
5 tips for Relationships. Based on Imago theory

1. Accept the reality that your spouse isn't you.
2. Be an "advocate" for your husband/wife's separate reality and potential.
3. Make your relationship a sacred place by removing all negativity. Remember the most important ingredient in marriage is "Safety".
4. Always honor your partner's boundaries.
5. Practice the Imago dialogue- compassionate communication until it becomes a natural function in the way you relate.

*These 5 tips are taken from the work of Dr. Harville Hendrix and his wife Helen Hunt. They wrote the book, *Getting the Love you want and Making Marriage Simple*. They are the founders of Imago Relationship Theory.*