



# BUILDING STRONGER RELATIONSHIPS: TIPS FOR STRENGTHENING CONNECTIONS

Relationships come in many shapes and sizes—whether with friends, family members, significant others, work colleagues, or even new acquaintances. They might be based on a shared interest, business, romance, or any other foundation. No matter the type or how the connection began, relationships can always benefit from reinforcement to grow stronger and more meaningful.

Here are some essential tips to help you build and maintain stronger relationships:

**Trust.** Trust forms the backbone of any healthy relationship. Without it, moving forward positively can be challenging. A lack of trust often leads to misunderstandings and conflicts. To cultivate trust:

- Be open and honest in your interactions.
- Honor commitments and follow through on promises.
- Address concerns directly and transparently.

**Commitment.** Commitment reflects your willingness to invest time and energy into the relationship. Waiting for the other person to make the first move can stall growth, so take initiative:

- Reach out regularly to maintain connection.
- Show genuine interest in the other person's life.
- Share responsibilities and foster mutual accountability.



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**Intimacy.** Intimacy isn't just about romance—it's about emotional closeness and vulnerability. It means feeling comfortable enough to share your thoughts, dreams, and fears. To build intimacy:

- Create a safe space for open and judgment-free conversations.
- Be receptive to the other person's vulnerabilities.
- Celebrate shared experiences that deepen your bond.

**Respect.** Respect is a cornerstone of any thriving relationship. It means valuing the other person for who they are, including their beliefs, values, and accomplishments. To demonstrate respect:

- Practice active listening without interrupting.
- Acknowledge and appreciate their unique qualities.
- Avoid making comparisons or dismissing their opinions.

**Communication.** Effective communication is more than just talking; it's about understanding. Good communication involves:

- Actively listening to what the other person is saying.
- Paying attention to non-verbal cues, such as body language and tone.
- Being transparent about your feelings and needs.

**Empathy.** Empathy goes beyond hearing someone's words—it's about truly understanding their feelings and perspective. When you practice empathy:

- Put yourself in their shoes to see the world from their viewpoint.
- Acknowledge their emotions and validate their experiences.
- Offer support that reflects their unique needs.

**Equality.** Strong relationships thrive on equality. No one should dominate or feel inferior in a healthy connection. To promote equality:

- Share decision-making responsibilities.
- Ensure mutual respect in resolving disagreements.
- Be willing to compromise and adapt when needed.

If you need help navigating relationships or building stronger connections, NexGen EAP Care Advocates are here for you. They're available 24/7, 365 days a year, at no cost to you. Call 1-800-EAP-CALL for immediate support, guidance, and additional resources.



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