

Building a healthy relationship starts first, and most importantly, with you! Which is a great thing, because it means that you can do absolutely everything in your power to build positive and loving energy and do your part to purposefully nurture all of the characteristics of a healthy relationship.

What is a healthy relationship? It's when two people have mutual respect for one another and are able to truly be themselves and simultaneously respect their partner for who they really are at their core.

This almost always requires compromise, respect, and patience. But the effort is well worth it because as human beings we are meant to connect on a deep level with someone that we love and know that we are secure in our most important relationship.

This can sometimes feel like a delicate balancing act. It's a tall order to be able to be yourself, express your feelings, wants and needs, and yet simultaneously take into consideration the wants and needs of your beloved partner. But with these positive affirmations you can greatly improve your chances of attaining relationship harmony.

So, start today, and start building the relationship of your dreams!

Present Tense Affirmations

I am in love with my partner who loves me so much

I respect my partner deeply

I can be my true self around my partner

I communicate my wants and needs clearly

I want my partners to communicate their wants and needs clearly

So that I can be the partner that my partner needs.

I always take into consideration the perspective of my partner

I am constantly willing and striving to grow the love between my partner and myself

I can safely draw boundaries when needed

I go out of my way to support my partner

I am tuned in to the wants and needs of my partner

I can take space for myself when needed

I know that time is limited, and I can make the most of the time we have together that is best for both my partner and I

- *I am going to be the best role model for our children
Knowing they learn from us on how to be a great partner*

Future Tense Affirmations

I will develop a healthy relationship with my partner every day

I will be a wonderful spouse

I am starting to feel more and more in love

I will act with respect and care towards my partner

I am constantly developing and growing my relationship

Each day I appreciate my partner more and I feel closer to my partner

I can communicate clearly

I will always be honest and loving towards my partner

My relationship is improving each day

I will express my wants and needs clearly

I will accept that my partner has wants and need to

I will gladly except my part in being a partner to my mate

Natural Affirmations

I deserve to have a healthy relationship

I can respectfully communicate my feelings

Having a healthy relationship is extremely important to me

** and is very important for my children to see and experience*

I am willing do everything possible to nurture the love I have for my partner

I am willing do everything possible to see and cherish the love my partner has for me.

My partner respects and cherishes me and I love my partner for that.

Honest communication is one of my natural strengths from this moment on, every day I desire to be more honest with my emotions, my feelings, my actions toward my partner

Having a healthy and loving relationship is just a normal part of my life

Drawing boundaries and fostering respect is important

Listening to my partners feelings is very important to me

Building a healthy relationship is worthy of any and all effort

- Knowing that our children are looking at both my partner and I as their role models. I am more than willing to become an example to them of being a loving and caring mate to my partner

PART 2

Look through these 70 affirmations and save the ones that resonate with you:

The grass is never greener on the other side; it's greener where I water and tend to it.

My partner reflects me.

I look inward for all the answers to my problems.

I accept responsibility for my actions and make right my wrongs.

I am forgiving.

I will never give up on love.

Energy spent loving is never a loss.

The light in me sees the light in you.

My love is unconditional.

Separateness is an illusion; my partner and I are one.

I am worthy of love and deserve to be loved unconditionally.

I treat my partner the way I want to be treated.

My partner is loving, generous and kind.

I attract exactly what I need in my relationship.

There is nothing my partner can do to make me stop loving *him/her*.

I express love in various forms.

I am open to love in all forms.

I am open, free and joyful.

My partner loves and appreciates me.

I feel safe and protected by my partner.

I look at my partner through my eyes via my heart.

I look at my partner through their eyes via their heart.

I have a twinkle in my eye for my partner.

I focus on the good in everything.

I express gratitude daily, thanking my partner for *his/her* gifts *she/he* brings to the world (and to me).

** and to our children.*

I listen with an open heart and a loving ear.

I put my best foot forward in my relationship.

No one is perfect, including me.

If someone pushes my buttons, they are still MY buttons – personal issues I need to tend to.

I am understanding.

My goal is always to create harmony and clarity.

I listen to understand and not to “win.”

No one ever wins in an argument.

I communicate in peace and with compassion and tenderness.

I remain in balance with my emotions.

I practice patience with grace and ease.

I am flexible.

I create the foundation on which my relationship is built.

I do the best I can and desire to do better.

I’m either destroying or building in every moment. I choose to BUILD from this moment on.

I am honest, trustworthy and truthful to myself and others.

I am trusting in my relationship.

I accept my partner’s flaws and I always leave room for growth.

I support my partner’s dreams.

With every action, I am being an example of what I want to see in my partner and in myself.

I avoid blaming and pointing the finger.

I speak only kind words about my partner.

I never desire to complain.

I feel safe to state my needs clearly and honestly.

I speak my truth without blame or shame.

I always leave the door open for affection.

I am more aware of the value of touch to my mate
and how important that is to a healthy relationship.

I never give my partner the cold shoulder and continually hold
space for change.

I set the space and tone for love to express itself.

Loving my partner is loving myself. **(and my children)**

I am a warrior for love.

I create a sanctuary in my home that is always inviting to my
partner.

I stand firm and grounded in love.

Love emanates from my very being and affects all around me.

No one can hurt me, for I am the only one that can hurt myself.

I think positively of my partner.

I encourage my partner to reach for the stars.

I let go of all grudges and resentment.

I don't bring up old wounds (unless to heal them).

My energy transforms conflict, into oneness and unity.

I always leave room for improvement.

Through intention, I achieve my ideal relationship.

I cannot change anyone else, I can only change myself.

With my support and love, my partner can be the best version of
him/herself.

Happiness starts within.

I am content and joyful alone, and my partner only adds on to
the good feeling that's already there.

7 Affirmations: Building a healthy relationship <https://BYIHypnosis.com>

I T.H.I.N.K. before I speak:

T- is it true?

H- is it honest?

I- is it inspiring?

N- is it necessary?

K- is it kind?