

How To Grow Your Relationship While Waiting For The K1 Process?



written by
CMKathrein

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What are the secrets on how to have a long and lasting relationship?

How to have a long and lasting relationship? You have probably asked this question as you search or wait for that someone you would like to spend the rest of your life with forever. You might be uncertain about the kind of relationship you are in or you might have high hopes of being in a relationship with that someone you love. This is for you! I have written this E-Book to answer all your unending mind-boggling questions about romantic relationships. Let me walk with you as we try to uncover them!

CHAPTER 1- What Should We Know About Relationships?

1. No relationship is perfect.



Almost everyone seeks and desires a harmonious relationship. Sometimes, we imagine and wish to have the same love stories we see on TV or movie dramas. We tend to compare our own love stories with fictional characters. However, there are still fortunate ones who already found their one true love, just like the movies, that they could be proud of in real life.

Nevertheless, we can never see a perfect relationship. The sad reality in relationships is not like the movies that are surreal because the character's act as if they have nothing more to look for. They usually portray couples who look inseparable, so they rush into marriage. Although there are

films that set as good examples because we can relate to them on how they overcome their trials, still it's not as easy as it seems.

Things don't always go as planned. There are times when you just get disappointed because you expect too much. However, it is necessary that if you have a genuine love for each other, you embrace the things you have and even the things you don't have.

2. There is no happy ending without going through sad moments.



How can you tell that your relationship has a happy ending? Well, before you can say that it has a happy ending, inevitably, you experience loneliness every time your partner is not with you. It's when he/she gets sick but you cannot be with him physically to look after him. There are special occasions that you can't celebrate together due to distance or schedule conflicts. Even small things become your concern too if he has eaten yet, he thinks of you or you also wonder if you are still both in a relationship. You may have time together but only short. It could be a few weeks or a month of being together but he has to leave again especially if it is a long distance relationship. You're all by yourself again. Don't worry, if it's true love...he will always come back!

3. No relationship hasn't been put to test.



All relationships go through challenges. Does it have to be always like that? Can't you just be happy without hardships; you love each other anyway? These are the common questions. Would you believe that you can still be happy in the presence of hardships? However, it merely depends on how both of you handle a situation. It's a cliché but through that, trials make a relationship stronger. The question is, how would you know that you are meant for each other? It's when you face trials in your relationship, but you still choose to stay together.

4. No love that is not courageously chosen.



Love is a choice! Isn't it true? In the beginning, you don't just fall in love with someone your heart doesn't desire. You love because you choose to love. You stay in a relationship that you have now because it is simply your choice. Probably, you've endured the current situation of your relationship now because you choose it. You patiently wait for its change or progress because you decide to wait. Perhaps, you are hurting now because you choose

to hold on despite the pain. But the beauty of true love is endurance and patience because you know that at the end of it, it will be rewarded with pure joy.

5. There is no lasting relationship that is easy.



We're used to this line, "There is no forever!" You usually hear this from people who had bad past love stories. They are the ones who got heartbroken and never tried to love again! They feel like they have given almost everything to their partners even their ATM account has almost run out of money. Unfortunately, we are not as lucky as the character of Ms. Angelica Panganiban in the film, *One More Try*, where she dramatically uttered this line to her husband, "OUR MONEY WON'T EASILY RUN OUT BUT MY PATIENCE IS WEARING THIN!" (I think you just showed a good acting skill there, haha). If you are going to look at it in different aspects of life, it makes sense. There is no forever. The first stage of a relationship is called the "honeymoon phase"! You feel like you found your perfect match and you don't want to end it. Most of the time, you want to have an intimate talk with your partner, as if he is your only world. Typically, when this stage is over, you need to understand that when you're together, there are already dull moments, 'lovers' quarrel' moments, annoying moments, impatient moments, and teasing moments, seeking of attention moments, cold moments, argument moments (worse, physical fights), and whatnot. But don't be so bothered, step 6 can help.

6. No relationship that is difficult forever.



"Those things are just temporary!" That's what I usually hear from people who got broken but still chose to move on and love again. Why is that? Because they are those who believe that things in this world, including heartaches, don't linger. They are confident that even if they fail now, it doesn't mean that they won't be triumphant the next day, month, or year. They are the kind of people who have hope, trust, and faith that the hardships in their relationship won't last long. Time will come that all things will make sense, their sufferings and sacrifices will be worth it. If they continue to fight for their love, they will be stronger and be more successful in their love story.

7. No relationship is whole without God.



Take note of this! You are probably in a healthy relationship now because you are emotionally, financially, and mentally stable. Then, I must say you are blessed and I am genuinely happy for you. But if things go wrong, just go back to our previous points.

