

Relationships

September Newsletter

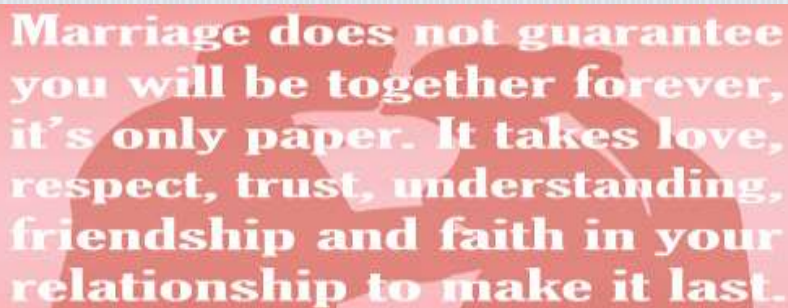
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Romance

Having a lasting romantic relationship with a compatible partner comprises one of the most meaningful and fulfilling aspects of life for many people. Maintaining a strong bond with another requires ongoing care and communication. The ability to accommodate individual differences is essential in every relationship but even more so in a long-term committed one.

harmonious partnerships but all relationships experience some challenges. And it is not always easy to solve them especially if you get caught in a negative interaction pattern. If you find yourself stuck in the same argument and go around in the same loop many times, then it may help to change the part you play. Next time you are in an argument, take a moment to



Marriage does not guarantee you will be together forever, it's only paper. It takes love, respect, trust, understanding, friendship and faith in your relationship to make it last.

Research carried out recently placed the importance of trust and honesty as the strongest indicators of a lasting relationship, with dedication and caring as close seconds. Signs that show commitment and a willingness to compromise are also valued qualities in maintaining long term compatibility too.

Sharing common goals and interests also promote

see what was triggering for you about what was being said or done. Take a breath and try to understand what meaning you are making about it. When we make a meaning, we tend to react to it and we stop really listening to what the other person is saying.

Understanding yourself can help you to express what you feel about what was said or done without blaming or becoming defensive. 🖤

Marie Wellness clinic

As you can see the theme this month is all about the relationships we have with ourselves and others.

When we get upset and hurt in our relationships it is because we want it to work; we want that connection to flow and be beautiful. If we feel we are not being understood it creates a threat or fear of loss and can spark off a negative cycle leading to further distress and hurt.

Some evidence exists to support the theory that our ability to form stable, lasting relationships starts in our early years where we develop a way of connecting to our caregivers.

"Every time you are tempted to react in the same old way, ask yourself if you want to be a prisoner of the past or a pioneer of the future." Deepak Chopra

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