

The Relationship Rescue Plan

The Last Resort You Will Need To Save Any Relationship

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TO SAVE ANY RELATIONSHIP
THE LAST RESORT YOU WILL NEED
RESCUE PLAN
RELATIONSHIP

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Foreword

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Relationships can be beautiful things that bring us much joy and pleasure in our lives. Sometimes we face issues in our relationships that cause problems between the participants. The following are some steps on how to piece things back together and keep the relationship together with the one you love.



The Relationship Rescue Plan

The Ultimate Guide To Manifesting Effectively

Chapter 1:

Introduction

Synopsis

Look at your hands. The four gaps between your fingers were made for your special someone to fill. However, being in a relationship is not always a bed of roses. Sooner or later, both of you will encounter problems or challenges. Thus, there is a tendency that either of you will let go of the hand of the other.



Your Love Life

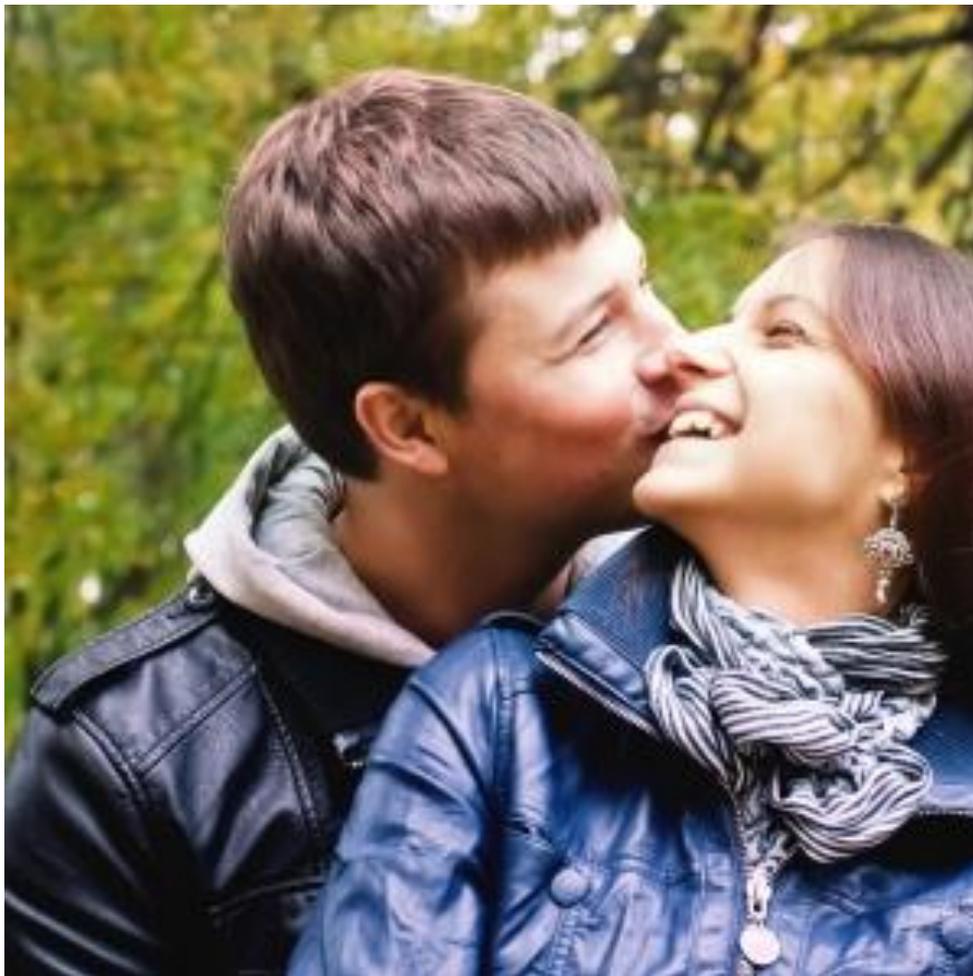
When you have found the love of your life, you feel like everything is perfect, right? That is how magical love is. It can turn a gray world into a colorful one, a frown into a smile and melt a frozen cold hearts. In the sonnet *My Love is Life to Ice* by Edmund Spenser, he describes love as something that can alter all the course of kind. To put it simply, it can dramatically change your life.