With every imperfection that you see in your relationship, only God's love can make it perfect, no more, no less. Because of His love, we can see the pure heart of the person He has chosen for us because beauty must not be merely the outward appearance. We should understand that character is still more essential because when you are tested, it can maintain a healthy relationship. Of course, sad moments are still present but after it is a happy conversation on how you cope with your problems with God's help—our strength, hope, and faith that God has freely given to us every time we ask help from Him. In every God's help and healing from any of our painful experiences, our Lord Jesus has been there to guide us and take us from the wrong path we have taken. In every sorrow we face, He supplies joy and sufficiency to our rebellious hearts. In every choice we make, our Lord Jesus Christ is there to provide us wisdom and discernment that this world cannot give. *God is all in all!*

CHAPTER 2- What is it like to be in a relationship?

1. Honeymoon stage



As mentioned above, it's filled with sweet moments, happiness, and more romantic excitement! You understand each other because you give your best for the satisfaction of you both. It's the time when you care less about what others think as if you are the only ones who live in this world. Everything is wonderful, perfect, and full of hope and sweet promises. Even when you are tired, seeing and being in each other's arms is enough. You plan and everything you say to each other sounds like good music that is pleasant to the ears, a memory that you always like to cherish.

2. Adjustment Stage



At this stage, the true character of each other can be seen and revealed. Changes will gradually take place. If you used to frequently call each other, suddenly it becomes rare. Your partner may show his or her irritation when you call oftentimes. There are already things that you can't agree on such as posting pictures your partner doesn't like, liking pictures of other women or men, etc. There will be suspicions and jealousy that's why constant arguments happen. This is the real *getting to know each other stage*. This is where the real challenge occurs, whether you can or you can't accept your similarities and differences. It can either be a blessing for both of you if the right action will be taken or it can be a signal of misunderstanding if you can't give the right solution to this need.

3. Decision-Making Stage



Once you passed the adjustment stage, this is the time when you have to decide whether you will continue your relationship or not because it is maybe too toxic and not healthy for both of you. This can also be the stage where can prove that you can level up your relationship, not because of your self-interests but because you love each other and you are ready to face whatever trials will come your way.

4. Choosing Stage



This stage will help you decide if what and who to choose when things get tough. You give considerable time here whether it's time to let go because the pain is overwhelming or it's time to keep going. At the end of the day, some still choose to stay because they say: *You are worth keeping!*

5. Staying Stage



Others say that they stay because they have no choice! Some are afraid to be left alone, to live alone, or they want to keep their family for their children's sake. Some are just simply enjoying what their partners can provide for them. In short, they are too dependent on them that they can't stand by themselves. Others stay for monetary benefits or fame. Nonetheless, real lovers stay because they believe that pure love never ends.

6. Martyr Stage



Your partner is obviously fooling you, but you still love him/her. He/She is hurting and trampling on you including your whole being, but you still love him. You have already seen your partner's negative aspects, but you still choose to love him. Is it wrong to be a martyr for love? It is understandable that if you love someone, you fight for him but you need to remind yourself that true

love practices respect and a firm stance in life. We are precious and deserve to be loved. Value yourself and give it the best that you can be. Others could say LOVE IS BLIND; it is because whatever their partner does to them they still stay in their relationship. But the truth is... LOVE IS

NOT BLIND but the person rather. Some want to justify things even if they knew it is wrong. Why? Maybe because there is a part of them where they are afraid of. Afraid to be left alone. We strongly believe and hold on to the love that has no assurance from the beginning. Love that has a limitation, no wonder why God is telling us to “Love the LORD thy God with all thy heart, and with all thy mind, and with all thy soul, and with all thy strength” because God knows that here on earth, there are many disappointments and everything is just temporary. Whatever we receive, is just an addition to our faithfulness and when the time comes where we will experience failures, always set our eyes on the LORD Jesus Christ and have faith that He will never leave us nor forsake us. (Hebrews 13:5)

7. Fruitful Stage



After all your pain and hardships due to some unexpected turn of events, both of you remain calm. As you fight persistently together, you will see the goodness of each other. Also, you continue loving and giving strength to your partner or vice versa. You become channels of blessings that you get from the Great Giver, God. The fruit pure love is pure love too. This gives you a better understanding of the deep love that is found in 1 Corinthians 13:4-8 (NIV)

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails. (But where there are prophecies, they will cease; where there are tongues, they will be stilled; where there is knowledge, it will pass away.)

CHAPTER 3- What Problems Do We Face in a Relationship?

1. Individual differences



Despite your strong love for each other, this does not guarantee that you are similar in all things. Even twins have differences, what more to a man and a woman? Men have their interests that we cannot control, just like us, women. They have different personalities that may cause conflict in a relationship that's why communication plays a big role. Our attitude in communicating with our partners and discussing important issues with them truly matters. They also seek our attention, support, and presence so we have to be more sensitive to these needs. You have to compromise even on small things, like clothes choices. You will discover a lot about yourselves because you live under the same roof but it's not about losing your dignity as a person rather, it's the right time to understand and know each other deeply.

