

## **Pillars of a Healthy Relationship**

Relationships are very delicate and both the individuals need to put in their efforts to nourish it and make it last longer. One must always remember that it is very difficult to build a healthy and strong relationship, but very easy to break it and move apart.

Since no one will want to get involved in a new relationship every few years, it is necessary that they understand each other thoroughly, make adjustments whenever necessary and give the necessary space to the relationship, so that it can become healthy and flourish for a lifetime.

If you are into a relationship and want it to work out, you yourself have to be ready to make it work out, no matter what. At the same time, never take your relationship or your partner for granted. In order to develop a healthy relationship, the partners need to have respect and love for each other, despite of all the indifferences. At the same time, both must work together on all the differences, which can affect the relationship sooner or later, and try and make them smoother.

Besides love and understanding, trust is another important pillar, which supports every relationship. One must not only learn to trust their partners, but also to live up to the trust and expectations of their partners. As soon as one of the partners starts to doubt or cheat the other, the relationship starts getting hampered and may even come to an end gradually.

If you are already into a relationship or are about to enter one, make sure it rests on the pillars of love, respect, care, understanding and trust, so that it remains healthy and makes every moment very special for you.