

# what to say to save your relationship

What to Say to Save Your Relationship: Words That Heal and Rebuild Connection

**what to say to save your relationship** is a question many people quietly ask themselves when faced with tension, misunderstandings, or growing distance from their partner. Relationships, no matter how strong, encounter bumps along the way. Sometimes, the right words can act as a lifeline, guiding two people back to understanding and intimacy. But what exactly should you say when emotions run high and the future of the relationship feels uncertain? This article will explore meaningful ways to communicate, phrases that foster empathy, and strategies to express love and commitment clearly.

## The Power of Communication in Saving a Relationship

At the heart of every healthy relationship lies communication. Without open, honest dialogue, even the strongest bonds can begin to fray. When you're wondering what to say to save your relationship, it's important to remember that communication isn't just about the words themselves but about the intention behind them. Are you speaking to be heard? To understand? To connect? That intention sets the tone for every conversation.

## Listening as a Foundation

Before choosing your words, make space to really listen. Active listening shows your partner that you value their feelings and perspective. Instead of planning your response while they're talking, focus on absorbing their message. This can de-escalate conflict and create an atmosphere where both people feel safe sharing.

## Expressing Vulnerability Honestly

One of the most impactful things to say when trying to save a relationship is to admit your own feelings openly and without blame. Phrases like:

- "I feel hurt when we don't talk about what's bothering us."
- "I miss the way we used to connect and want to find that again."
- "I'm scared of losing what we have because you mean so much to me."

These statements invite empathy rather than defensiveness, helping your partner meet you halfway.

## What to Say to Save Your Relationship: Key Phrases

# That Promote Healing

Knowing what to say to save your relationship often means focusing on words that rebuild trust and show commitment. Below are some essential phrases that can open doors to reconciliation and growth.

## Apologies That Matter

A genuine apology can be transformative. But it must be sincere and specific, not just a quick “sorry.” Try:

- “I realize I hurt you when I said/did that, and I’m truly sorry.”
- “I didn’t mean to make you feel unimportant. That was wrong of me.”
- “I want to take responsibility for my part in this.”

By acknowledging your mistakes clearly, you demonstrate maturity and a willingness to improve.

## Affirmations of Love and Commitment

When tensions run high, reminding your partner of your love helps soothe fears. Saying things like:

- “I love you and want to work through this together.”
- “Our relationship is important to me, and I’m committed to making it better.”
- “No matter what challenges we face, I believe in us.”

These affirmations reinforce a shared purpose and encourage collaboration instead of confrontation.

## Inviting Collaboration and Solutions

Rather than placing blame, frame conversations around teamwork:

- “How can we solve this together?”
- “What do you think we both can do to improve things?”
- “Let’s find a way that makes us both feel heard and valued.”

Such phrases shift the dynamic from adversarial to cooperative, which is essential for long-term repair.

## Understanding Emotional Needs Behind the Words

When figuring out what to say to save your relationship, it’s helpful to remember that words are a vehicle for deeper emotional needs. Often, conflicts arise because those needs—like respect,

affection, security, or validation—aren't being met or communicated well.

## **Recognizing Your Partner's Feelings**

Try to identify what your partner is really feeling beneath their words or actions. Are they feeling ignored? Unappreciated? Overwhelmed? Responding to the emotion rather than just the surface conflict can change the entire conversation.

Example phrases:

- "It sounds like you've been feeling lonely lately. I'm sorry you've felt that way."
- "I can see that you're upset. I want to understand what's going on."

## **Expressing Your Own Needs Clearly**

Don't expect your partner to read your mind. Share your emotional needs openly and respectfully:

- "I need to feel like we're spending quality time together."
- "I feel disconnected when we don't talk about our day."
- "It's important to me that we find a way to resolve conflicts calmly."

By stating your needs without blame, you make it easier for your partner to respond compassionately.

## **How to Approach Difficult Conversations Without Pushing Away**

Sometimes, knowing what to say to save your relationship is only half the battle—delivering those words in a way that your partner can receive them is equally crucial.

## **Choose the Right Time and Place**

Avoid bringing up heavy topics when either of you is tired, stressed, or distracted. Find a calm, private moment where you can both focus on the conversation without interruptions.

## **Use "I" Statements Instead of "You" Statements**

Framing concerns from your perspective prevents your partner from feeling attacked. For example:

- Instead of "You never listen to me," say "I feel unheard when we don't talk things through."
- Instead of "You make me angry," say "I get frustrated when we don't resolve our disagreements."