However, not all things stay the way they are. Given the fact that nothing in this world lasts forever, something will surely change in the way you and your partner feel somewhere in time. These changes are caused by problems, which are triggered either by internal or external factors. Internal factors are caused by a change of perception of feeling towards your partner while external factors are caused by third party, money, misunderstandings on a certain matter, jealousy, contradicting beliefs in politics, religion, etc. and others.

If you are wondering on how breakup and divorce come to be, then these factors are the culprits. However, it is up to you and you and your partner if you will let those assail your relationship or not. Do you feel guilty because you are the one who made a mistake or do you find it hard to forgive your partner because you were betrayed? These instances will really cloud your mind and heart with confusion, but if you will do the right thing in the end, you will not be haunted by the wrong choices you have made.

Is your relationship currently hanging by a cliff? Do you want to hold on to it? Well, as long as the waters cover the sea and as the sun rises in the east and sets in the west, it is not too late. You just need to have a good relationship rescue plan that will help you save your love life. With this, you will be able to make the right choices and keep your life on track.

To start rescuing the relationship, you need to come to terms with yourself. The succeeding chapters will teach you how.



Chapter 2:

Importance Of A Healthy Relationship

Synopsis

In the Creation, God made man first. Upon seeing that he was lonely, he created woman next. This only illustrates that men and women are meant to enjoy each other's company and to build a healthy relationship. What does a healthy relationship mean and why is it important?



Healthy Relationship

A healthy relationship means that you and your partner exercise a give and take process. With this, everything will stay in balance and neither of you will feel deprived of something because you fill each other's needs. Also, you can say that your relationship is really healthy if you and your partner work as a team. Always remember that it takes two to tango. In other words, you need to cooperate and work hard in everything that concerns your relationship.

A healthy relationship also depends on your and your partner's health. This is not limited to physical health; in fact, this aspect is of low significance for a healthy relationship. Spiritual and mental health are actually the most influential elements that contribute to the health of any relationship.

Spiritual Health

Typically, most people link spirituality with religion. What they do not know is that there is a big difference between the two. The former is linked on how a certain person treats others while the latter is concerned on religious practices, rituals and traditions. If you are loving and kind to others, then that only indicates that you are sound spiritually. However, if you mistreat people and take advantage of their weaknesses, then that means that you have poor spiritual health. Given that a relationship is the growth and unified interaction of two persons, each person's spiritual health is essential.

The most interesting thing with regard to spiritual health is that those who are not spiritually sound will commonly find themselves partnered with people who are not mentally sound. This kind of coupling may lead not only to an unhealthy relationship, but a totally toxic relationship. It is common for people to lean on the shoulder of someone else when they get depressed and to open up to those who increase the negative energy they emanate. This is the most destructive kind of relationship for both individuals.

Meanwhile, people with sound spiritual and mental health may find themselves with a person who lacks in either aspect, but they will eliminate themselves from this unhealthy relationship at the soonest time possible. If they fail to do so, they will start to drain on their very own health until they compliment the deficiency of their partner.

Understanding these fundamental foundational concepts will give you pathway to experience a healthy relationship, not only with your romantic partner, but with your friends, schoolmates, family and co-workers as well. From time to time, do you find yourself in an unhealthy relationship? If yes, then it is about time to do some self-introspection. Concentrate on your mental health. If you have an inability to examine yourself, it is ideal to get some help from trusted friends, family or experts.

The most crucial thing to bear in mind is that if you wish to experience a healthy relationship, you must be healthy yourself. You cannot rely on someone else to do it for you. People with sound health

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