

COMMON PITFALLS IN A RELATIONSHIP

Quite a number of relationships today has failed due to one reason or the other as a result you may begin to wonder and feel if going on that journey is worth the while.

The pain that comes from a failed or broken relationship can be a sad one, some has recovered from the pains while others do have not. In fact, many are still living with the pain which can be so traumatizing.

This pain or heartbreak has left a big hole in your heart and you may decide not to fall in love ever again. Question like "is love a crime"? will continue to race back and forth on your subconscious mind.

I know you want to see your relationship grow from where it is today, you want to be happy with the love of your life. And yes! You have put in a great amount of work and sacrifices into your relationship, but you need to know and understand the concept of a relationship, the pros and cons, how it works and make it work in your favour.

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The number of failed relationships keep increasing by the day. What could be the reason? Let's find out!

INDECISIVENESS

Before getting into a relationship, you should know what you want, the kind of guy or lady you would want to be with. No one should make decisions for you in regards to who you should be with. Stop being indecisive when it comes to matters of the heart because this can be very dangerous

This tends to be a big issue among the dating folks today, you go into a relationship halfheartedly, you are not really sure because you know deep down your partner is not actually who you want to be with from the onset and that will definitely create a big void in the relationship

LACK OF COMMUNICATION

Good communication is important as it is the way couples stay emotionally connected. There should be open communication between "you guys", learn to talk things through, do not bottle up your feelings, let it out!

You should not have a time table on when to call or check up on each other. Learn to talk about big or little things, resolve issues together and build your communication line.

LACK OF ATTENTION

The word attention literally means to take notice of someone thus showing concern in a more practical ways. It's natural to crave for attention as humans especially from someone you love and cherish, you need to constantly nurture and feed it, without attention no relationship no matter how strong can survive for so long, with time the root of connection simply shrink and wither away.

The honest truth is this "attention is the most basic form of love".

LACK OF UNDERSTANDING

If you learn to understand each other very well, you will have less issues. Put in a great deal of effort to understand the likes and dislikes of your partner, be observant and always pay attention to every details concerning your partner. If issues arise be quick to apologize even though you are at fault. most importantly do not go to bed with a heavy heart, resolve any issues or differences you might have on time, do not pile up issues and keep an account or recalled what has happened in the past.

Disagreement is expected in a relationship but the way you deal with it is what matters, you should not let your emotions get the best of you.

LIES

Do not build your relationship on lies, the foundation you lay is very important, be honest and speak the truth, do not claim to be who you are not just to impress your partner, your partner should be able to accept you for who you are, the real you!

COMPARISON

Do not compare who you are currently with to your ex, everyone is different learn to accept your partner for who he/she is, support and grow together, learn to see the bigger picture in your partner, add value to each others lifes, comparing will only make your partner to be weak, depressed and frustrated! am sure you wouldn't your partner to feel that way.

INSECURITIES

Feeling insecure in your relationship can be really painful and upsetting. It can manifest itself in all kind of ways, you might feel your partner is about to breakup with you all the time, you might have trouble trusting them not to cheat on you, such feelings makes it difficult to have much faith in your future together and sometimes leave you wondering whether the easiest solution would be to breakup, which can begin to really have negative effects in other areas of your life. constant and effective communication can help you in this regard.

LACK OF TRUST

Trust is the foundation of a healthy relationship. When there's a lack of trust, it can manifest as suspicion, jealousy, or insecurity. This can lead to constant questioning, snooping, and arguments, ultimately eroding the bond between partners. Building trust requires transparency, honesty, and consistency in behavior.

UNREALISTIC EXPECTATIONS

Unrealistic expectations involve expecting your partner to fulfill all of your emotional, social, and personal needs. This can create pressure and dissatisfaction because no one person can meet every need. It's important to maintain a level of independence, seek fulfillment from various sources, and have realistic expectations of your partner.

LACK OF PERSONAL SPACE

Spending all your time together and not allowing each other personal space can lead to feelings of suffocation. It's important to have time for your individual hobbies, friends, and interests to maintain a sense of self. This can actually strengthen the relationship by allowing both partners to grow independently.

FINANCIAL CONSTRAINTS

Financial Conflicts: Money issues are a common source of tension in relationships. Differences in spending habits, financial priorities, and debt can lead to arguments and resentment. To address this, couples should openly discuss their financial goals, create a budget, and find a compromise that works for both parties.