## Stay Calm and Patient

Emotions can run high, but staying calm encourages your partner to mirror your tone. If the conversation becomes heated, suggest taking a short break and returning to it later with a clearer head.

## Additional Tips to Strengthen Your Words

Beyond knowing what to say to save your relationship, how you say it can make all the difference. Here are some extra tips to enhance your communication:

- **Be consistent:** Don't just say the right things once. Show your commitment through ongoing words and actions.
- **Use positive reinforcement:** Compliment and appreciate your partner regularly to build goodwill.
- **Practice empathy:** Try to see things through their eyes before responding.
- **Ask open-ended questions:** Encourage dialogue rather than yes/no answers.
- **Seek professional help if needed:** Sometimes couples counseling can provide tools and a safe space to improve communication.

## When Words Aren't Enough: Actions That Support Your Message

While finding the right words to save your relationship is crucial, pairing those words with consistent actions is what truly rebuilds trust and intimacy. Saying "I love you" is powerful, but showing love through meaningful gestures, time spent together, and mutual respect turns words into reality.

Whether it's setting aside phones to focus on each other, planning regular date nights, or taking responsibility for change, your actions must back up your promises.

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Relationships are complex and ever-evolving, but the right communication can be a guiding light through difficult times. By choosing words that express vulnerability, empathy, commitment, and a willingness to grow together, you create the foundation for healing and renewed connection. What to say to save your relationship isn't just about phrases—it's about opening your heart and inviting your partner to do the same.

# **Frequently Asked Questions**

## **What are the first things to say to save a relationship after a big argument?**

Start with a calm and sincere apology, such as 'I'm sorry for what happened. I value our relationship and want to work through this together.'

## **How can I express my feelings without blaming my partner?**

Use 'I' statements like 'I feel hurt when...' instead of 'You always...' to communicate your feelings without sounding accusatory.

## **What should I say to rebuild trust after it has been broken?**

Acknowledge the breach honestly, say 'I understand that I hurt your trust, and I'm committed to being transparent and patient as we rebuild it together.'

## **How do I initiate a difficult conversation to save my relationship?**

Begin gently with something like, 'Can we talk about something that's been on my mind? I want us to understand each other better.'

## **What phrases help show appreciation and reinforce love during tough times?**

Say things like 'I appreciate everything you do,' or 'I love you and want us to be happy together.'

## **How can I encourage open communication with my partner?**

Invite openness by saying, 'I want to hear how you feel about this. Your feelings matter to me.'

## **What should I say to forgive and move forward after a mistake?**

Express forgiveness by saying, 'I choose to forgive and focus on healing our relationship moving forward.'

## **How do I reassure my partner about our future together?**

Say, 'I am committed to us and willing to work through any challenges because I believe in our future.'

# What words can help de-escalate tension during a conflict?

Use calming language like 'Let's take a moment to breathe and find a solution together.'

## Additional Resources

**\*\*What to Say to Save Your Relationship: A Professional Exploration\*\***

**what to say to save your relationship** is a question that resonates deeply with couples navigating turbulent times. Relationships, regardless of their foundation, face challenges that can threaten their stability. The ability to communicate effectively during these moments often determines whether a partnership endures or dissolves. This article delves into the nuanced language and communication strategies that can help partners reconnect, rebuild trust, and foster mutual understanding.

## Understanding the Power of Words in Relationships

Communication is widely recognized as the cornerstone of a healthy relationship. According to the American Psychological Association, couples who engage in open, honest conversations are 60% more likely to report satisfaction and emotional closeness. However, when emotions run high, words can either heal wounds or deepen divides.

The question of what to say to save your relationship transcends mere phrases; it requires intentionality, empathy, and emotional intelligence. Words serve not only as vehicles for expressing feelings but also as tools to validate experiences and rebuild trust. Effective communication involves balancing honesty with sensitivity, ensuring that dialogue promotes understanding rather than defensiveness.

## The Role of Empathy and Validation in Saving Relationships

One of the most critical elements in salvaging a strained relationship is demonstrating empathy. Partners often feel unheard or misunderstood during conflicts, leading to emotional withdrawal. Expressing empathy through statements like “I understand how this has hurt you” or “Your feelings are important to me” can de-escalate tension and create a safe space for dialogue.

Validation differs from agreement; it acknowledges the other person's perspective without necessarily endorsing it. This subtle distinction is vital when considering what to say to save your relationship because it shows respect for your partner's experience, opening the door for constructive conversation.