2. Financial Status



Love alone will not make you survive life! This was taught in our class. A mother told me when I was teaching in Senior High, “At first, it is fun but the time will come when your spouse doesn't have a stable job, so he/she can't put food on the table, even if you love him/her, you two will have problems. One of the main causes of conflict in a family is money. Of course, it is necessary to make ends meet. You need nutritious food, a comfortable house, clothing and you must pay bills. How can you provide for your family without a decent job? God doesn't prohibit us to earn money, He said: “*For the love of money is a root of all kinds of evil.*” (1 Timothy 6:10). This means that money is not evil but the *love* of money is, that is the problem. It's nice to have a family, but isn't it better if you have resources and your needs are met?

A friendly reminder: Again, True love isn't blind!

Because if you truly love, you will strive and make a way to lift your loved ones out of poverty even if it means sacrificing your own happiness in a good way.

3. Misunderstanding



Whoever you ask about their relationship, they will tell you that there are also times when they have misunderstandings. I think it's inevitable especially if you speak different languages, you have cultural diversity and above all, you have different religious beliefs. Sometimes, even if it's just a casual conversation, misinterpretation is possible, so repetition is required. There is even a chance that what you have agreed upon on the previous day would change the next day. In this case, a problem may arise because you failed to understand each other. It looks like the signal is weak! We should not underestimate the possible worst result of this situation because this may lead to a breakup. The other one may become reluctant to listen to someone's point because he/she already jumps to a conclusion right away.

4. Mistrust



It only happens when there is a record of past betrayal or cheating. But, this is not just about betrayal or cheating because this also occurs when you have poor decision-making. Perhaps, you or your partner's decision didn't go well, so it caused great damage. Another instance is your broken promises. Let's say you plan to meet your friends but you weren't able to show up because it slipped your mind. However, it will still appear that your friends got stood up by you.

5. Jealousy



Jealousy blues! One of the biggest adversaries in a relationship is jealousy; it may take someone's life. Jealousy is human nature but extreme jealousy is dangerous. There is jealousy that is healthy and there is jealousy that is no longer fun. If your partner gets jealous because he unintentionally forgets to serve you food because he attends your visitors, it could be better to just whisper to him calmly and say, "Babe you have already forgotten me," that is still healthy. But, if you just get jealous with everyone he comes in contact with, for no apparent reason, and you just suddenly go crazy, shouting angrily with a sharp glare, that's unhealthy.

Too much of anything is bad for you!

6. Family



It feels good to be part of your partner's family because it just means that they accept you and you have nothing to worry about when you need to settle down. Despite that, it is still possible that you cannot get along with some of them. In some cases, some family members disapprove of their child or sibling's partner. Maybe they see that their child will only be harmed if they continue their relationship. As the famous line goes, "Mothers know best." For married couples, even if they've been wanting to live separately, they can't do such because almost all family members of the significant other have been financially dependent on him/her. This can be one of the factors why it's hard to let go of him/her. This could be a big family issue.

7. Rumor



The tree that bears fruit will be stoned! This is an old saying that depicts the reality of life. When people see that a family or individual has a good marriage, career, business, or lifestyle, many people also want to ruin their good life. Therefore, don't be surprised if, in the kind of relationship you have, you become some people's target of slander. Not everyone will rejoice with you when you are successful because there are undeniably bitter people around you. Their presence doesn't mean they fully support you; others are just watching and are waiting for your fall! They are terrible and unhappy gossipers, the toxic ones in society who contribute nothing but the only problem.

CHAPTER 4- How Can Relationship Problems Be Solved?

1. Know each other very well



Don't rush into a relationship. Give yourselves a chance to get to know each other before you consider marriage. Some parents say that even if you have been together for a long time, you will always see your bad habits. The advantage of knowing each other more is that you also give yourselves enough time for adjustment. As you mature in your relationship, you also learn how to resolve problems that come your way including how to approach each other when there are misunderstandings.

2. Don't make money an issue



Because of the hardships of life today, it is inevitable to talk about money. *You can talk about it, but don't make it a big issue*, so as not to start a fight. Instead, discuss your preferred set-up when it comes to finances to avoid future conflict. Make ways if necessary so that no finger-pointing happens. Don't ask for money frequently especially if you are not yet married. As long as you can both work and save without spending too much, save! If you truly love a person, there is nothing you can do with it and you will love him even more! Don't get easily pressured on the expectation that people on social media set. You may see some posts about getting married sooner so that when you get older you can still take care of your children. On the other hand, it has also a point but that is if you are ready for everything. What if you are still unprepared? If that is your perspective... there will be more children who won't be given the privilege to finish school and a more comfortable life because of the parents' wrong principles and decisions. You will marry not because of personal circumstances but because you are ready to face the world of being an exemplary father and mother/wife to your dream companion while you live here on earth. *Readiness is the key!*

Reminder: *"Marriage is not like hot rice that you spit out once you get burned."*