LACK OF INTIMACY

Physical and emotional intimacy is crucial in a romantic relationship. A lack of affection, emotional connection, or sexual compatibility can lead to dissatisfaction and frustration. Couples should prioritize spending quality time together, communicating openly about their needs and desires, and seeking professional help if intimacy issues persist.

UNRESOLVED PERSONAL ISSUES

Baggage from past relationships or unresolved personal issues can spill over into your current relationship. It's important to address these issues through therapy or self-reflection to prevent them from negatively impacting your current relationship.

FAMILY AND FRIENDS INTERFERENCE

External influences, such as overbearing family members or friends who don't support the relationship, can create strain. Setting boundaries and communicating openly with loved ones about your relationship can help mitigate this issue.

ADDICTIONS

Substance abuse or other addictions can have a devastating impact on a relationship. These issues often lead to trust problems, emotional turmoil, and neglect of responsibilities. Seeking professional help for addiction is crucial, and couples therapy can also be beneficial.

EMOTIONAL BAGGAGE

Emotional wounds from the past, such as unresolved trauma or past betrayals, can affect your ability to trust and connect with your partner. It's important to recognize and address these issues through therapy or self-help methods to heal and move forward.

NEGLECTING SELF-CARE

Neglecting your own physical and emotional well-being can lead to burnout and make it difficult to contribute positively to the relationship. Both partners should prioritize self-care to maintain a healthy balance in the relationship.

INFIDELITY

Cheating and emotional affairs can cause irreparable damage to trust and emotional intimacy in a relationship. Rebuilding trust after infidelity is possible but requires open communication, remorse, and commitment to repairing the relationship.

NEGLECTING SPENDING QUALITY TIME TOGETHER

Focusing too much on daily routines, work, or other commitments without spending quality time together can make a relationship feel disconnected. Prioritizing date nights and quality time can help keep the emotional connection strong.

INADEQUATE COMMUNICATION

Effective communication is the cornerstone of a strong relationship. Failing to communicate openly and honestly can lead to misunderstandings and resentment. Partners should be willing to listen actively, express themselves clearly, and address concerns or conflicts as they arise.

CONTROL AND MANIPULATION

Controlling behavior or manipulation, whether subtle or overt, can be toxic in a relationship. It can erode trust and lead to emotional abuse. Healthy relationships are built on mutual respect and the freedom to make choices independently.

DEPENDENCY

Over-reliance on your partner for emotional or financial support can create an unhealthy power dynamic. Each partner should maintain their independence and contribute to the relationship as equals.

FAILURE TO APOLOGIZE AND FORGIVE

Holding onto grudges and refusing to apologize or forgive can poison a relationship. It's crucial to acknowledge mistakes, offer sincere apologies, and genuinely forgive your partner to move forward constructively.

NEGLECTING RELATIONSHIP MAINTENANCE

Neglecting Relationship Maintenance: Just like any other aspect of life, relationships require ongoing effort and maintenance. Neglecting your relationship by taking it for granted can lead to complacency and a decline in satisfaction.

PHYSICAL OR EMOTIONAL ABUSE

Any form of abuse, whether physical or emotional, is unacceptable in a healthy relationship. Seek help and support immediately if you find yourself in an abusive situation.

FAILURE TO SET BOUNDARIES

Clear cut boundaries are essential to maintaining a healthy relationship. Not setting or respecting boundaries can lead to discomfort, resentment, and conflict. Both partners should communicate their boundaries openly and respect each other's limits.

UNRESOLVED JEALOUSY

Uncontrolled jealousy and possessiveness can damage trust and push your partner away. Managing jealousy requires building self-esteem, addressing insecurities, and engaging in open and honest communication to alleviate concerns.

IGNORING RED FLAGS

Early warning signs of compatibility issues or abusive behavior should never be ignored. Pay attention to your instincts and address concerns promptly, whether through open communication or seeking professional help

SEXUAL INCOMPATIBILITY

Sexual compatibility is a vital aspect of a romantic relationship. Differences in desires, preferences, or communication about sex can lead to dissatisfaction. Partners should openly discuss their sexual needs, desires, and boundaries to ensure both are satisfied.

UNEQUAL CONTRIBUTION

Feeling unequal in contributions to the relationship can lead to resentment. Couples should strive for balance and fairness in terms of effort, chores, responsibilities, and emotional support. Openly discussing and dividing these aspects can prevent feelings of inequality.

