





Vijay kumar patel

✗ Mistake 5: Public Disrespect

**Family ya friends ke saamne
complain karna**

respect destroy karta hai.

Golden Rule:

**Private correction,
public respect.**

✘ Mistake 6: Appreciation Band Kar Dena

Relationship me negativity
bias strong hota hai.

Daily 1 Appreciation rule
follow karein.

Example:

" Thank you aaj itna support
karne ke liye."

✘ Mistake 7:
Assumption Banana

“Usko farq hi nahi padta.”

Ye mind reading hai.

Instead ask:

“Tum kya feel kar rahe ho?”



Mini Exercise (Couple Activity)

Aaj raat:

1. 10 minute bina interrupt kiye suno
2. 1 appreciation bolo
3. 1 future plan discuss karo

Sirf 7 din try karein.



If You Want Deeper Help

Agar aap:

- Baar baar same pattern repeat kar rahe ho
- Emotional distance badh raha hai
- Respect aur attraction kam ho raha hai

To structured guidance zaruri hai.

Main couples ko 6 week structured framework me help karta hoon jisme communication reset aur emotional intimacy rebuild hoti hai.

📞 Free Discovery Call

Agar aap apne relationship ko
seriously improve karna
chahte ho,
to free clarity call book karein.

[<https://tinyurl.com/45nm446s>
]

🔥 Last Line

Marriage toot ti nahi,
dheere-dheere disconnect
hoti hai.

Aur disconnect reversible hai
—agar sahi system ho.

one to one call book karen

whatsapp link

<https://tinyurl.com/45nm446s>



youtube link

http://www.youtube.com/@_vijaypatellive3224

By

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