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Ten secrets of happy couples

Unfortunately, there is no infallible recipe in the making of a happy couple. However, a few winning attitudes can promote happiness in a relationship:

1. **Feeling good about yourself:** We can never say this enough; to be happy in a couple, you must first of all feel good about yourself.
2. **Having a realistic vision of life within a relationship:** neither partner should have unrealistic expectations about their relationship.
3. **Foster commitment:** For happy couples, commitment is the foundation of a lasting relationship.
4. **Complement each other:** Happy couples appreciate their differences and see them as assets.
5. **Have an equal relationship:** Sharing is a daily element in the lives of happy couples who maintain an equal relationship.
6. **Stay attentive:** small attentions are not only the monopoly of new couples but spice up lasting relationships as well.
7. **Cultivate admiration:** Happy couples have positive perceptions of one another, placing emphasis on what the other partner does well and appreciating their qualities.
8. **Be able to question the relationship:** To build a lasting relationship, we must recognize its faults, try and correct its deficiencies and encourage our partners to work towards personal fulfillment.
9. **Have projects in common:** To be happy in a relationship, a couple must embrace short, medium and long term projects together.
10. **Defuse conflicts:** If the level of happiness within a relationship necessarily fluctuates, happy couples know how to defuse conflicts and reconcile quickly.

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