

ADVISORS

Tips Our Experts Give—and Follow



Dr Christina Pillai

The professional relationship counsellor runs a specialist clinic for couples going through a rough patch. We asked her for some tips on the simplest ways to create a stronger bond with your partner.

1 FIND THAT LOVE/WORK BALANCE

It can be lonely when your partner's devotion to work takes precedence. **Before making any major decisions, try talking to him and don't interpret his actions. Find ways to be supportive without sacrificing your relationship such as focusing on the positives and make time for grievances.** It could also be a good moment to take some time for yourself to find the hidden beauty of being able to rely on yourself to find fulfilment until a longer-term solution can be found.

2 REMEMBER... YOU'RE A TEAM

Resentment can build if one partner experiences less professional success than the other and specifically has made substantial sacrifices for the sake of his/her partner. **Communicating your priorities is key in a relationship. Competing against each other will cause more hurt and resentment.** The better your partner does, the better your team does and vice versa.

3 GET OUT OF THE RUT

Surprises and excitement can take a backseat when we're in a relationship for a long time, as we tend to take things for granted. Unless you truly understand the reasons behind why there isn't any excitement in the relationship, you won't be able to enjoy a happy relationship without a bit of drama and boredom now and then. **Plan something new together, or even try talking about what attracted you to each other to rekindle that flame.**



For more information on Dr Christina Pillai Couple, Marriage and Family Therapy Clinic, visit www.drchristinapillai.com.

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