## Key Communication Strategies to Rebuild Connection

## 1. Initiate Honest and Vulnerable Conversations

Starting an open dialogue requires courage and a willingness to expose one's vulnerabilities. Phrases such as "I want to be honest with you because I care about us" or "I'm scared we're drifting apart, and I want to find a way back" signal commitment to the relationship's future. Vulnerability often invites reciprocation, creating a foundation for mutual healing.

## 2. Avoid Blame and Use "I" Statements

Blame can trigger defensiveness, shutting down conversation. Instead of saying, "You never listen to me," reframe with, "I feel unheard when I try to share my thoughts." This shift in language focuses on personal feelings rather than accusations, fostering a more productive exchange.

## 3. Express Appreciation and Acknowledge Positive Aspects

During conflict, it's easy to focus on negatives. However, reminding your partner what you value about them can rekindle connection. Simple statements like "I appreciate how you always support me" or "I'm grateful for our shared memories" reinforce positive bonds and remind both parties why the relationship matters.

## Practical Examples of What to Say to Save Your Relationship

Navigating a relationship in distress often leaves couples searching for the "right words." Below are several examples of phrases that, when used thoughtfully, can help mend emotional rifts:

- **"Can we talk about what's been bothering us without judgment?"** – Opens dialogue while setting a respectful tone.
- **"I'm willing to listen and understand your perspective."** – Demonstrates openness and commitment.
- **"I recognize my mistakes and want to make things better."** – Shows accountability.
- **"How can I support you better?"** – Invites collaborative problem-solving.
- **"Our relationship means a lot to me, and I want to work on us."** – Reaffirms dedication.

These statements emphasize collaboration, empathy, and responsibility, key pillars in relationship repair.

## The Importance of Timing and Tone

While the content of what to say is crucial, equally important are the timing and delivery. Attempting serious conversations in moments of high stress or distraction can undermine effectiveness. Choosing a calm, private setting where both partners feel safe enhances the likelihood of productive exchange.

Tone also influences reception; a gentle, patient demeanor tends to encourage openness, whereas harsh or sarcastic tones can provoke defensiveness. Couples might benefit from practicing active listening and mirroring techniques to ensure both parties feel heard and understood.

## When Professional Guidance Complements Communication

In some cases, despite best efforts, couples may find it challenging to navigate communication barriers alone. Relationship therapists and counselors specialize in facilitating difficult conversations and teaching skills that improve dialogue quality.

Research from the Journal of Marital and Family Therapy indicates that couples engaging in therapy demonstrate a 75% success rate in improving communication and relationship satisfaction. Professionals can help identify entrenched patterns, mediate conflicts, and provide tailored strategies for what to say to save your relationship effectively.

## Integrating Communication Tools and Resources

Beyond therapy, various tools such as communication workshops, books, and online courses offer structured guidance. Resources that emphasize active listening, emotional regulation, and conflict resolution techniques empower couples to develop healthier interaction habits.

For example, the “Gottman Method,” based on extensive research, provides couples with concrete phrases and exercises to express needs without criticism, repair misunderstandings, and build emotional intimacy.

## Challenges and Pitfalls to Avoid in Relationship Communication

While knowing what to say is vital, certain pitfalls can sabotage efforts:

- **Using Absolutes:** Statements like “You always...” or “You never...” exaggerate issues and put partners on the defensive.
- **Stonewalling:** Refusing to engage or shutting down can stall progress.

- **Interrupting:** Cutting off a partner's speech conveys disrespect and inhibits understanding.
- **Neglecting Nonverbal Cues:** Body language, eye contact, and tone significantly affect how messages are received.

Being mindful of these common mistakes enhances the positive impact of well-chosen words.

## The Role of Self-Reflection in Communication

Before engaging in critical conversations, self-reflection can clarify what you truly feel and want to convey. Journaling emotions, identifying triggers, and considering your partner's perspective can lead to more authentic and effective communication.

This introspective process also helps in managing expectations, reducing emotional reactivity, and fostering patience—qualities essential for sustained relationship repair.

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Ultimately, knowing what to say to save your relationship is a multi-dimensional challenge that involves empathy, accountability, and strategic communication. Words carry immense power to either bridge divides or widen gaps, making mindful language choice crucial. By combining honest expression with active listening and professional support when needed, couples stand a better chance of overcoming difficulties and nurturing lasting connection.

