Text 1: How to be a perfect couple

1. Earn her trust and keep it. In order for your partner to feel like she can depend on you, you have to be a reliable and trustworthy partner. It is extremely important that you show her you always keep your promises and can be a dependable partner for her. Being trustworthy and dependable are some of the best ways to show her you are invested in the relationship and take it seriously. Some tips to earn her trust:

- When you say you're going to do something, do it.
- Keep all your promises to her, but also keep your promises to other people to show her you keep your word to all the people in your life.
- Don't lie to her or exaggerate the truth. **(1)**.

2. Confide in each other about things. Opening up about things you are normally private about is another way to strengthen your relationship. **(2)**. It will also help establish open communication between the two of you, which is very important. This might mean discussing things your partner doesn't want to hear; however, **(3)**.

3. Be willing to compromise. Disagreements will happen in even the most loving relationships, and it is important to address these disagreements maturely. Avoid having a "winner" versus "loser" mentality, and instead try to meet somewhere in the middle on issues. Also **(4)**. Some helpful tips:

- Always listen intently to what your partner is saying before replying.
- When you're listening to your partner, don't just listen so you can reply; listen so you can understand.
- Avoid being judgmental, and always try to see things from your partner's perspective.

4. Practice patience and forgiveness. It is important that when you say "I'm sorry" or "I forgive you" you really



mean it. Sincerity, especially in regards to apologies, is very important in a healthy relationship. There will be times when you drive each other crazy; patience will help you to endure tough situations, and forgiveness will help you move on from them. Patience and forgiveness are some of the strongest forms of support.

- Try to realize that **(5)**.
- Communicate with your partner using "I" statements such as "I'm trying to be patient, but I feel frustrated because…"
- Discuss frustrating situations with your partner, and try to determine what triggers your impatience. If you can, avoid these situations when you're together. If you can't avoid them, prepare yourself to practice patience during this time and try to remain calm.

5. Enjoy some time apart from each other. When you're in love it's natural to want to spend all your time together; however, spending time apart is also an important component of a happy relationship. Cultivate and pursue separate interests and activities so that you can each have some time to yourself. Try taking a painting class or joining a recreational sport league. Having separate interests will help you grow as an individual and give you experiences to share with your partner when you come back. Plus, missing your partner can help remind you how important they are to you.

#519 words

LIVEWORKSHEETS

A. The emotion your partner is feeling is just as real to them as your irritation is to you

B. Be aware that people's needs change over time so you will both compromise on things as your relationship progresses

C. She needs to be able to trust what you say and what you do

D. Sharing things you would otherwise keep secret, like your biggest fears, will help show that you trust her as well

E. Being honest and vulnerable will help build trust and emotional intimacy in your relationship, which will help your love last

LIVEWORKSHEETS

IB. Answer the following questions according to the article "How to be a perfect couple".
(1 pt. each=5 pts.)

1. Define the word "dependable" (in the first paragraph) with your own words:
   _____
   _____
2. What does "This" in paragraph 2 refer to?
   _____
   _____
3. What does it mean ***"don't just listen so you can reply"*** in paragraph 3?
   _____
   _____
   _____
4. What does "these situations" in paragraph 4 refer to?
   _____
   _____
5. The word "pursue" in paragraph 5 is similar to:
   _____
   _____

LIVEWORKSHEETS