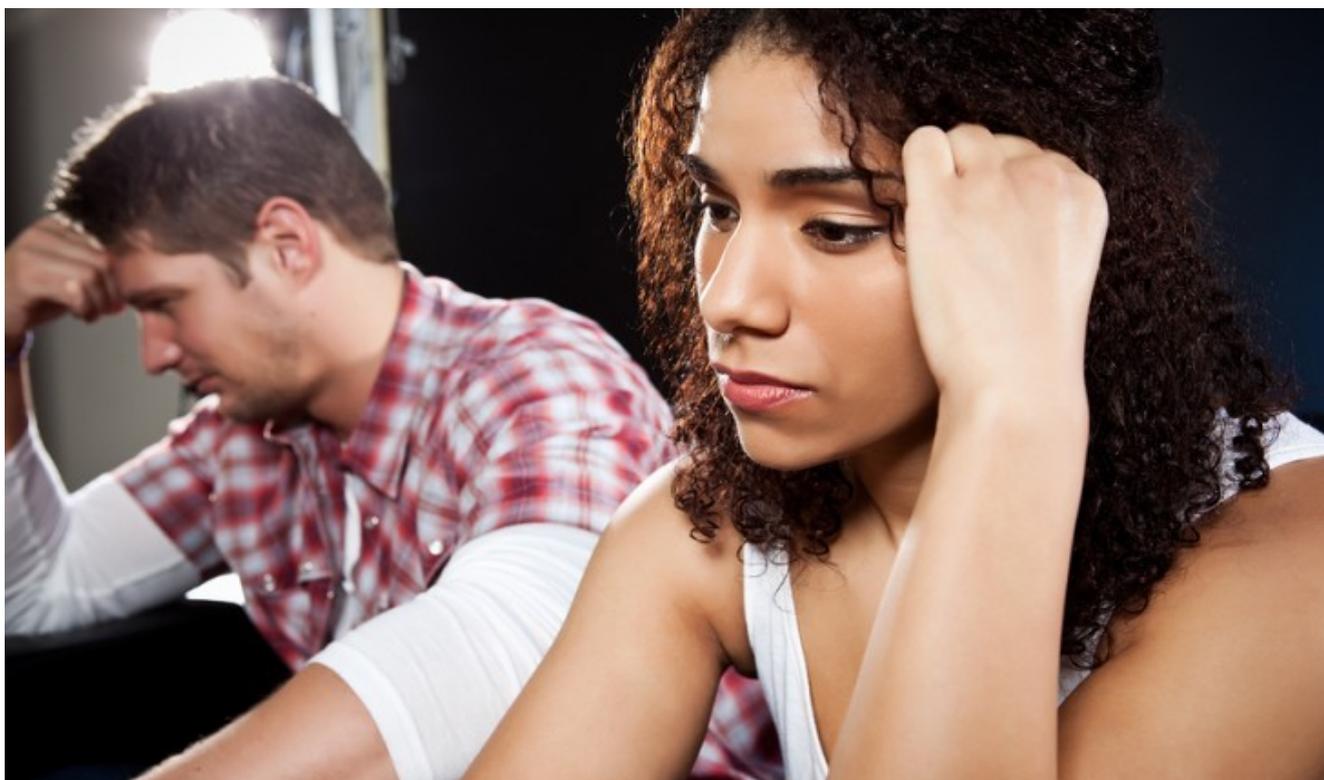


Mayday, Mayday! 5 Tips to Get Your Relationship Out of Sinking Waters



By Amber Belus

Trouble on the high seas? Not to worry. Every relationship, whether short-lived or long-lasting, hits shipwreck status at some point. While your sailing days may seem like they're over, this could just be a rough storm that makes you and your first mate stronger. Here are a few tips to help you get back on board:

1. Communication is key: If there's an issue, address it fast. Bottling it up will only hurt you in the end. If your

partner is doing something you don't like or has made you upset, discuss the matter calmly. This will avoid a screaming match, an emotional breakdown and excess stress.

2. No third parties: Relationship problems are between you and your partner, not the entire ship's crew. You may think your friends know best, but you should follow your heart and do what you think is right. At the end of the day, it's your happiness – and relationship – on the line.

3. Don't be manipulated: Sometimes, you've already done everything that can be done. If your partner expects you to steer the wheel and insists on laying back, it might be time to cut ties. Breakups are due to faults from both parties, and you each need to take responsibility for your actions. Don't flip everything onto one person.

4. In-person beats technology: Texts or emails can be easily misinterpreted and it's a cowardly way to handle problems. Talking one-on-one will avoid miscommunication, and you'll get a better sense of how your partner feels. Sparks may even fly during your conversation, reminding you both why you love each other in the first place.

5. Try to compromise: However, there's just no agreeing on certain issues. You can either argue about them until one of you can't take it anymore, or try to strike a deal. If you're serious about fixing things, you should each learn to go with the flow of your relationship. After all, a ship can't sail without both partners on board.

If you and your beau can't get through these steps, it may be time to bury things at sea. Cupid wishes you fair weather and smooth seas ahead. Happy sailing!