

Relationship Myths

- Myth: You feel that your partner should want to be with you all of the time.
- **Reality:** It is important for a relationship to maintain a balance between time together and time apart. Relationships with friends are still very important.
- Myth: You think you can change things you don't like about your partner.
- **Reality:** People often improve in some areas as a result of being in a relationship; however, it is important to accept your partner faults and all.
- Myth: You think your partner's jealousy is cute or a sign of how much your partner loves you.
- **Reality:** Jealousy is often a sign of an unhealthy relationship. In healthy relationships, people trust one another enough so that jealousy is not a problem.
- Myth: You think that being in a relationship will solve your problems and meet your needs.
- **Reality:** The concerns that you have as an individual will affect your relationships.

What causes problems in a relationship?

- Fear of others knowing who you really are
- Fear of being hurt and disappointed
- Fear of losing freedom
- Fear of being judged
- Fear of showing that you care for someone else
- Feeling that your partner should want to be with you all the time
- Believing that a relationship will meet all of your needs
- Feeling that you NEED a relationship

What things are important in a healthy relationship?

- Be yourself, don't act like you think others want you to
- Disclose information about yourself, but not too much too soon
- Ask for what you want or need. Don't expect your partner to read your mind
- Don't assume things. Make sure your thinking is accurate
- Resolve conflicts. Don't ignore them and hope they'll go away
- Make sure the needs, interests, and feelings of both partners are given equal importance

How else can I help my relationship?

- Realize that it's natural for a relationship to have ups and downs
- Recognize that it's important to spend time apart as well as together
- Maintain friendships outside of your relationship
- Talk about your expectations for the relationship
- Try to see things from your partner's point of view
- Be willing to compromise
- Be honest
- Make sure both people have equal say in the relationship

Can a counselor help us?

Talking to a counselor helps many people with relationship concerns. A counselor can help you learn about communicating in a healthy way with your partner. Sometimes a counselor can be the neutral person a couple needs to deal with their problems.