LOSS OF FRIENDSHIP

A strong foundation of friendship is crucial in romantic relationships. Neglecting the friendship aspect can make the relationship feel more transactional or obligation-based. Continue to nurture your friendship by spending quality time together, enjoying shared activities, and supporting each other's interests.

Expecting your partner to intuitively know your thoughts and needs can lead to misunderstandings and frustration. It's crucial to express your thoughts, feelings, and needs clearly and directly to ensure effective communication.

UNREALISTIC PERFECTIONISM

Believing that your partner or your relationship should be perfect can lead to constant dissatisfaction. Accepting imperfections and working through challenges together is a fundamental aspect of a healthy, lasting relationship. Recognize that both partners are human and make mistakes, and growth happens through shared experiences and overcoming obstacles.

UNRESOLVED TRAUMA

Past traumatic experiences, such as abuse, neglect, or significant loss, can have a lasting impact on your emotional well-being and your ability to connect with a partner. Unresolved trauma may lead to triggers, emotional reactions, or defensive behaviors that affect the relationship. Seeking therapy or counseling to process and heal from trauma is crucial for both individuals and the relationship.

MISMATCHED VALUES

Having fundamental differences in values, beliefs, or priorities can create ongoing conflicts and dissatisfaction. It's essential to have open discussions early in the relationship to determine if your values align. If they don't, you may need to assess whether the relationship can truly work long-term or if compromise is possible.

CODEPENDENCY

Codependency occurs when one or both partners rely excessively on each other for their self-worth and identity. It often involves sacrificing personal boundaries and well-being for the sake of the relationship. Healthy relationships are built on interdependence, where both individuals maintain their self-esteem and autonomy while sharing their lives.

NEGLECTING SELF-CARE

Failing to prioritize self-care can lead to burnout, resentment, and a lack of personal fulfillment within the relationship. It's vital for both partners to engage in self-care activities that promote physical, emotional, and mental well-being. This not only benefits the individuals but also strengthens the relationship.

UNREALISTIC IDEALS

Holding unrealistic ideals about what a relationship should be, often fueled by media portrayals or societal pressures, can set couples up for disappointment. Understanding that relationships have ups and downs and that no one is perfect can help manage expectations and promote healthier relationship dynamics.

TECHNOLOGY OVERUSE

Excessive use of technology, such as smartphones and social media, can lead to disconnection in relationships. Constant distractions can prevent meaningful communication and quality time together. Couples should set boundaries on technology use and prioritize in-person interactions.

CONFLICT OVER CERTAIN LIFESTYLE

When partners have vastly different lifestyles or long-term goals, it can lead to conflicts over how to spend time, money, or pursue personal interests. It's important to discuss and align your lifestyles, or determine if compromises can be made to accommodate both partners' needs and desires.

UNACKNOWLEDGED RESENTMENT

Allowing unresolved issues or resentment to fester can harm the relationship. It's crucial to address conflicts, even small ones, and express feelings honestly. Ignoring problems can lead to emotional distance and damage trust.

OVERIDEALIZING ABOUT THE PAST

Comparing your current relationship to past ones and romanticizing past partners can hinder your ability to fully invest in the present relationship. It's important to let go of the past and focus on nurturing the current partnership.

BEING RIGID

Being inflexible and resistant to change can stifle the growth of a relationship. Partners should be willing to adapt and evolve together as life circumstances change. Open communication and compromise are essential to navigate life's transitions successfully.

LACK OF INTIMACY BEYOND THE PHYSICAL

Focusing solely on physical intimacy while neglecting emotional and intellectual connections can leave partners feeling unfulfilled. Building intimacy in various aspects of the relationship, such as shared interests, deep conversations, and shared dreams, is crucial for long-term satisfaction.

IGNORING FEEDBACK

Dismissing feedback or concerns from your partner can create communication breakdowns and hinder growth. Both partners should actively listen to each other's feedback and work together to address issues and make improvements in the relationship.

NEGLECTING TO SET APPROPRIATE GOALS

Failing to set shared goals and aspirations can lead to complacency and a lack of direction in the relationship. Setting goals together, whether they are related to career, family, or personal growth, can help partners stay motivated and connected.

Addressing these relationship pitfalls requires self-awareness, effective communication, and a commitment to personal growth and the growth of the partnership and it highlight the complexities and challenges. Couples who actively work on these issues can strengthen their relationship and increase their chances of long-term happiness.