



## The 3 Most Common Mistakes in Relationships and How to Avoid Them

**Do we know how to create and maintain relationships?  
What are the 3 most common mistakes we make in relationships?**

**1. We expect love to be there forever without any effort.**

To create love, we must love unconditionally, take the time to express love, and take care of our partner and ourselves.

Don't wait until you're in the mood to have sex with your partner; make time to be together in a sensual way and create a habit of making a loving connection through physical touch.

Create love and intimacy through bodily companionship, not just passion or arousal.

**2. We are not honest enough with our partner.**

We are not transparent about our feelings and needs. We hide our bad moods and try to be happy and nice all the time, which builds a wall between partners.

Suppressing our feelings also suppresses our sexuality. Share your feelings and allow yourself to be vulnerable.

**3. Not listening to our partner.**

We are not present enough with our partner. It's important to actively listen to them and check what they really mean, as this can help avoid misunderstandings and improve communication in the relationship.