

# Attitude Can Be A Game Changer: The 10 Secrets To Strong Relationships

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## The Game-Changing Power of Attitude in Relationships: How Your Mindset Shapes Love and Connection



Attitude plays a major role in our enjoyment of life, and relationships are no different. The way you think, react, and handle challenges, with your significant other, can determine the strength of your connection and happiness of your relationship. In relationships, love is important, but so is patience, understanding, and a positive mindset. In fact, those three things can help increase the satisfaction you find from your relationship. In this blog, we'll talk about different aspects of attitude that affect your relationship and how changing your attitude could be a game changer. Let's begin!

### 1. The Power of Positivity

A positive attitude can turn an okay relationship into a great one. When partners focus on each other's good qualities and look for solutions instead of placing blame, love is able to grow. Positivity spreads—if one person is

hopeful and encouraging, the other often follows. I have personally seen and felt the impact of positivity in my own relationship. My husband is a naturally optimistic human being, and his ability to see the good in things has helped me have a better attitude when we're handling a disagreement. Striving for positivity doesn't mean ignoring the problems, but facing them with a mindset that looks for solutions instead of arguments.

### 2. Gratitude Strengthens Relationships

When couples appreciate each other, both individuals are able to feel more valued and loved. Simple things like saying "Thank you for helping me" or "I love how you always support me" can make a relationship stronger. Gratitude helps couples focus on what's good in their relationship instead of what they feel is missing. Don't discredit or sell your partner short; let their positive qualities be acknowledged and appreciated. Being thankful for your significant other can make a big difference. Don't underestimate its ability to positively impact your relationship.

### 3. The Importance of Patience and Understanding

When tough times arise, having patience and understanding can help couples survive the choppy waters. As much as I hate to admit it, patience has never been my strong suit. When I react impatiently towards my husband, I can see the hurt it causes him, versus when I make the effort to be more patient. Next time you're having a disagreement, instead of reacting angrily, try taking a deep breath and genuinely listening to your partner's side. When both people try to understand each other, they're able to start building the trust and respect for one another.

### 4. A Growth Mindset Makes Relationships Stronger

Having a growth mindset means understanding there is always room for improvement. Acknowledging that you have things to work on as a couple isn't always an easy thing, and can sometimes feel very discouraging. However, couples with a growth mindset see challenges as chances to learn instead of reasons to give up. They understand no relationship is perfect, so instead of letting their weakness get them down, they work through the

problems together, which helps them grow stronger as a couple.

## 5. The Power of Forgiveness

The practice of holding grudges can be very harmful for your relationship. Forgiveness allows couples to move forward instead of staying stuck in the past. Forgiveness isn't just about saying "It's okay"—it's about choosing to truly move on and start rebuilding trust. I've noticed when I hold onto anger, it harms me more than the person who's made me angry. I become extremely moody, my days don't go as well and I feel overall icky. This always makes me wonder if holding a grudge is worth it, and makes me start pondering my own shortcomings. Everyone makes mistakes, and learning not to hold grudges can be very healing for a relationship.

## 6. Self-Love and Confidence Help Your Relationship

The way you see yourself has a major impact on your ability to accept and give love in a relationship. When you love and believe in yourself, you bring your best self into the relationship. You're able to accept other people's love better and give your own love more abundantly. However, if you feel insecure, it can lead to jealousy, fear, and doubt. A confident person trusts their partner and that trust helps create a happy, healthy connection.

## 7. Communication and Attitude Go Hand in Hand

Good communication is key, but if you speak in a rude way, it won't do you any good. A defensive or rude attitude can turn small talks into big fights. However, speaking with kindness and an open mind can turn disagreements into productive conversations. I heard once that before saying a thought, ask yourself if it's going to add to the conversation in a positive way, or if it's going to be a dud thought. A dud thought being, a spiteful comment that doesn't add to the solution of the problem and will fuel the angry fire. The goal shouldn't be to win your conversation, or have the snarkiest comment, but to converse with respect and understanding.

## 8. Adapting to Change Together

Life is full of changes, and how couples handle them is an important piece of the puzzle. Whether it's a job change, a move, or personal growth, being open to change helps

relationships stay strong. My husband and I recently went through a change in our life that we had anticipated with excitement. Unfortunately, it ended up bringing problems and not working out. When I was discussing this with my dad, he said "every setback is an opportunity". Yes, deciding to make that change and not having it work out, was hard for us. However, my husband and I grew closer as we faced the waves of change together. This experience also helped us face the next major change in a more confident, and optimistic way. Next time your faced with change, why not see it as an opportunity for new experiences and a chance to grow as a couple?

## 9. Taking Responsibility Instead of Blaming

When one person constantly points fingers, instead of taking responsibility for their actions, it prevents honest communication, builds tension and creates a divide between partners. Owning up to mistakes shows maturity and a willingness to grow, making it easier to work through disagreements. When both partners acknowledge their faults and actively try to improve, they build respect, trust, and a deeper emotional connection. This creates an environment where problems become opportunities for learning rather than sources of resentment.

## 10. Giving Without Keeping Score

Love is about giving, not keeping track of who does more. Doing kind things for your partner without expecting anything in return can create a beautiful atmosphere in your relationship. This doesn't mean ignoring your own needs, but rather giving love freely and trusting that your partner will do the same. Similar to positivity, I feel that giving is contagious. If someone is surrounded by generosity, service and love, they will start to pick up those traits and pay the kindness forward. If you wish to receive more kindness, why not start by seeing how much kindness you offer?

## Final Thoughts

Your attitude plays a major role in the success and happiness of your relationship. A positive, patient, and open mindset helps couples face problems together instead of letting the problems come between them. Whether it's showing gratitude, forgiving, or being willing to change, the right attitude can make all the difference. By choosing to be have an attitude that lets love thrive, couples can create a relationship that lasts. What's an

aspect of your attitude that could maybe use some tuning up?

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[How to Build Love in a Relationship: 7 Key Strategies for Lasting Connection](#)

[What Men Need in a Relationship: 10 Essential Elements for a Strong and Fulfilling Relationship](#)

[What Women Need in a Relationship: 10 Essential Elements for a Strong and Fulfilling Relationship](#)

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