

*Strengthen Your*

**RELATIONSHIP**

*With REFLECTIONS*

**on LOVE**



*Strengthen Your Relationship  
With Reflections on Love*

ALL RIGHTS RESERVED. No part of this report may be modified or altered in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without express written, dated and signed permission from the author.

AFFILIATE DISCLAIMER. The short, direct, non-legal version is this: Some of the links in this report may be affiliate links which means that I earn money if you choose to buy from that vendor at some point in the near future. I do not choose which products and services to promote based upon which pay me the most, I choose based upon my decision of which I would recommend to a dear friend. You will never pay more for an item by clicking through my affiliate link, and, in fact, may pay less since I negotiate special offers for my readers that are not available elsewhere.

DISCLAIMER AND/OR LEGAL NOTICES: The information presented herein represents the view of the author as of the date of publication. Because of the rate with which conditions change, the author reserves the right to alter and update his opinion based on the new conditions. The report is for informational purposes only. While every attempt has been made to verify the information provided in this report, neither the author nor his affiliates/partners assume any responsibility for errors, inaccuracies or omissions. Any slights of people or organizations are unintentional. If advice concerning legal or related matters is needed, the services of a fully qualified professional should be sought. This report is not intended for use as a source of legal or accounting advice. You should be aware of any laws which govern business transactions or other business practices in your country and state. Any reference to any person or business whether living or dead is purely coincidental.

# Table of Contents

Falling in Love.....	7
Friendship in Love.....	9
Destiny in Love.....	11
Nurture Love.....	13
Windows to the Soul.....	15
Love is Intense.....	17
Beginnings of Love.....	18
Sharing Your Life.....	20
Love Goes Beyond Friendship.....	22
Staying Close in Love.....	24

Love Is Gentle.....	<b>26</b>
Closest Friends.....	<b>28</b>
Deep Love .....	<b>30</b>
Making Loving Connections.....	<b>31</b>
Conclusion.....	<b>33</b>

It's a wonderful time when you fall in love and develop special feelings for another person. Each day is something to look forward to when you have that special someone in your life. It's important to give your relationship the time and effort that it deserves.

You'll find lots of great quotes, discussions, and tips in this guide that will allow you to strengthen your love relationship. ***Each time you put forth an effort you'll be encouraging your love to grow even more.***

The quotes in this guide include thoughts on strengthening love, followed by discussions that help you to reflect on them and apply them to your own life.

As you progress through the guide, pay special attention to the Self-Reflection Questions. They are there to help you to think about what you're doing in your current relationship. Use them to reflect on the different points that they bring up to assist you in understanding your relationship even better.

It's your relationship. ***Do everything you can to strengthen your love with the tips ahead.***

# Falling in Love

***“We are afraid to care too much, for fear that the other person does not care at all.”***

**-Eleanor Roosevelt**

Eleanor Roosevelt’s quote is indicative of how human we all are. A new relationship is always kind of scary – exciting, but scary at the same time. It’s natural to feel a bit uncomfortable when you’re falling in love.

Developing confidence in your budding relationship will lessen your fears. Remember that building a relationship takes time. Instead of wondering how much your new friend cares about you, switch your focus to getting to know each other. Learn their likes and dislikes. Discover their passions and how they feel about important issues. Share your hopes and dreams together.

The relationship will naturally progress as you learn more about each other and you won’t be left wondering how they feel.

### **Self-Reflection Questions:**

1. Do you take love for granted? How can you show your appreciation for even the little things that your new love does for you?
2. Are you guarded when falling in love? How can you be more open about your feelings?
3. What are some ways you can get to know each other better?

# Friendship in Love

***“Friendship may, and often does, grow into love, but love never subsides into friendship.”***

**-Lord Byron**

With Lord Byron’s quote, we find that friendships do turn into love relationships. In fact, new studies show that married couples are happier, and enjoy a more enduring love, when they consider their spouse to be their best friend as well as their lover.

***You can strengthen your love just by becoming better friends!***

On the other hand, though, it’s difficult to become only friends once you’ve loved someone in a romantic relationship. This challenge is important to keep in mind if you wish to pursue a romantic relationship with a good friend. If things do go awry, you could lose that friend.

### **Self-Reflection Questions:**

1. Are you in a love relationship that started as a friendship?
2. Have you ever wanted to return to being “just friends” after being romantically involved? How did it work out?
3. What can you do to become a better friend to your lover?

# Destiny in Love

***“I believe that two people are connected at the heart, and it doesn't matter what you do, or who you are or where you live; there are no boundaries or barriers if two people are destined to be together.”***

**-Julia Roberts**

Julia Roberts' take on love is very ingenious. She believes that two people that are destined to be together will fall in love regardless of the circumstances. This is a very simplistic look at love that allows someone to look for someone that they're truly able to bond with.

