I’m nervous about meeting my partner’s family. Any advice?

Meeting for the first time can be nerve-wracking.

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David & JohnnyCourtesy of David & Johnny

Meeting the family of your partner for the first time can be nerve-wracking. You hope they're all just as wonderful as your partner, but you also want to meet real people.

There's nothing like sharing your life with someone who has a loving and supportive family that welcomes you. Here are some tips we believe will help you.

- Be present. You've gone through a lot to get to this point, so be in the moment. Be engaging and show your personality.

- Family is different from friends. While your partner has all the reasons in the world to love and

adore your quirks and idiosyncrasies, now may not be the time to totally let your hair down. Use this time to get to know the family.

- Don’t wear out your welcome. When we’re nervous we often say too much or do too much, especially when we want others to like us. You and your partner should work out an exit strategy. If you’re asked to stay longer, especially by the parents, do so.

- Family is forever. Be kind and respectful. Families tend to remember some of the good things you do or say, but they never forget the bad. Listening to their stories should give you a good indication of how your partner views life and relationships.

So, in other words, relax! Treasure the time you’ll get to spend meeting this special group of people.

Go to DavidAndJohnny.org for more information on all things David and Johnny. Also check out their video blog series “Table Talk” on POZ.com.

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