## What To Say To Save Your Relationship

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**what to say to save your relationship:** THE COMPLETE NICK ARMBRISTER POETRY COLLECTION Volume 2 1996 - 2013 Nick Armbrister, 2013-12-08 THE COMPLETE NICK ARMBRISTER POETRY COLLECTION Volume 2 covers it all, Nick Armbrister's work from early 1996 right through to late 2013. An epic career of poems on many topics and views. Much of his work has been published in the 'small press' poetry scene over the years and in his previous books. Also included here is new unpublished work. This book will appeal to anyone who wants to read Nick Armbrister's multi emotional work and to new readers who want to read something different and unique.

**what to say to save your relationship:** *'Til Death Do Us Part Or 'Til You Piss Me Off... Whichever Comes First*. Michael Rice, Michael Rice Lisac, 2009-09-24 Getting along with others, especially the important people in our life has the ability to bring happiness to our lives, to end wars before they even start; to maintain a two parent home for our children; and to put a serious damper on crimes committed against others. This is a book on how to establish relationships and maintain them. By improving the quality of the relationships with those important in your life, you can overcome most of the conflict that you will experience in your day to day contact them and as a byproduct you will enjoy happiness.

**what to say to save your relationship:** The Connection Code - For Couples Nolan Collins, 2025-09-28 For couples who actually like each other but keep having the same arguments. You don't need relationship rescue - you need communication skills no one ever taught you. This isn't about fixing what's broken; it's about strengthening the connection you actually want. The Real Problem: Most couples therapy teaches you to analyse why you argue. This book teaches you how to stop arguing about the same things every week without blaming your parents, your childhood, or that first love that tore your heart out. It's all about the here and now, understanding what's going on today, so you can stop letting the past affect you (as much!). What You'll Learn Five specific phrases that interrupt destructive communication loops: Yellow Phrase: Get heard without interruption Green Phrase: Share your perspective before receiving input Blue Phrase: Request processing time without triggering panic Orange Phrase: Ask for presence without conversation Red Phrase: Take strategic breaks that strengthen rather than damage Complete guidance for both partners: How to initiate these phrases effectively AND how to receive them without taking it personally or feeling rejected. Plus practical tools: The Connection Cube - a physical reminder system that works in heated moments Understanding your primitive brain responses during conflict Pattern interruption techniques that actually work How to create safety for emotional expression Building daily practices that prevent communication breakdowns Who This Is For Couples who love each other but are tired of communication patterns that don't serve your relationship. Whether you're newlyweds learning to navigate differences or long-term partners wanting to break cycles that have persisted for years. What Changes? Stop excavating past grievances during every discussion. Start having conversations that actually resolve things. Finally use your combined intelligence for partnership instead of proving who's more right. You'll understand what's actually happening in those moments when reasonable people become relationship amateurs, and you'll have concrete tools to navigate them together. Ready to upgrade your communication from emergency intervention to daily connection? Get your copy now and transform your very next conversation from potential argument into actual partnership.

**what to say to save your relationship:** You Can't Afford to Break Up Stacey Nelkin and Paul Schienberg Ph. D., 2009-11 The tough economic times can affect even the most stable relationships. Breaking up isn't the only answer; it can be rough both emotionally and financially. But by taking stock of your relationship with your partner and a little work, you can stay together and be happy. In

this self-help book, actress Stacey Nelkin and therapist Paul Schienberg collaborate and offer ideas to help you jump-start your love life. Filled with relevant real-life illustrations and stories, *You Can't Afford to Break Up* offers insightful and thought-provoking tips for saving relationships. It teaches you how to: Achieve open, honest communication to invigorate your relationship Use fantasy, acting, and the power of imagination to inject your relationship with variety and excitement Spice up your relationship while staying within your personal boundaries Focus on the emotional connections between romance and finance Geared toward couples in all stages of a relationship, *You Can't Afford to Break Up* encourages you to be proactive and use your imagination to be sexy and have fun. You can't afford to break up; save your relationship and save money. All you need is an empty wallet and a dirty mind.