***Have you met someone that you feel connected with right from the start?*** You might have found your soul mate and are destined to be together.

When you feel as if you've known someone forever, it will be easy for you to get along with them. It will come naturally. This will allow you and your loved one to develop deep feelings quickly.

**Self-Reflection Questions:**

1. Do you feel like you're in a destined relationship?
2. Will you look for a partner that also feels destined to be with you?
3. How can you tell if you're destined to be together?

# Nurture Love

***“We’ve got this gift of love, but love is like a precious plant. You can’t just accept it and leave it in the cupboard or just think it’s going to get on by itself. You’ve got keep watering it. You’ve got to really look after it and nurture it.”***

***-John Lennon***

John Lennon believes that love needs to be nurtured. Your love will continue to grow as long as it’s treated with the importance it deserves.

## **Try these tips to nurture your love:**

- ▶ Say that you love the person often.
- ▶ Do something nice for them on a daily basis.
- ▶ Talk openly and honestly with your loved one.
- ▶ Spend time together on a regular basis.

Loving someone takes time. During the process, you'll enjoy getting to know them and helping your relationship grow.

**Self-Reflection Questions:**

1. How do you nurture your relationship?
2. Do you find it easy to be in love with someone else?  
Why or why not?
3. Can you force someone to fall in love with you?

# Windows to the Soul

***“When a woman is talking to you, listen to what she says with her eyes.”***

**-Victor Hugo**

This Victor Hugo quote gives a man some insight on understanding women. When you love completely, you'll notice many nuances about the one you love. You'll be fulfilled in a variety of ways, not just verbally.

Noticing the special qualities about your loved one is very important. Watch for nonverbal clues for more complete communication.

- ▶ Notice the body language of your partner.
- ▶ Understand their emotions.
- ▶ Listen to your partner intently.

Always show love in a personal and physical way to enhance your love relationship. Hug and hold hands as often as possible.

**Self-Reflection Questions:**

1. How can you understand your partner more completely?
2. Can love be spoken without words?
3. Is it important to communicate nonverbally when a couple is in love?

# Love is Intense

***“Intense love does not measure, it just gives.”***

**-Mother Teresa**

When you're in love, you'll have a variety of feelings that will be intense. Everything that you get to know about the other person will mean something to you.

***Mother Teresa believes that love is intense, yet it doesn't need to be demanding because it's a giving process.***

When you care about someone, it's wonderful to give freely to them without wanting something in return.

## **Self-Reflection Questions:**

1. Do you feel that your love is intense? Why or why not?
2. When do you give freely in your love relationship?
3. How can you give more to the relationship to make it stronger?

# *Beginnings of Love*

***“The beginning of love is to let those we love be perfectly themselves, and not to twist them to our own image.”***

***-Thomas Merton***

When you fall in love with someone, it's important to accept them as they are – to know that they have both wonderful traits and also some not-so-pleasing qualities. This is one you love - avoid thinking that you'll just change them down the road.

Knowing that you accept them just as they are will help them feel comfortable with you. They can be more open as you share feelings, hopes, and dreams together. This acceptance and sharing will bring you closer and closer together.

Make them feel special whenever you are together so that they know that they are loved.

Be attentive to their needs. When they are feeling comfortable enough to open up, they will begin to love freely.

**Self-Reflection Questions:**

1. How can you and your partner get to know each other better?
2. Are you open to accepting the person you love just as they are?
3. Do you let your partner have their own wants and needs in addition to your goals as a couple?

# Sharing Your Life

***"I have a great time with my life,  
and I wanna share it with someone?"***

***-Will Smith***

Will Smith sums it up nicely by saying it is time to share your life when you are happy with it. Since there is so much to share when you are happy, another person will gravitate to you. Making your life the best it can be is important when you want to attract a loving partner. They can tell when you're happy.

Try these actions to remind you of how much you enjoy your life:

- ▶ Smile a lot.
- ▶ Reflect on how much you've accomplished in your life.
- ▶ Feel grateful for your blessings.
- ▶ Enjoy each day.

When you're happy with your life, you will show it to others and they will want to get to know you. You'll attract a lovely person into your life.

**Self-Reflection Questions:**

1. Are you happy with the things that you've done in your life?
2. How can you make room in your life for someone to love?
3. When is a quiet moment in your day when you can reflect on your blessings?

# Love Goes Beyond Friendship

***“Love is friendship that has caught fire. It is quiet understanding, mutual confidence, sharing and forgiving. It is loyalty through good and bad times. It settles for less than perfection and makes allowances for human weaknesses”.***

**-Ann Landers**

Ann Landers believes that love encompasses many different aspects of the human personality. She sees that there are many reasons why people fall in love with one another.

