

# Celebrity News: Kristen Bell Shares The Secrets to Her Healthy Relationship With Dax Shepard



By [Jessica Gomez](#)

In [celebrity news](#), [Kristen Bell](#) shared her marital wisdom with Instagram on Valentine's Day, according to [EOnline.com](#). Bell shared a post of a letter with [relationship advice](#) she had been asked to write for her newlywed friends. Grab a tissue, here is what she wrote: "Vulnerability always begets connection and intimacy. Stay vulnerable with each other. In 10 yrs when the dopamine has waned, remember: Life is a crazy ride. It is a privilege to go through it with a partner. Take

necessary separateness. It will make your marriage better. Loving someone despite their faults, failings, or character defects is the most powerful loving thing you can do. Rejoice in what makes the other person happy, and allow them their individual interests. Know that everyone is doing the best they can with what they've got. So get a bigger emotional tool box to fix your problems." Aw, Kristen Bell is bae – Dax Shepard sure is lucky!

## **In celebrity news, Kristen Bell is giving us her secrets to a successful relationship. What are three things that add to a healthy relationship?**

### **Cupid's Advice:**

There are many things you can do to help your relationship become healthier. Some things work better than others, while others work for some couples better than others. Nevertheless, here are three things to do for a healthier relationship:

**1. Be honest:** Being honest is a two way street. Being honest with one another is crucial. Trust is key to making a relationship work. Lies hurt and even ruin relationships. Being honest builds trust and makes the bond between you and your significant other even stronger. It can sometimes be hard to be honest at all times, but the benefits are worth it.

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**2. Encourage and compliment each other:** Sweet things and encouraging words go a long way. Supporting each other is another crucial element to making relationships work. As for

complimenting, you should always make each other feel special. Never stop making your loved one feel special – flirt and push one another ahead!

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**3. Spend quality time together:** Snuggle, do things you both love doing together, and try new things. Cuddling is great because physical contact and connection is important. In fact, being held for an extended period of time releases serotonin, elevating your mood. Spending quality time is important for every relationship. As time passes, sometimes couples spend time together but not quality time. Spice things up and do different things or do those things you really enjoy – try to do that at least once a week.

**What are ways you keep your relationship healthy? Share below!**