3. Listen to each other



Always make it a habit to listen to each other first when you have disagreements. There's nothing that can't be fixed with honesty and intimate conversation. Don't assume that you already know everything! Listening is the best thing that should be practiced in a relationship. You will know if one of you is lying or telling the truth. Give yourselves ample time to patch things up. Give each other the benefit of the doubt. For those who do not share the same religion or culture, since you have chosen to be equally yoked with each other, prepare for everything and decide your stand. God doesn't want us to be half-hearted. If it doesn't work, that means God is relaying an important message to you that you have to take action as soon as possible. *Do not be equally yoked with unbelievers! (2 corinthians 6:14).*

4. Be honest and trust each other



You just have to trust! Love includes honesty and trust. That cannot be separated. You can't spend time together for 24 hours. There are times when you also need to separate and do the things you should be doing on your own such as going to work, buying groceries, bathing, and whatnot. Di naman kasi pwedeng ikaw ang magsuot ng damit niya (unless wala siyang kakayahan), lalo namang hindi maaaring ikaw ang dumumi para sa kaniya tapos sasabihin mo na; “HON TAPOS NA KO SA WAKAS AYOS NA ANG TIYAN MO!” No matter where you are, you will always think of being honest and trusting each other so that you

can both be happy in your relationship. When you wronged your partner or vice versa, don't just give him the cold shoulder, communicate and settle the problem right away. Don't give some toxic people an opportunity to meddle in.

5. Overcome insecurity



Love yourself! This is the first remedy to being insecure. No matter what your physical appearance or social status, whether you are in a relationship or not, you have to understand that you have to first love yourself! How can you protect your relationship from intruders when you lack confidence? There are still men who test their partners and one of the things that turn men off to relationships is seeing their woman being insecure. If you think you are not beautiful then that is what you become. People will also look at you the way you

perceive yourself. Remember, you become what you think! Have the courage to change! You have to believe that you are good-looking. You should know that because if you know how to love yourself properly, then *you are worthy to be loved!*

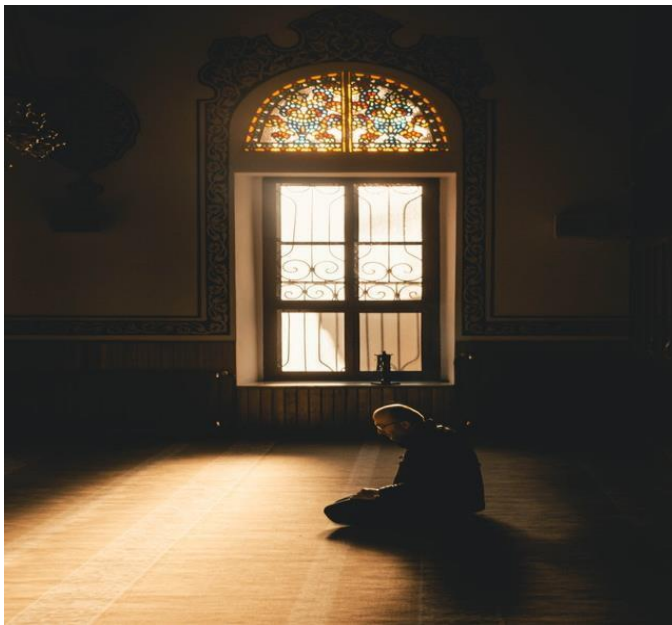
6. Know when to be with family and when not to



For us Filipinos, it is natural to be loving to our parents and siblings, which is why we have the so-called extended family that's why our budget is extended to them too. It is not bad if we share our blessings with our parents (that is better) and even with our siblings. But when should family members be excluded when it comes to relationships? The answer lies in what you have agreed upon. Both parties need to see the things and people their partners value before even deciding to get married.

Furthermore, explain to each other the boundaries of your parents and siblings when it comes to your relationship as long as you never forget to consider the word *respect*.

7. Have common sense



Those who believe in rumors without getting the facts straight do not have common sense. Every human being has been given his mind by God to be used in the right way. As I said before, not everyone will be happy in a relationship. Not everyone can get along especially if they are not getting any benefits from the other. One of the unrealistic and hardest things to do is *to please everybody! You cannot please everybody!* Even if you have already given everything, once you make a mistake, they would forget those good things you've done and would only see your *mistake*. Going back, when you are in a relationship... you have to overcome yourself and the people around you. Just

wisely choose the ones that help and the ones that you will listen to. If it's not for you, then don't beg them to stay in your life! You have your own mind; you have your own decision. Stick to what is right.

