How to have a mindful relationship

Developing a stronger connection with your partner could be as simple as learning to live in the present moment. By Angela Barrett

What is a mindful relationship?

A mindful relationship is one where both of you are living in the present moment in your relationship and acting with awareness. It’s where you’re able to listen deeply and are interested in one another. You generally don’t overreact to each other and you take responsibility for your own actions and emotions.

What would a mind-less relationship look like?

Lots of time looking at a screen when you’re in each other’s company! Being preoccupied, not paying attention to each other, superficial conversation, jealousy, anger, fighting. This is born from being out of touch with your own internal world - your feelings, needs and desires - and therefore out of connection with each other.
of touch with your partner. If you are disconnected from your partner, it’s a reflection that you are disconnected from yourself.

In your book, you say that to have a mindful relationship, we first need to become more intimate with ourselves. What do you mean?

Relationship intimacy – the ability to be in touch with someone else’s inner experience – starts with you. Only when you are deeply in touch with yourself can you connect with the inner experience of others. To be intimate with yourself is to have the ability to tune in to what you’re feeling and what your needs are and to be able to handle that in a mindful, loving way where you stay present with yourself without getting caught up in your thoughts or reactions.

**Mindfulness and Intimacy**

Mindfulness is a way of being that allows us to be more present, calm, and compassionate, and can improve the quality of any relationship.

Mindfulness helps you to own your own sensory experience and your partner’s. Notice the emotion, your own and theirs. Open your eyes, look into their eyes. Open your heart and feel the connection.

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Can mindfulness help you become mindful of yourself?

It can’t solve every issue but it can definitely help every issue. If you use it to develop loving presence with yourself and your partner, it can help resolve some of the conflicts, increase understanding or allow you to see that the relationship isn’t functioning anymore and perhaps the most loving thing you could do is to leave it in a respectful way.

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