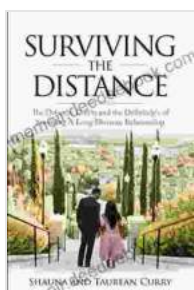


The Do's, Don'ts, and Definite Ways to Survive a Long Distance Relationship

Long distance relationships (LDRs) can be challenging, but they can also be incredibly rewarding. If you're considering entering into an LDR, or if you're already in one, it's important to be aware of the challenges and how to overcome them.



Surviving the Distance: The Do's, the Don'ts, and the Definitely's of Surviving a Long Distance Relationship

by David Ellefson

★★★★☆ 4.5 out of 5

Language : English

File size : 903 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting: Enabled

Word Wise : Enabled

Print length : 45 pages



The Do's

- **Communicate regularly.** This is the most important thing you can do to keep your relationship strong. Talk to each other every day, even if it's just for a few minutes. Share your thoughts, feelings, and experiences. It's also important to be open and honest with each other. Don't try to hide things or pretend to be someone you're not.

- **Make time for each other.** Even though you're not physically together, it's important to make time for each other. Schedule regular video chats or phone calls. You can also send each other letters or care packages.
- **Be supportive.** Be there for each other through the good times and the bad. Be understanding and supportive when things are tough. Celebrate each other's successes and be there to offer a shoulder to cry on when things are tough.
- **Be patient.** LDRs can be difficult at times. There will be times when you miss each other and it will be hard to be apart. Be patient with each other and don't give up on each other.
- **Have fun!** LDRs can be a lot of fun. Enjoy the time you have together and make the most of it. Go on virtual dates, play games together online, or watch movies together.

The Don'ts

- **Don't ignore each other.** Communication is key in an LDR. Don't ignore your partner's calls or messages. If you're busy, let them know and tell them when you'll be able to talk.
- **Don't be jealous.** It's natural to feel jealous when you're in an LDR. But it's important to trust your partner and not let jealousy ruin your relationship.
- **Don't compare your relationship to others.** Every relationship is different. Don't compare your LDR to other relationships that you see on social media or in movies.

- **Don't give up.** LDRs can be challenging, but they're not impossible. If you're committed to each other, you can make it work.
- **Don't be afraid to ask for help.** If you're struggling in your LDR, talk to a friend, family member, or therapist. They can offer support and advice.

The Definite Ways to Survive a Long Distance Relationship

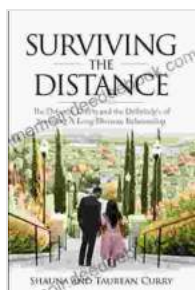
In addition to the do's and don'ts, there are a few definite ways to survive an LDR. These include:

- **Having a strong foundation.** A strong foundation is essential for any relationship, but it's especially important for LDRs. Make sure you have a strong connection and that you're both committed to making the relationship work.
- **Being realistic.** LDRs can be challenging. It's important to be realistic about the challenges and to be prepared for the ups and downs. Don't expect your LDR to be perfect. There will be times when it's hard, but if you're both committed, you can overcome the challenges.
- **Being open and honest.** Communication is key in any relationship, but it's especially important in LDRs. Be open and honest with each other about your thoughts, feelings, and needs. Don't try to hide things or pretend to be someone you're not. The more open and honest you are, the stronger your relationship will be.
- **Being supportive.** Be there for each other through the good times and the bad. Be understanding and supportive when things are tough. Celebrate each other's successes and be there to offer a shoulder to cry on when things are tough.

- **Being patient.** LDRs can be difficult at times. There will be times when you miss each other and it will be hard to be apart. Be patient with each other and don't give up on each other.

LDRs can be challenging, but they can also be incredibly rewarding. If you're committed to each other and you're willing to put in the work, you can make your LDR work. Just remember the do's, don'ts, and definite ways to survive a long distance relationship.

Author Bio: This article was written by [your name]. [Your name] is a relationship expert and author of the book "The Do's, Don'ts, and Definite Ways to Survive a Long Distance Relationship".



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