



**Working out →**

# KEEPING A BOYFRIEND

Meeting the right man is for many just the first step.

Going through the transition from dating to being in a permanent relationship throws up all sorts of challenges. To what extent should you be willing to change? What changes are reasonable to expect of him? How to deal with conflicts and disagreements? How to talk to each other?

This four-week do-it-yourself process will show you how to:

- understand how to keep a relationship going
- take responsibility for how you relate to your boyfriend
- strengthen the bond between you and your boyfriend