

“How to Remain Independent Within Your Relationship”

By Dr. Cindy Brown, “The Relationship Strategist”

In honor of Independence Day this month and the fact that this topic has come up several times with many of my private coaching clients these past few weeks, let's look at what we need to keep our sense of separateness, independence and psychological health, rather than filling most of our daily lives up with our relationships or partners, or being with someone, rather than taking care of ourselves better.

1. Maintain a separate group of friends
2. Plan fun activities each month with your friends
3. Have your own hobbies, likes, passion that fulfills you
4. Get Comfortable being with yourself
5. Learn to validate, praise, Love yourself so you don't always need your partner to do that for you

Have fun and Remember: In order to be the person you have never been, In order to have the **Life and **Success** you have never had, You must do what you have never done before: **Give me a call 310-202-1610 or [contact me](#) so I can support you in having the best life you've ever had!****

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