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| [Five Things to Do Today to Save Your Relationship](http://www.psychalive.org/5-things-to-do-today-to-save-your-relationship/)Research shows that dating couples lie to each other about a third of the time, while married couples do so in about one in 10 interactions.  While people seem to tell fewer of the “little” or “everyday” lies to loved ones, 64 percent of serious lies (“deep betrayals of trust”) involve people’s closest relationship partners. Most of us would agree that trust is an essential foundation on which to build a solid relationship. But how can we create more trust when we continue to lie to the people closest to us in countless, destructive ways?  Honesty is a key component of a healthy relationship, not only because it helps us avoid harmful breaches of trust, but because it allows us to live in reality as opposed to fantasy and to share this reality with someone else. So what can we do to not only be more honest but to promote an atmosphere of honesty around us? How can we generate a steady flow of truth-telling between ourselves and the people we love most?  Here are five elements that are essential to achieve these goals.**[Read On](http://www.psychalive.org/5-things-to-do-today-to-save-your-relationship/)**[Don’t Play the Victim Game](http://www.psychalive.org/dont-play-the-victim-game-by-robert-firestone-ph-d/)Even in the most extreme situation, feeling victimized is not adaptive. Your attitude is a vital factor in determining whether you will survive or perish, succeed or fail in life.[Do You Have an Honest Relationship?](http://www.psychalive.org/do-you-have-an-honest-relationship/)Married couples lie to each other in one in 10 interactions. Here are five ways to make your relationship more honest.[29 Ways to Increase Your Feeling of Self-Worth](http://www.psychalive.org/29-ways-to-increase-your-feeling-of-self-worth/)Having self-worth comes from within and can easily be harnessed. Here are 29 ways to increase your feeling of self-worth.[The Power of Not Knowing](http://www.psychalive.org/the-power-of-not-knowing/)*Not*knowing is not just a state to be endured; it’s a state of possibility and, if we so desire, a state of power.[Is Your Technology Use Hurting Your Kids?](http://www.psychalive.org/technology-use-hurting-kids/)Parents who are distracted by their devices are hardly attuned to their children. They may very well miss the hurtful effect they are having by failing to notice their child’s emotions. |  |  |  |  |