilities.
 44. Always be emotionally available, even in busy times.
 45. Encourage emotional independence while still being supportive.
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*Love is an important ingredient of life. Without it life echoes emptiness and
with it life vibrates with worth and meaning.*

Affection & Reassurance

- 46. Give warm love, and affectionate gestures often.
 - 47. Express love through both words and actions aligned together.
 - 48. Good morning/ good night/ thank you / sorry words are important and should be heartfelt.
 - 49. Compliment your partner genuinely.
 - 50. Celebrate birthdays, anniversaries, small wins, and achievements.
 - 51. Make them feel wanted, not just needed.
 - 52. Physical intimacy should be about emotional connection, not control.
 - 53. Never withhold affection to prove a point.
 - 54. Surprise them with thoughtful gestures occasionally.
 - 55. Express gratitude for their presence in your life.
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You must become the change you want to see

Independence

- 56. Respect each other's personal space and alone time. Your partner should be aware of what's happening overall.
 - 57. Have friendships and hobbies outside the relationship too.
 - 58. Don't demand constant attention—balance is key.
 - 59. Trust them to handle their own problems if they want to. Offer recommendations, and if they involve you, be there completely.
 - 60. Allow them to maintain their own identity.
 - 61. Never isolate them from their family and friends.
 - 62. Support their individual self-growth.
 - 63. Avoid becoming overly dependent on each other.
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Do you want to win arguments or solve problems?

Conflict Resolution & Understanding

64. Never go to bed angry—resolve issues before sleeping.
 65. Listen first, respond later—avoid knee-jerk reactions.
 66. Do not fight to win/be right, fight to understand.
 67. Apologize when you're wrong, and mean it.
 68. Forgive past mistakes and don't use them as weapons.
 69. Disagreements should be discussions, not battles, and should lead to problem-solving.
 70. Take breaks during intense arguments to cool down.
 71. Focus on solutions instead of dwelling on problems.
 72. Never yell or insult in anger—stay respectful.
 73. Always make up properly after a fight.
 74. Address conflicts directly without deflecting.
 75. Avoid short, dismissive responses.
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In the arithmetic of love, one plus one equals everything, and two minus one equals nothing.

Equality & Partnership

76. Share responsibilities fairly in the relationship.
77. Financial independence should be respected for both partners.
78. No one should feel more entitled or superior.
79. Appreciate each other's contributions, big or small.
80. Decisions about money, travel, and life changes should be mutual.
81. Avoid using age or experience to dominate decision-making.
82. Do not control or dictate career choices.

- 83. Be mindful of each other's professional aspirations. Prioritize your partner's best interests always.
 - 84. Keep work and personal dynamics separate.
 - 85. Respect work-life balance.
 - 86. Always consult each other before making big commitments.
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In the garden of love, consistency is the water that nurtures growth.

Consistency & Stability

- 87. Be reliable and consistent in your actions.
 - 88. Avoid sudden emotional withdrawals.
 - 89. Keep your promises and follow through.
 - 90. Be available in times of distress.
 - 91. Do not create instability by being unpredictable.
 - 92. Maintain a steady foundation of love and support.
 - 93. Build long-term trust through everyday actions.
 - 94. Show love on bad days, not just good ones.
 - 95. Keep routines that make your partner feel secure. Spend quality time and communicate schedule changes.
 - 96. Avoid extremes—stay balanced in emotions and actions.
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Discipline is the bridge between goals and accomplishment

Mutual Growth & Long-Term Life Long Vision

- 97. Set relationship goals and work towards them together.
- 98. Learn and grow from each other's strengths.
- 99. Encourage new experiences and learning together. Be curious.
- 100. Make future plans together, discussing expectations openly.

101. Adjust to changes in life as a team.
 102. Keep evolving as a couple rather than getting stuck in patterns.
 103. Respect and accept differences instead of trying to change each other every time.
 104. Stay committed through ups and downs without doubts.
 105. Build a relationship based on love, trust, and mutual support.
 106. Always make your partner feel valued, cherished, and deeply loved.
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We go together like Maggie and Schezwan Sauce !

Social Media Presence

107. Maintain a healthy social media presence. Cleansing yes.
 108. Share photos with important people in your life (partner > parents > friends).
 109. Ensure captions are clear and not misleading.
 110. Express love on social media too, in a way that aligns with both partners' comfort.
 111. Never intentionally or unintentionally make your partner feel jealous online.
 112. Avoid unnecessary online interactions that could cause misunderstandings.
 113. Introduce your partner to friends and family both offline and online.
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Solely curated by Ms. Prachi Jain