CHAPTER 5- How to Maintain Mental and Emotional Health in a Relationship?**1. Don't be paranoid. Just relax.**

As a matter of fact, I fret about my fiancé's silence, no calls, no text messages from him. Consequently, I send him tons of messages and call him multiple times. I cannot help but think if we are already over. What if he leaves me? That's the paranoid stage. It normally happens in the beginning because I love him and I can't afford to lose him! But as time goes by, I learned to give him time for himself. It is indeed necessary that in a relationship you should give them some freedom. Isn't it too much to ask your partner to just let his world revolve around you? Don't even think to do the same. The longer the relationship, the greater the trust is built, so both will achieve peace of mind. Do not get me wrong, I am not saying that you can already lower your guard down—you just need balance. Allow him to do his things for the betterment and do the same so that you can share your new experiences again. When you give yourselves space, then you give yourselves a chance to be missed. *Just relax.*

2. Find new hobbies for self-development



If the means of communication have changed and have been innovating, then we should continue evolving too? If you think you need to find innovative ways to have fun while waiting, do not hesitate to do it as long as it will contribute to your development and success. Isn't it good that while you are in a relationship, you are still engaged in your personal growth? Are we on the same page? Being in a relationship does not mean breaking up with yourself. Instead, it is just an additional challenge and blessing to fulfill both of your dreams and goals.

3. Use your time wisely



How can you use your time wisely? Let's simplify it. If throughout the day you do household chores such as cleaning your room, cooking food, washing dishes, washing your clothes, bathing, and anything else related to maintaining your mental and emotional strength, I can say you use your time correctly. There is time for an intimate conversation. You don't have to just watch your phone round-the-clock until it rings for the fear of missing his call that may upset him!

4. Give yourself time.



You know yourself more. You should know when to get some rest, eat, take a bath, and other daily routines. If being in a relationship hinders you to look after yourself...hold on, there seems to be a problem. If you make him your world and you are slowly losing yourself because your happiness starts to depend on him, you need to reconsider it. Be sober. For sure, you don't want to wake up one day without anything left for you! Give yourself time! Men become more interested in their women who have a sense of independence—not in women who give too much attention to them. Learn to manage your time. You can further develop your skills and maturity into other things you want to achieve. You can take short courses; join a physical fitness club and other opportunities. The level of your mental and emotional control is also becoming more extensive and developed when you give time to yourself.

5. Maintain personal hygiene and good grooming



Your partner goes cold on you and suddenly leaves you because you often neglect self-care, the reason why you become unattractive. You become so dedicated to what you do that you don't realize you are becoming unfair to yourself. Unconsciously, you become too hard on yourself. You disregard bathing, grooming yourself, and buying nice clothes. You don't necessarily need to buy expensive ones, or you can just wait for an online or offline sale.

It's very important to smell good all day—neat and clean.

Being neat and tidy can affect your mental health—it boosts confidence. Pay attention to yourself. When you haven't taken a bath for a day, you smell funky, you are uneasy because you feel hot, you can't relax because you know you haven't taken a bath or you haven't brush your teeth yet. In this situation, it is also embarrassing to approach your boyfriend/girlfriend or other people when you know in yourself that you already smell bad. It's the opposite feeling of being clean, you are comfortable and carefree. It's nice to talk to your loved one especially if you're confident in your fragrance.

Remember: *Cleanliness is next to Godliness!*

5. Pray and believe with works



With every trial, you face and will face, whether together or apart, never forget to pray for each other. Always pray for God's will in your relationship to give you knowledge, wisdom, courage, and more love at any given time. Believe that God's plan is greater than any plan we have in mind. There are three stages to God's answer to our prayers:

a. YES - He answers our prayers right away because he knows that you are ready and that it is right for you. Likewise, He answers your prayer according to His will, *"If we ask anything according to his will.... we have what we asked of him"* (1 John 5:14-15). According to your faith, *"Jesus answered and said unto them, Verily I say unto you, If ye have faith, and doubt not, ye shall not only do this [which is done] to the fig tree, but also if ye shall say unto this mountain, Be thou removed, and be thou cast into the sea; it shall be done."* (Matthew 21:21)

b. NO - He knows that it will bring your life in peril. *There is a way which seemeth right unto a man, but the end thereof are the ways of death.* (Proverbs 14:12) As human beings, there are times when we only follow what we want. It is difficult for us to obey and submit to those who are older or higher than us because of our arrogance. When it comes to relationships, it's a different matter. We need guidance because entering into a relationship is not just a piece of cake. It has to do with your whole being because you will be investing time, days, and seasons. It's not just a game of hide-and-seek. After all, when a person is in a relationship, it involves the heart, the mind, the strength, the physical, and other things that are related to the two in love. It also involves spiritual life that when neglected, the relationship between two lovers becomes dry and leads to bad separation. It becomes carnal and worldly because once you practice things that only married, a couple should do; it will not be that easy to lose each other when things go wrong, so it is necessary to have guidance and prayer so as not to regret later.

c. WAIT- Probably, at that time when God has not yet given you what you are praying for is because he is still working on you, it can be your personality. Oftentimes, we want to be answered instantly! It is human nature to be impatient. However, when it is not yet time, let us not insist, let us wait until everything is ready for us and for the person God has chosen for us. There is nothing perfect in the world but in our Great God Jesus, we are the most perfect created beings and because of His love that also gives way to the perfect things He has in store for each of us. Now, when everything is ready and you are ready to receive the blessing you deserve, God will give it to you but make sure you are vigilant; I'm sure you don't want to miss it!

