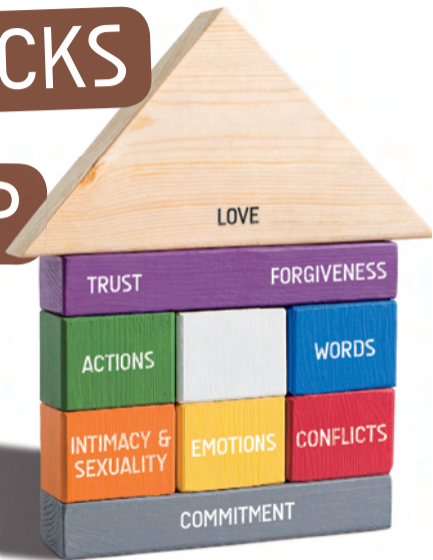


THE BUILDING BLOCKS

OF A RELATIONSHIP



## COMMITMENT

Commitment is the willingness and choice to stay together despite any change in feelings. Marriage is a shelter within which the relationship has time to grow.

## EMOTIONS

A relationship activates a whole range of emotions. Recognising and owning up to these emotions is the key to understanding each other.

## INTIMACY & SEXUALITY

Tenderness, passion and humour are important in a close relationship. Sexuality is the longing for closeness felt by the heart and the flesh.

## CONFLICTS

Conflicts are part of any relationship. Openly resolving conflicts offers a chance for the relationship to grow.

## WORDS

By talking and listening, we learn more and presume less. Among the deepest human needs are the need to be noticed, heard and loved.

## ACTIONS

The choices we make every day can build love or can chip away at it. Positive actions mean progress in mutually agreed matters, and they avoid aimless drifting.

## TRUST

Respect and loyalty are the basis of a trusting relationship. Trust creates security and stability.

## FORGIVENESS

Misunderstandings and mistakes happen every day. It is difficult to feel good without resolving issues that bother you. Asking and receiving forgiveness clears the atmosphere.

## LOVE

Love is like an invisible thread between two people. It is as important to give love as to receive it. Love needs to be nurtured if it is to grow.



**THE BUILDING BLOCKS OF A RELATIONSHIP**

*The Evangelical Lutheran Church and Christian Support for Marriage and Family in Finland*