

## **The secrets of creating successful relationships for unattached, empty nesters**

Now that its official, your last kid has left and you find yourself faced with an empty nest, how are you going to cope with the depression and loneliness that follows? Empty nest syndrome is something that most parents face at one time in their lives. The day you gave birth to your child was the day you made a commitment that would span 20-odd years of your life. Once that commitment is over, the time has come for you to begin afresh with plans for the coming 20 years. Now comes the time for you to do those things that you've always wanted to do, instead of just moping around the place and getting depressed.

So, you're a single parent whose child has just 'flown the nest'. Now this doesn't mean that you have to live a lonely life! Its time to go ahead and extend your friend circle and to just go out there and socialize and have fun and feel young at heart again - and probably find that right someone! So you have found that right someone? Even better!

We're living in an age where divorce rates are at the highest ever. And this is not only with reference to marriages! Relationships are turning sour and breaking every day, creating a vicious cycle of tortured emotions and badly beaten self-confidence. So, as a mature, independent adult, how would you go about building your relationship into something that's healthy, strong and resilient?

Unlike the movies where everything is sugary sweet and 'happy-go-lucky', reality can bite, even if you have found the right person. A happy, successful relationship is an extension of your willingness to spend time and energy with your mate. Just like everything of value, relationships require regular care and maintenance; you can't wait till the last moment to fix things. If you don't invest in what it takes to keep your relationship vibrant and healthy, then you're in for a bumpy ride. So, while the going is good, work on your relationship. And, when the going gets tough, work harder on it!

Right from day one, pay special care and attention to your partner. Show that you love him or her. Find out what he or she likes and then try to do all those things. As a mature adult whose probably already faced the loss of a partner, you should work harder on this relationship. Keep in mind that your partner will probably end up making mistakes and doing exactly those things that frustrate and annoy you. Your challenge here is to be patient and overlook these things. Don't try to even the score and hold grudges against your partner; it's a relationship you're in, not a competition. Let go of the past - yours as well as your partners!

Listen, learn and enjoy! The key to a long lasting, successful relationship is 'listening'. However, this does not mean you have to agree to everything your significant other says. Understand and acknowledge what he or she is trying to say and always be attentive.