There is a time for everything, and a season for every activity under the heavens (Ecclesiastes 3:1)

Through your prayer and faith in action, you strengthen your mind and emotion. It helps you not to be discouraged but to continue to hold on to the Great Hope that everyone has. Don't give up and just keep going until you reach success and its end! A prayerful person is a powerful person. If you are struggling, pray and have faith. If there is a problem in your relationship, pray and believe that everything has the right solution and of course, work on it, *"Thus also faith by itself, if it does not have works, is dead."* (James 2:17)

CHAPTER 6- How to Deal with Trials in a Relationship?

1. Don't run away from the problem but face it head-on



Often, they see their problem as a hopeless case; as a result, they just run away from it. That is why there are women who get pregnant and give birth without a partner or husband because other men have no sense of responsibility or vice versa, it is the woman who leaves. Some unwanted babies are simply cared for, adopted, left somewhere, or aborted. These are the problems that come in a relationship when they are not guided and not ready to face the situation they are involved in or it's the result of their poor choice. At such times, let us face our responsibility as a mother or father to our future children. Do not run away from it but face it with courage and hard work. Not everyone is blessed to have a child, others have tried a few times, but still nothing. Why is that? If I am asked, I have only one answer to that... *Everything is in God's control!* Frequently, a person is doomed because they go against the will of the LORD. It is the result of our rebellious acts!

Even if the Lord already said *no*, we still go thoughtlessly. Though God is in control of everything, He still doesn't want to control us so he gives us the freedom to choose. You run away from your problem because of fear and you choose to give up. You are having difficulty now because you prefer to follow your desires and do not want to submit to God. When you face a serious problem, whom should you approach? Isn't it still with Him? You only remember Him when you are in trouble, which is one of the evidences that you can do nothing without God.

2. Help and lift each other.



Collaboration is more effective than your meaningless fights. Why not try to communicate on how to improve your relationship? Find out what else you need to do together to grow your marriage. We have the means at our fingertips, there is an internet that if we use it correctly we can learn a lot. We can find some activities that will make your relationship happy, through sharing and devotions, dating advice from professional coaches, and the like. You can also talk about each other's traits that you like and don't like. There is always room for improvement. You will lose nothing if you try more than what God has done every day, in the morning you only hear rebukes or screams and quarrels that do not make your marriage good but only cause intense hatred that eventually ends in divorce. That is exhausting, my friend. Help each other. You are not just probably aware that your partner is going through something, he just doesn't confide in you because he knows in the first place that you won't listen to him. Be best of friends and at the same time be ready to listen.

3. Talk to each other calmly



Shout out to all calm people out there! Being calm is one of the things I have learned in my relationship with my fiancé today. I learned that it is really necessary to talk and not to waste time arguing (whether small or big) with each other. Every hour is important to both of you. In this pandemic crisis, everyone longs to be with their family but due to travel restrictions and lockdowns, it is not that easy. I still remember when I first met my fiancé... I was upset with him over a small thing but he said... "Baby, don't do that, you will regret it!" It's as if he was telling me that... we are only together once, let us not waste this opportunity. It's good that I listened to him and made the most of his vacation here in the Philippines. Unfortunately, we can hardly see each other personally because of our situation. It's been more than a year now since the first lockdown—it's March 23, 2021, at the time of writing. So whenever we have a fight or a misunderstanding, we always try to talk in a good manner. We talk calmly because we don't want it to be the cause of bigger trouble in the future. It's the worst scenario you could ever imagine when you're already in a long distance relationship and still choose to fight often. Choose to support and understand each other.

4. Always remember your love when you first met



When you feel like you are about to give up and don't want to be in your relationship anymore, as much as possible... make it a hobby to look back at your love when you first met. Reminisce those times when you were still dating or the times when you were very happy being together. Don't focus on your mistakes but start counting the happy days of your relationship. In this regard, you will see and appreciate that your journey together is not all about unpleasant memories, you also have wonderful things that you have accomplished together. Remember how you started, where you first met, who was the first one to say "I love you" and how you answered him, how he answered you and what did you do before just to win him/her? There are many things to be thankful for and you will be surprised when you see them with your heart. There are also things that our open eyes cannot see but only the heart can. Remember every smile, joy, hope, and most of all your love. Remind each other that there is no trial that you cannot conquer.

5. Remind each other that there is no problem that cannot be solved.



After remembering your love when you first met, also remember your trials and tribulations in your relationship. Remember where you both hold on and fight with courage. Look back at how you overcame that together. Then, you can prove that all trials have the right solution. Here you will also see how you have been firm to this day together enjoying the success of your perseverance. You may have had a problem in the past that might be similar to the problem you have now but it has been easier to solve because you have already overcome it before. More trials, more blessings... God has always been guiding us and always keeps in mind that, *“No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted[b] beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it. (1 Corinthians 10:13)*

6. Hang in there, my friend



I know you are already struggling (been there), I want you to know that there is nothing easy in this world! Even though I am writing this E-Book, it takes time, passion, effort, and inspiration (lots of inspiration) for me to finish it to help you. At times, I get weary but I just choose to rest then get back again, so is love. There are times when you get tired when you're having a hard time, but my friend... Hang in there! You can rest but you can't stop or else, you can't sing Moira's song, "Ikaw at Ako" (You and I) instead, you will end up singing "Kundi rin Tayo sa Huli" (If We Are Not Meant to Be). But hold on, how will you know if you are meant for each other if you give up right away? You need to hold on because the moment you have overcome everything and you are still together... you've got the chance to sing "I CHOOSE YOU" by Ryann Darling and then, at the perfect time, you will hear the wedding bells!

