

Values in relationships

Many factors contribute to the longevity of a romantic relationship. Having a successful relationship requires dedication and effort. The success of your relationship is also more likely when you have similar relationship values.

Life is good at testing the strength of your relationship. In those situations, compatible relationship values can give you the necessary strength to navigate through the roadblocks and remain united.



Common questions from couples

Valuing a partner is essential for a healthy and lasting relationship. It involves recognising and appreciating their worth, fostering mutual respect, and building a strong connection based on shared values and principles.

1. How do I value my partner?

Valuing your partner means recognising and appreciating their worth, both as an individual and as a significant part of your life. It involves showing respect, empathy, and gratitude for their contributions, opinions, and feelings.

Valuing your partner also means making their happiness and well-being a priority, offering support during challenges, and consistently investing time and effort to nurture your relationship.

2. What values should a couple share?

Couples should ideally share values that align with their long-term goals and create a harmonious partnership. These values often include trust, communication, respect, empathy, and commitment.

Additionally, shared values related to lifestyle choices, such as family, finances, and career aspirations, can help minimise conflicts and strengthen the connection between partners.



3. How can you value your relationship?

Valuing relationships means recognising the significance of the person in your life and actively investing time and effort to nurture and sustain them. Cultivating empathy and a willingness to compromise are also key.

Valuing relationships involves a commitment to open and honest communication, trust-building, and consistently showing respect and appreciation. It means being present, offering support, and actively working through challenges together.

Want to learn more?

In our elearning module we share 12 examples of values to strive for in your relationship with your partner, click below to have a read.

[Click here](#)

Tip: You can copy the link and forward it to your partner for discussion later.

habithealth+

We're pleased to announce the upcoming release of our new app habithealth+, replacing the current EAPNOW App.

The app is designed to help prioritise wellbeing, and it's easy to download, onboard and use within minutes. The app works in tandem with professional support and features prompts and notifications to increase motivation.

With habithealth+ you can:

- Manage your health on the move.
- Customise notifications to boost motivation.
- Manage regular check-ins.
- Book a session with a professional.
- Access support and advice.
- Integrate your device to access insights about your wellbeing.



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