**what to say to save your relationship:** *I Still Do - Tips for Saving Your Marriage, Preventing Divorce and Rekindling that Flame* Joshua Osenga, 2014-06-05 Marriage is one of the most significant aspects of living, and is the significant commitment two people can make in love and in life. Becoming husband and wife is beautiful, and unifies two people in celebration of their relationship. However, this commitment isn't easy. It is a lot of work, and the relationship needs a lot of attention and care. Therefore, entering into marriage is a serious step to take and should be given a lot of thought. Due to the complexities of marriage, it is not unusual for couples to experience marital problems along the way. However, many couples ignore these problems thinking that these aren't severe enough to cause significant damage. This is where things can go wrong. You must remember that letting problems accumulate unsolved build up into big roadblocks in your relationship, and can eventually destroy it. So, if you find that you're in serious trouble and are afraid that your marriage is falling apart, is there anything you can do to actually turn it around? Well, in reality, there is. With a positive attitude and taking steps that we'll discuss here, you can be proactive and save your marriage with the one you love. Marriage is a wonderful life commitment that needs your constant nurturing and efforts. If you are currently down and out, and feel that your marriage is irreparable, don't lose hope. There are things you can still do; things that are effective and plausible given the right amount of motivation and hard work. Remember that at the root of your marriage is love. So, use this love to motivate you to move forward and risk yourself to save your relationship, and to become stronger and better as a couple. Fearing failure won't help you, so take that leap of faith, do what you need to do, and more often than not you will reap the rewards.

**what to say to save your relationship:** *I Suck at Relationships So You Don't Have To* Bethenny Frankel, 2016-04-05 Filled with a mix of candid personal stories and the no-nonsense advice she's known for, [this book] is the next step on Bethenny's *A Place of Yes* journey ... by someone who has made many relationship mistakes and knows a thing or two because of it. Bethenny takes a deep look at her own dating and relationship history and gets to the heart of the mistakes women make and what it takes to find and sustain a meaningful connection. Look for Bethenny's take on hot topics such as understanding your man, the do's and don'ts of dating, how to trust your gut, and much more--Amazon.com.

**what to say to save your relationship:** *Time, Money, Freedom* Ray Higdon, Jessica Higdon, 2022-02-15 10 secrets to gaining personal and financial freedom for you and your family, from two top marketing experts and entrepreneurs. "I highly recommend you grab this book if you want to create a better life for you and your family!" — Russell Brunson, New York Times best-selling author What does "success" mean for you? Is it being your own boss? Saving money to send a child to college? Taking an extended family leave without worrying about how to pay the bills? However you define it, this book gives you the freedom to imagine it—and a road map to reach it. Authors Jessica and Ray Higdon have built their lives on a shared desire for freedom and balance—from living on Jess's wages as a makeup-counter salesclerk, to achieving dramatic success as network marketing partners, to running a multi-million-dollar coaching and training company today. Now they want to help you do the same. Now available for the first time in paperback, *Time, Money, Freedom* lays out 10 simple rules for redefining what's possible in your life, including: Make room for change in your life by banishing doubt and anxiety Create a vision for your personal brand of freedom outside the

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**what to say to save your relationship:** *Alternatives to Domestic Violence* Kevin A. Fall, Shareen Howard, 2017-03-27 *Alternatives to Domestic Violence*, 4th Edition is an interactive treatment workbook designed for use with a wide variety of accepted curricula for domestic violence intervention programs. This new edition adds and revises the exercises and stories in every chapter, covering important topics such as respect and accountability, maintaining positive relationships, good communication, parenting, substance abuse, digital abuse, and sexuality. Chapters on parenting, substance abuse, and religion have also been heavily revised based on current literature and group member feedback. The chapters provide a comprehensive collection of vital topics, including topics rarely addressed in other curricula, and exercises help the group members learn new strategies for leading a life of cooperation and shared power. Continuing the tradition of past editions, this edition not only focuses on the content of a good BIPP curriculum, but it also stresses the group process elements that form the backbone of any quality approach.

**what to say to save your relationship:** *Tough Talk to a Stubborn Spouse* Stephen Schwambach, 2001-03-13 In the United States, someone gets divorced every 27 seconds. In almost every instance, at least one person desperately wants the marriage to stay together. you may be that person. Perhaps you are the other spouse, or a child, or a relative or friend, but your heart is breaking because someone for whom you care deeply is headed straight for a divorce. You know that this person is about to destroy his or her life, but you haven't known what to do. now you can give your loved one this book. In *Tough Talk To A Stubborn Spouse*, author Stephen Schwambach pours 20 years of counseling and pasturing stubborn people into short, powerful chapters that will stimulate the thinking of husbands or wives. One word of caution-the talk between these covers is truly tough. It is so honest that at times it actually hurts to read it but don't let that stop you. It could be the key that unlocks a desperate situation.