And finally, you could say to yourself that...IT IS WORTH THE WAIT!

7. Pray for one another

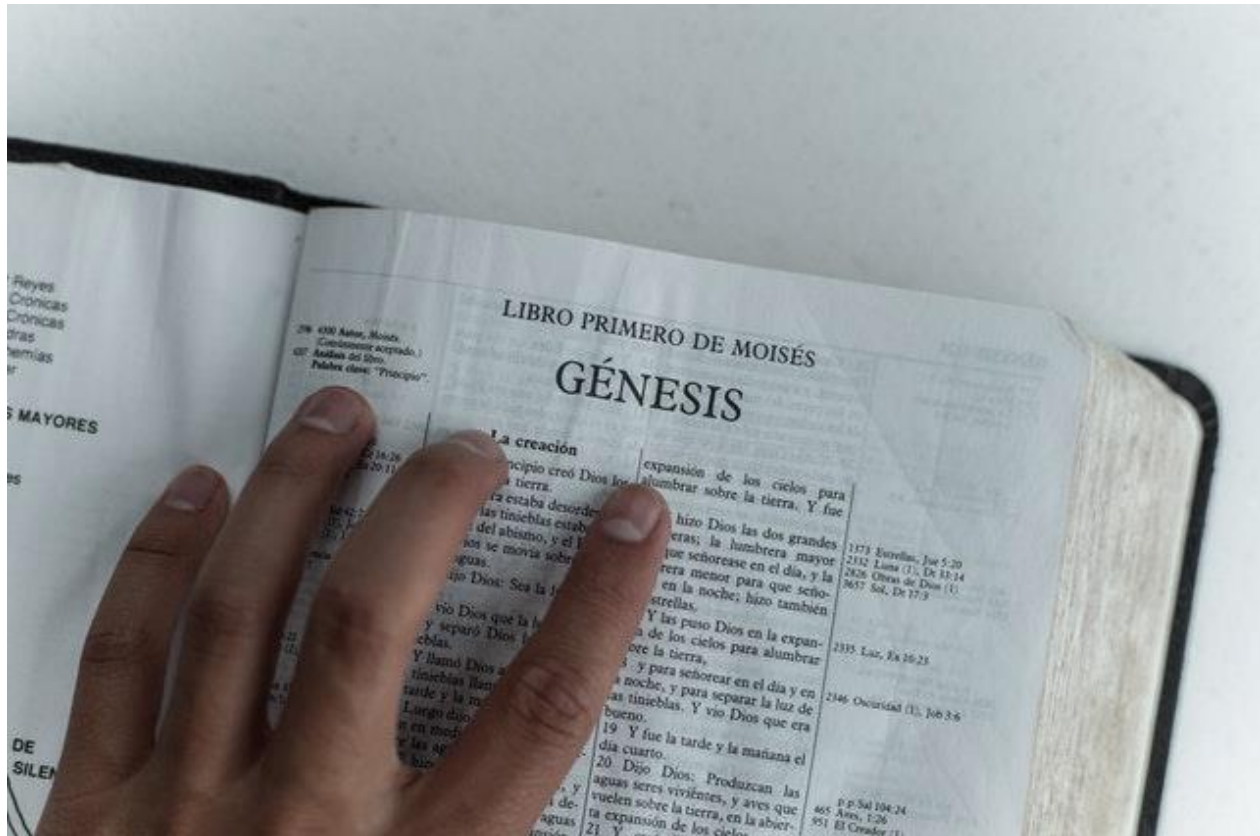


I mean, all the time don't forget to pray for each other. This will serve as your way to open up to God. Through prayer, you gain a spiritual connection that will allow you to share your goals with Him and even consult with what God wants for your marriage. When you pray for each other, God will shield you from any temptations or adversaries that try to hinder your relationship. In this way, God will fence off your marriage as well as your work with success and joy. It opens the way to heaven which serves as a light in your union. In your prayers, pray for pure motive of your desires that will help you grow as an individual. Pray for each other's needs and weaknesses so that they can be met and become stronger every day. You can also pray for health, protection, basic needs, and a good relationship with your loved ones. Be specific in your prayers because God also answers specifically. Don't say, "Lord, whoever enters my house first, that's the person I am going to marry." Be careful about what you think. Be clear and concise.

And in that day ye shall ask me nothing. Verily, verily, I say unto you, Whatsoever ye shall ask the Father in my name, he will give it you.

