

Relationship Challenges Video 2 of 3

Hi...We're back! Did you find the answer to our question? What is your definition of a Relationship? And if you are in a relationship, is your definition in alignment with your partners? If so, did you post your answer beneath the video?

Being in a relationship is not always easy, we all face challenges in our relationships. Remember I when I met Lionel being in a relationship was the last thing on my mind. I did not take Lionel seriously, because it was all about me.

I didn't take Kim seriously either, because she did things I was not accustomed to, she cussed like a sailor, drank like the town drunk and partied every possible weekend. Not to mention, I was interest in someone else anyway.

Needless to say, our relationship was a challenge from the start.

Again, being in a relationship is not always easy, here are some challenges we researched and they may be familiar to you as well.

Boundary Problems

In our research we found the biggest issue in relationships is boundary problems. We so often try to change our mate in the name of helpfulness. The truth is the only person you can change is you. The best you're going to do is change your response. That is so true because I'm the loud one and Lionel is the quiet one, instead of him changing me or vice versa, we just changed our response to each other.

Talking vs Communicating

Another major issue in a relationship is believing the act of talking to our partner is communicating. But we fall into common errors. A complaint is not communicating. One criticism is not communicating. To show ourselves as a victim of the conduct of our partner is not communicating. Poor communication can lead to problems during any stage of the relationship. Learning to express ourselves with assertiveness, from our feelings and not from the complaint or criticism. Accepting the views and needs of our partner is the best we can do to prevent the ruin of our relationship.

Time Management

A consistent issue that arises in relationships is time management. Couples are feeling so busy and stressed by feeling pulled into multiple directions that the quality of the relationship is declining. Couples need to increase their effectiveness with “couple consultation,” a form of collaborative decision making in a safe space. We help couples assess what they are doing and why, share what is important to the both of them, and help them to see how to protect their relationship with better choices. They examine their feelings and the facts of their circumstances in a gentle, honest way and reach a unified decision about how to rearrange their lives.”

Intimacy

More than money, kids, or any other relationship woe, the most common issue couples struggle with is sexual intimacy. Whether the problem is lack of interest or opportunity, modern couples —especially those with children — often face an up-hill battle to keep their sexual connection alive. And when it falters, individuals really do suffer. We believe intimacy is Fun, Friendship, Forgiveness, Love Styles and Love Making. We will give you the juicy 411 on all that later.

Emotional Infidelity

According to research partners often feel more betrayed by emotional infidelity because it's not just about sex. Emotional affairs are about an intimate relationship with someone outside to the commitment. Learning to trust someone and be emotionally vulnerable after these affair scan be incredibly difficult. If only they had learned how to talk to their partner about their needs, the affair could have been avoided.

Money

We all know relationships that have survived infidelity, several times over. But money is a huge issue. When spending habits are not the same nor are saving and the way bills get paid, it causes disagreements that can turn into serious arguments that can turn into fights and deep resentment. Money is a big relationship dissolver.

Inability or Unwillingness to Forgive

Researchers have stated the root issue in all relationships is the inability or usually unwillingness to forgive your partner. The offense or series of offenses may be petty or traumatic. At least ninety percent of issues in relationships are symptoms of an individual's unwillingness to forgive themselves, their partner, or some other person that has impacted their life negatively. The other 10 percent may be related to chemistry or difference in worldview.

Lack of Appreciation

The lack of appreciation is often the root cause of infidelity and so many other problems in a relationship. When appreciation is low, conflict is high. But when two people feel 100% appreciation from one another, they accept so much more than they do otherwise.

Allowing Technology to Interfere

One of the latest problems for couples is for those who allow technology to interfere with their relationship. People are texting while they're at dinner, surfing the Internet during family time, and using their Smartphone's constantly. As a result, people experience less quality time and it impacts their emotional intimacy. Often, people don't even recognize what the problem is. They think they're spending time together but don't realize they're distracted by technology. Sitting next to your partner and using separate laptops doesn't constitute quality time either.

We've only touched on a few challenges that may affect a relationship. So I would like to ask, can you relate to the challenges we shared? "What are some of the challenges in your relationship?" Before watching the next video, please go and discuss with your partner some of the challenges you guys are facing, do this without starting an argument. And if you're single, write down the challenges that existed in your past relationships. By writing them down you will become clear and it will help you to prepare for your next relationship. Then connect back with us tomorrow when we will share our

successful concept of building strong, healthy and rewarding relationships that will last a lifetime.