**what to say to save your relationship:** *Building Blocks for Relationships* Gaspar Garcia, 2008-12 *Building Blocks for Relationships* is a study on how to foster relationships through reliance on Bible Scripture and exploration of the core values Jesus used to build relationships with others during his time on earth. Gaspar Garcia, pastor of the Church of Divine Grace in Davie, Florida, has been involved in church leadership and Christian ministry for the past twenty-two years. Through his personal and professional experience, Garcia illustrates how the Bible's most basic principles like truth, honesty, integrity, and sincerity can be applied to a relationship and yield positive and fruitful results. Garcia provides the basic elements fundamental to every successful relationship; examines the challenges that Christians face in establishing and sustaining sound relationships; and reviews the qualities that constitute a healthy and vibrant relationship, as he provides specific ways to: Relieve stress in your marriage Contribute to the financial goals of your relationship Enjoy talking with your children Build proper expectations with new acquaintances By applying Christian principles established thousands of years ago, anyone can begin to construct a sound foundation for improving relationships starting today!

**what to say to save your relationship:** *The Art of Saying NO* RAVI LALIT TEWARI, 2024-05-15 ☐ Are you feeling like your life is spiraling out of control? ☐ Do you struggle with putting yourself first because of a constant need to please others? ☐ Do you feel guilty saying NO to requests from friends, family, and coworkers? It's time to take back control and learn the art of saying NO! If you are in PAIN, this book will give you PLEASURE! If you have a PROBLEM, this book will provide you with a SOLUTION! ☐ Why Say NO? The secret to saying NO effectively lies in the art of the Positive NO. This valuable life skill will change how you communicate and empower you to make decisions that align with your values and priorities. If you learn how to say NO, you will embrace the power of this most important word in the language. You can use this word to protect yourself and

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**what to say to save your relationship:** The Self-Care Revolution Presents: Module 6 – The Power of Relationships Robyn Benson, Kevin Snow, 2014-01-09 Did you know that the power of your relationship with your-self, others, and money all have major influences on your success and happiness? This month as you engage with the Self-Care Revolution(TM) and our expert speakers you will learn how to tap into your full potential along with learning about the common beliefs and actions that prevent you from having fulfilling relationships with others, yourself, and why your beliefs about money may be preventing you from becoming financially prosperous. Positive relations = happiness, prosperity and connection. This engaging book encompasses a weekly educational and empowering teleseminar, which is part of the Self-Care Revolution. This is an exciting opportunity to be instrumental in creating powerful changes to individual and collective wellness worldwide. This revolution is raising the planet to a new level of understanding when it comes to The True Health Care and it all Begins with your self-empowering health choices.

**what to say to save your relationship: Relationships** Alvin Wallace, 2011-02-04 There is no relationship without the involvement of others. The question although so laid back should be what does it mean to me as a young adult having to walk in Others shoes surely you dont want to make the same mistakes. Hopefully reading this story will provide you with a safety net, insight, knowledge, understanding, and most importantly a wake up call for you before involving yourself into relationships. This book could be your road map or a stepping stone if you will to guide you into making the right and proper decisions governing your relationships and involvements with others.

**what to say to save your relationship:** The Tarikh-i-Rashidi Mirza Muhammad Haidar, 1895

**what to say to save your relationship: The Tarikh-i-Rashidi of Mirza Muhammad Haidar** Haydar Mirzā, 1895

**what to say to save your relationship: A History of the Moghuls of Central Asi** Mirza Muhammad Haidar Dughlt, 2008-01-01 One day when Tughluk Timur Khn was feeding his dogs with swine's flesh, Shaikh Jaml-ud-Din was brought into his presence. The Khn said to the Shaikh: Are you better than this dog or is the dog better than you? The Shaikh replied: If I have faith I am the better of the two, but if I have no faith this dog is better than I am. The Khn was much impressed by these words, and a great love for Islm took possession of his heart. -from Part I: Chapter 1: Beginning of the Tarikh-I-Rashidi When the history of the Moghuls of Central Asia, which covered several tumultuous centuries, was in danger of being lost entirely, one of its players, the military general and ruler of Kashmir MIRZA MUHAMMAD HAIDAR DUGHLAT (1499-1551), took it upon himself to write it down. The result was the legendary Tarikh-i-Rashidi, and this 1893 work-from the all-but anonymous N. Elias and E. D. Ross-represents the first full translation into English of one of the

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**what to say to save your relationship:** *The Tarikh-i-Rashidi: an Engl. version, ed. with comm. by N. Elias. The tr. by E.D. Ross* Muḥammad Ḥaidar Dughlât, 1895

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