By being a loving person, you will attract love yourself. There are so many ways that you can show love to the one you adore.

### **Self-Reflection Questions:**

1. How has your friendship with your partner caught fire?
2. What are some ways in which you show loyalty to your partner?
3. How can you remind yourself to make allowances for their imperfections?

# Staying Close in Love

***"The best thing to hold onto is each other."***

**-Audrey Hepburn**

When Audrey Hepburn talks about love, she wants people to understand how much they mean to each other and realize how they will always be there for each other no matter what happens.

When you're in love, you and your lover are happier together than you are apart, and you show this in your everyday lives.

Having the ability to be close to another human being is a blessing. When you find someone that you love, hold on to them. Show them that you love them in both good times and bad. Knowing that you can count on each other's love regardless of your circumstances will give you both added confidence in the strength of your relationship.

**Self-Reflection Questions:**

1. How do you show your commitment to your love?
2. How can you demonstrate your love when times are good?
3. How can you demonstrate your love when your circumstances are challenging?

# Love Is Gentle

*"A gentle heart is tied with an easy thread."*

–George Herbert

In his quote, George Herbert reflects on how fragile a love relationship is and that it needs gentle care to survive.

What are ways that you can take gentle care of your loving relationship?

## **Try these techniques:**

- ▶ Listen when your partner has something to say and be responsive.
- ▶ Be positive. Look forward to your life together each day.
- ▶ Always remember that you love them, even when you disagree on something.

- ▶ Give your lover sincere compliments.
- ▶ Say “I love you” in both your words and actions.

**Self-Reflection Questions:**

1. How would you describe your tone of voice when speaking to your partner?
2. What do you say when talking about your partner? Are you focusing on negative or positive aspects of the one you love?
3. What are some new ways you can show your love?

# Closest Friends

*"The relationship between husband and wife is one of closest friends."*

*-B. R. Ambedkar*

When you fall in love, are you open to developing the relationship further? Having a future with someone is important, and you'll want to be able to make a commitment to them. Becoming a man and a wife is the highest form of commitment.

Being friends with your mate enhances your relationship. Do things together and share common interests.

**Finding time to care is important. Consider these ideas to free up time to be together:**

- ▶ Schedule days or nights that you can spend time alone together.
- ▶ Keep your romance growing.

- ▶ Be supportive of your loved one when they need to be comforted.
- ▶ Be pleasant, courteous, and cooperative.
- ▶ Understand your partner's needs.

**Self-Reflection Questions:**

1. Are you the closest friends with your mate?
2. How often do you spend time alone together?
3. How can you encourage more open communication with your loved one?

# Deep Love

***“Being deeply loved by someone gives you strength, while loving someone deeply gives you courage.”***

**-Lao Tzu**

In Lao Tzu’s quote, you’ll see that the strength comes from within you when you are in a loving relationship. You’ll feel empowered to show how much you care.

Courage will come naturally when you fall in love. In many ways, you’ll feel like you never felt before in your life. It will give you the courage to take on other achievements that you never thought you could do before.

## **Self-Reflection Questions:**

1. How has your love given you courage?
2. Consider some ways in which your relationship makes you feel stronger.
3. Do you feel that you can deepen your love? How?

# Making Loving Connections

***“The more connections you make with your lover, not just between your bodies, but between your minds, your hearts and your souls, the more you will strengthen the fabric of your relationship, and the more real moments you will experience together.”***

***-Barbara de Angelis***

Barbara de Angelis understands that a love relationship entails an effort on both parts that includes connections between the mind, heart, soul, and body.

## **Try these techniques to strengthen your ties:**

- ▶ Speak openly and honestly about your true feelings.
- ▶ Listen intently to what your partner is saying about their wants and needs.

- ▶ Actively participate in your partnership on all levels.

Give freely and honestly to allow your partner to feel comfortable in sharing their life with you.

**Self-Reflection Questions:**

1. How can you connect with your partner in mind, heart, and soul - not just body?
2. What are some new ways you can strengthen the fabric of your relationship?
3. Have you ever felt like you were experiencing a perfect moment with your partner? When?

# Conclusion

Strengthening your love relationship is very important. You'll find that it will be worth the effort to have that special someone in your life to share all the ups and downs with. When you put a lot into the relationship, it will result in many happy moments together.

When you reflect on love, you'll be able to deepen the feelings in your relationship tremendously. You'll be able to strengthen the ties between you and your loved one.

Love is an ongoing process, one that takes nurturing and caring. When you find the person that is right for you, it will come easily to show them how much you care. With so many wonderful things to enjoy when you're in love, you'll want to make the very most of the time that you spend with your special someone.

Working on your love relationship will bring you many benefits. **Love is worth the effort.** Enjoy!