

The Top 10 Relationship Busters

1. Neglecting Your Partner

The purpose of a relationship is to provide companionship and to meet each other's needs. When other activities, interests and preoccupations interfere with our availability to our partners, it can result in short changing your partner. It is important to treat your partner as the most important person by spending enough quality time together to remain emotionally connected.

2. Dishonesty and Betrayal

Most people are aware that the most important foundation in a relationship is TRUST. There is no greater importance placed on a relationship than the need to be trustworthy and remain honest in all dealings with each other. Neither cheating nor lying to a partner can withstand the challenge it poses to a relationship. Indeed, it erodes the very foundation of the relationship and might destroy. In this situation, Couples Counseling is highly recommended to attempt to repair the relationship.

3. Critizing Your Partner

Any form of abuse in a relationship is unacceptable. Whether the abuse is sexual, physical, psychological it will erode the foundation and the emotional connection between partners. In cases of sexual and physical abuse, it may be necessary to encourage the partners to separate so that both can benefit from some support to try to figure out how to manage their emotions. In cases of physical abuse, this can be a deal breaker. **Sometimes even if the abusing partner seeks help, the risk of a relapse is high. Thus, it is important for the abused partner not to return because this reinforces the abusive/physical behavior.**

Verbally attacking, insulting and accusing your partner are less extreme forms of abuse however, they are still abusive and should not be tolerated.

4. Scapegoating Your Partner

Scapegoating has many forms and this is also a form of abuse. When we hold our partner responsible for things that are out of our control and are stressful. Moreover, there are times when we attempt to scapegoat as a way to deflect personal responsibility for our own behavior. If we are to have a healthy and loving relationship, then do what it takes to deal with issue head on.

5. Controlling Your Partner

It is natural to expect wanting certain things in a certain way. However, when this belief is taken to extreme and it begins to jeopardize the integrity of the relationship with your partner, it can cause a major rift between partners. If the need to control is a problem in your relationship, it is important to identify the motivation and work toward dealing with these issues.

6. Negativity

It is a fact that in order to have a healthy relationship, the positives must outweigh the negatives by 5 to 1. If negativity is seeping into your relationship, it slowly seeps into the foundation of the relationship. Specifically, people are usually more upbeat when they hang around positive people. Bringing negativity into your relationship usually overwhelms the positive. It is important not to ignore the problems in the relationship and this can also be harmful to the health of the relationship.

7. Putting Yourself First

In a healthy relationship, there is no room for self-centeredness and selfishness. Allowing one's self interests to dominate and take priority in an unbalanced way can be toxic to a relationship. The other person/partner usually feels deprived, left alone and eventually resentful. In this case, the more self absorbed you are, the more likely to take the relationship for granted, the less you appreciate your partner and the more alone you actually are. So if your relationship is slanted that way, both partners lose out in having a real connection.

8. Putting Yourself Last

When one of the partners in a relationship is always focusing on the other rather than themselves and creating a balance in the relationship, they are likely to be resentful, depressed and burned out. This doesn't mean that you are suppose to forget about the other person and focus exclusively on yourself. It is about balance. If you act like a doormat, you are not in a position to blame others if they wipe their feet on you. Please learn to stand up for yourself and be assertive in your communication. Take care of yourself as much as you care for yourself.

9. Taking Your partner for Granted

Sometimes when we are in a relationship, we take each other for granted and we expect the relationship to thrive even when we withdraw emotionally. We need to be able to express our affection verbally and non-verbally. Expressing our affection and love through caring behaviors is crucial to keeping a relationship strong and vibrant.

10. Gossiping

If you are talking about your problems in your relationship with friends and relatives without working out your issues, that amounts to gossip. This may result in additional difficulties. This means that your partner may feel betrayed that you revealed sensitive information to others that cause him or her to feel embarrassed or uncomfortable around them. Also, if you share negative information about your partner to others, they may get a distorted view and changes in behavior and attitude may follow.

If you want to improve your relationship and your life, therapy can assist you. At the CSG Clinic, we can help to uncover many of the patterns described above. Please call our office for a consultation.