

How to Fix it: in a relationship, if one or both are unhappy with the current state, then...

Do:

- talk about it as soon as possible in a nice, appropriate (private) setting. At that point maybe decide to wait until feelings settle, leaving time for rest or self care.
- try to mention good things at the same time as criticism.
- admit that I'm not perfect, and often selfish, and always can improve myself.
- learn new things about each other, no matter how long we have been together. New needs, how things make us feel, new ways to help each other be happy, healthy, and loving.
- distinguish between things I've done wrong that are brand-new lessons to learn, and things that I habitually have a problem with. The second type needs an ongoing plan to fix it.
- Get advice: counselors, mentors, pastors, family

Don't:

- be secretly upset for too long, or make subtle hints, or get secret revenge.

- say that things are all bad, or that the other person always does the wrong thing, or never does right.

- refuse to forgive things that the other person has truly made right, learned from, and changed for the better.

- ignore or excuse anything that is abusive (it is hurting your health or happiness on a long term, extreme, or regular basis).

- keep score by bringing up past wrongs just to list them

- say anything insulting, or sarcastic, or criticize in order to get revenge.

Pray.

The best kind of prayer is asking; help me become more loving and more compassionate and more understanding of myself + others.