

STELLAR *Life*

Hosted By *Orion*

Couples Communication, Trust, and Infidelity

10 Point Checklist

Idit Sharoni

Want to gain as much knowledge as possible out of this episode? Here is your **10 point checklist** that gives you actionable steps you can take **TODAY** to start living a Stellar Life!

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"The quality of your relationships determines the quality of your life.."

IDIT SHARONI

10 STEPS YOU CAN TAKE TODAY

**Take charge of your health, wellness, and success.
Here are 10 steps that can move you closer to your goals – today.**

- When dealing with infidelity, first gather your strength and then pick up the pieces of what's left in your relationship. Don't do something irrational that may harm you or your partner.
- Communicate openly and in a meaningful way. Be aware of how you both are in the relationship by letting each other know how you truly feel.
- Talk lightly to your husband or significant other if you sense another woman casually flirting with him.
- Don't suppress jealousy because it's normal in every relationship as long as there are limits.
- Consider getting therapy if you're running out of ways to handle or improve your situation with your partner. It is not as much of a taboo now as it was before.
- Take time to heal. It's okay not to be okay. Spend time alone or with friends who can help you mend your broken heart and be patient with yourself.
- Live a life with high standards. The quality of your life determines the quality of your relationships.
- Create a relationship ritual of connection, something that only you and your partner are accustomed to. These rituals strengthen trust and bond in a relationship.
- Do everything you can to make your relationship thrive. Make sure that you are investing in something that helps you grow and learn.
- Don't take your partner or the little things for granted. Show appreciation even in the simplest of ways.