

Cupid's Weekly Round-Up: Building a Strong Bond



 By Maria Darbenzio

When it comes to love, it's important that you have a close bond with your significant other. This truth holds for more than just romantic relationships but for friends and family as well. Take a few minutes to browse through these helpful articles from our partners to give you ways to improve your connections:

1. Enjoy the sunshine: When it comes to children, whether they're your biological kids, step-children, or nieces and nephews, it's important to hang out with them. Let them know how much they mean to you by taking the time out of your busy schedule to get outside and play. Trista Sutter recently shared how her and her children will be having fun this summer. (CelebrityBabyScoop.com)

2. Show appreciation: You may get so caught up in day-to-day events that you don't stop and show your loved ones how much you appreciate them. This idea shouldn't be applied only to your romantic partner! It's important to show your gratitude for everyone, especially your friends who have stuck by your side through thick and thin. Check out some of these quotes about friendship to get the gears turning. (YourTango.com)

3. Be confident: Confidence is key – and that goes for both you and your man. When your beau sees that you're feeling strong and sure of yourself, it'll put him at ease...which is a great step towards building a better bond. If your sweetie is lacking in the confidence department, help them build it back up. For more qualities that form deeper connections, read through this article. (YourTango.com)

4. Be yourself: It's easy to forget who you truly are, especially when you're at the office. Workplace relationships are just as important as the one between you and your partner. In order to create an enjoyable environment, remember to stay true to yourself and never pretend to be someone else. For other ways to improve your interactions with your co-workers, check out these suggestions. (GalTime.com)

5. Find the right one: When it comes to dating, it's tempting to create an elaborate list of things you want in a partner. Time after time, you find yourself saying, "He's not my type," but do you really know what you're "type" is? Take the time to forge a connection with someone *before* writing them off completely. This approach will prevent you from serial dating and help you find exactly what you're looking for. (GalTime.com)

How do you create stronger bonds in your relationships? Let us know in the comments below.