CHAPTER 7- How to Maintain a Good and Healthy Relationship?

1. Have a devotion and Bible sharing together.



This is one of the most important elements of a relationship. Having sharing and devotion on both sides can be considered a relationship saver and a lifesaver. It does not necessarily have to be a long sharing and devotion, let the Holy Spirit lead both of you. It is an opportunity to know God and yourself more deeply. You have time to be strengthened by the word of God through it. Every word you hear is indeed life and it inspires you as you devote time and effort to it. You will also learn how to respect each other before and during your marriage. In this case, you see the revelations of God in your life and it strengthens your faith even more. As you share the experiences and insights the Holy Ghost has given you, it strengthens your current condition that makes way for the blessings you will receive now and in the future.

2. Share your plans for your relationship growth

Isn't it nice to plan? As long as you pursue it, planning is helpful! We all need to plan especially nowadays. You can't just squander your money away or tolerate impulse buying. Planning is one of the most effective ways to achieve your goal the right way. This includes our preparation for marriage or a relationship.

Where there is no vision, the people perish: but he that keepeth the law, happy is he. (Proverbs 29:18).



Planning guides us as to what we want to achieve as a result of our life decisions or what we want to do. When we are in a relationship, if we have plans that will help for its betterment, it is good to let each other know to see if it will be good or not. As I've mentioned earlier, life is hard now. If you have a plan to buy a Toyota car with your savings without informing your partner, considering that it's just your *want* but not your *need*, better talk about it first to avoid conflicts along the way.

Aside from your expenses, you can also share plans with your spouse or partner if you want to go back to school. For sure, if he loves you and has no insecurities... he will allow you to grow. But whatever his take on it, as long as you do not have great financial responsibility, you should have obligation to meet your own needs and dreams that will contribute to the development of your relationship and yourself.

3. Teach oneself to listen with respect



During a conversation, avoid heated arguments but teach yourself to listen respectfully. When someone speaks, do not interrupt but listen carefully to what he says so that you can discern the point of view that he wants to convey to you. After he shares his thoughts, this is an opportunity for you to share yours. Often, this becomes a problem when both sides are upset. When you have this emotion, avoid talking and rushing to solutions. Take a deep breath! Drink water and rest temporarily. Think carefully before you speak, otherwise you will end up regretting what you say.

4. Seek advice from those who know better



When you are both in trouble, never approach just anyone. Carefully choose who you should talk to about your problem to avoid confusion. Whenever possible, approach those who know and are older than you. If there are people who primarily know the solution to our problem, it is none other than our parents. They have been there and it is not new to them. You have a problem with pregnancy, don't ask someone who has never been pregnant because they can only give you information that is based on what they have seen or heard. Go and ask experts such as your parents, siblings who have given birth successfully, and doctors. They can provide an adequate and proper way for you to protect yourself in pregnancy. Similarly, in a relationship, do not seek advice from the inexperienced because if they have any answers, that is only limited. Vernon Sanders Law said, "Experience is the best teacher. It gives the test first, the lesson afterward!"

5. Always have an open communication



Make it a habit to talk to your loved one for at least a few minutes before going to work. And on the weekends, make sure you have time for each other so you can talk for a long time. It's the best time to catch up. You can set a date, eat out, watch together even at home, do the household chores together and whatnot, as long as you are together. Don't let a day pass without getting along with your partner because there is a possibility that it will occur again. You don't have to spend much time on the phone for a long talk all day, the important thing is the nurturing time you both have used the language you both understand. An intimate conversation is given to us free when it comes to relationships, will neglect it, my friend?

6. Be open to changes that you may face together



There are only three things I know that never change in the world: first, the love of God (He gave His life to redeem our sins.) Second, death (Of course everyone dies, everyone has an end in this world); and third, nothing else but change (Every day, there is change and you can't change that no matter what you do). When you get to the point where something seems to be changing in your relationship, just be open with each other so that you can immediately solve it. Previously, I've talked about open communication, so this is also related to it. You can talk about everything and just be open with each other. It's all about acceptance and adjustment. If you think something needs to change, talk to each other and give time and understanding at every opportunity.

7. Encourage one another to do good to others



Of course, not everything revolves around your relationship. To make the relationship happier and more fruitful, do good deeds for others. You can have a feeding program, visit the elderly or parents who have not seen and been with you for a long time. Share your blessings too! You have not only offered help to your fellow but you are also drawn closer to God! Matthew 25:40 says, *"Whatever you do to the least of my brothers or sisters you do to me."* You will experience more joy this time. Now, you will have a better understanding of the old saying, "It's better to give than to receive." Because if you can't give, it means to say you still lack. That no matter how your blessings seem to be big, it is still not enough. Meanwhile, if you can give, it means that your blessings are overflowing. But if you give, do not give just because you need to or because you are forced to, but do it with joy so that you will be happy with all your heart. *God loves a cheerful giver!* (2 Corinthians 9:7)