

## Getting Together - The recipe for a healthy relationship

**Date: 12 February 2010**

Your heart is racing, you can't stop smiling, you can't concentrate on anything of importance, are waiting in anticipation for the next bleep on your mobile phone..... Sounds like a severe case of falling in love.

There are a number of ways to meet a potential partner including through friends, sporting clubs and online dating sites. Meeting a potential partner can be an exciting and enjoyable experience so here are some key tips for starting a new relationship, to ensure you 'start out the way you want to finish'.

1. **Know who you are.** Choose a partner who supports you in being the best person you can be, rather than looking for a partner to define or 'complete' you.
2. **Be comfortable and confident enough to let your partner see you – at your worst and your best.** You can't be perfect all the time, and even if you tried, it would be far too exhausting to maintain.
3. **Be 100% responsible for yourself, your actions and behaviours.** Take 50% responsibility for the relationship and expect the same of your partner.
4. **Be responsible for your own happiness.** Don't rely on a partner to make you happy. YOU are responsible for your own happiness.
5. **Find time for yourself and each other.** Continue to do things on your own that make you happy but make it a priority to spend quality time together as well.
6. **Fighting fair.** Arguments are going to happen, because we all have different opinions and life experiences, so make sure you keep the communication flowing when things get heated. If it feels too problematic, talk to a friend or a counsellor.

Today, [Relationships Australia \(SA\)](#) has launched a new Facebook page, '[Getting Together](#)'.

With over 60 years experience and based on world renowned research, '[Getting Together](#)' focuses specifically on new relationships and explains how putting the hard work in early on, can lead to a long, happy and healthy relationship.

['Getting Together'](#) is an educative and interactive Facebook page dedicated to those who are looking for hints and tips, a way to share dating disasters, remedies, triumphs. '[Getting Together](#)' also has a range of information on healthy and respectful relationships, how to find the right person for you, helpful ways of communicating and much more.

A [video](#) by Relationship Counsellor, Grant Pearson is being launched today which focuses on singles and how to get through Valentine's Day.

[Check it out on Facebook.](#)

## Recommended reading

[Relationships Australia Bookshop](http://www.rabooks.com.au) (www.rabooks.com.au) has an extensive range of personal development and insightful books to assist people on their journey of discovering what they want, including:



### [The Dating Survival Guide: The Top Ten Tactics for Total Success](#)

**Author: Spurr, Pam**

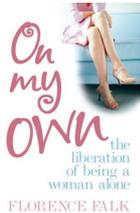
Dating. It's a jungle out there. These days finding the right partner has become our number one preoccupation. But how do you meet the right partner? And what do you do when that potential partner is staring at you across a dinner table and you have run out of things to say? The Dating Survival Guide is the ultimate guide to negotiating your way around the minefield of the dating game.



### [Find Love: How to Meet the One Who's Right For You](#)

**Author: Dahlman, Caroline**

With more and more people finding themselves still single in their thirties, there is a huge demand for this book! Women are now more independent and financially secure than ever before - they no longer feel the need for a man to 'look after them'. But this focus on their career means they're often too busy or not interested in finding a soul mate until the body clock starts ticking! Men, on the other hand, are intimidated by the new breed of powerful women and so can find themselves missing out on finding the woman of their dreams.



### [On My Own: The Liberation of Being a Woman Alone](#)

**Author: Florence Falk**

"On My Own" sends the refreshingly positive, and supportive, message that being alone is not a sign of failure but can be an empowering and liberating experience. Society can be cruel in its assessment of a woman alone, regarding her as defective or deserving of pity. Similar pressures cause women to be ashamed of losing the status of mother, wife or girlfriend, and to dread the prospect of 'going it alone'. But, as the author of this inspiring book points out, being on your own can be a vital, intensely creative experience in which you can find your own voice and live a fulfilling life. The case histories and positive view of "On My Own" will resonate with every woman, young and old, since it touches on a sensitive nerve shared by women all over the world.

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