

7 THINGS TO AVOID IN A RELATIONSHIP

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After the first step of "getting to know each other" also known as the casual dating stage and moving on to start a relationship, how you choose to handle your relationship could either help to build it or could as well destroy it. Many people run into relationships without educating themselves properly on what is needful and how to handle a relationship. If you can avoid these things, it would help shapen your relationship.

1) CONTROLLING YOUR PARTNER

Trying to control your partner can thrust a knife through the heart of your relationship. A lot of people derive pleasure from controlling others but that shouldn't be the kind of pleasure to be having in a relationship. Men naturally love it when their ego is fed and that is why they probably wouldn't think twice to step out of a relationship where they are being controlled. Women on the other hand also like to have a say in the thing, have their own opinion and not be shut out or put under a man's control. Discoveries have shown that human beings naturally detest being under the control of another, it leaves them agitated. Treat them the way you wish to be treated.

2) DO NOT EXPECT PERFECTION

Do not go into a relationship seeking for a perfectionist because you won't find one. No one is perfect, we are human and we are not perfect. We can only work towards perfection and help each other grow. Expecting your partner to be perfect would ruin your relationship because you won't be able to see them for who they really are, all you'll see is what you wish they were and this would push your relationship down the drain. No one is perfect, do not expect perfection.

3) AVOID PETTY FIGHTS

Petty fights over little things can be indeed very exhausting. Petty fights are really unnecessary, you do not have to make everything an argument, learn to let go and get over them. You do not necessarily have to pick a fight over a missed call especially when not done on purpose. "I didn't see it, I'm sorry" should be enough, you shouldn't keep pushing for a fight over such trivial thing as a missed call. Many people hope for peace and calm in their relationships and for someone to keep them happy but being in a relationship where the only constant thing is "fight" would only lead to frustration and heart break.

4) TRYING TO CHANGE YOUR PARTNER

It is true that we all are different and this could become an issue for people once they choose to have a serious relationship. However, the choice of who they should be doesn't have to be yours to make, trying to change a person is manipulative and only shows them how much you dislike who they are, it doesn't show love. Being in a relationship means accepting each other and not trying to fix or change them. People

also change over the years, some women gain more weight amongst other things. At this point, you learn to adjust to these changes and still choose love. When you feel tempted to change something about your partner, you just have to remember the reason you fell in love with that person.

5) KEEPING SECRETS FROM EACH OTHER

Communication is key in every relationship and most times it keeps the relationship going. You shouldn't intentionally hide anything from your partner, it is a bad sign. Once you begin to feel a little guilty for keeping something from them, that thing becomes a potential secret you must share and things this serious should be best heard from you than someone else, sharing of secrets and keeping in constant communication with each other also increases intimacy and builds trust.

6) NEVER HOLD BACK YOUR APPRECIATION

Most times we tend to forget how awesome our partner is until we think about it. Never forget to appreciate your partner, it goes a long way in reassuring them of your love, how much you care about them, how much you appreciate them and their effort. Words like "I love you" or "you are beautiful" are quite the simplest ways of showing your appreciation amongst other ways to show your appreciation. Holding back your appreciation can cause your partner pain especially when they begin to feel they are not doing anything right.

7) DO NOT IGNORE YOUR PARTNER'S VALUES

We all have different values from others, there is no disputing that. But before moving forward in your relationship, you must discuss about this and know the values each of you hold so as to avoid future problems. Once this step is skipped, it could be fatal to the relationship in the future when issues arise and the question of values comes to play. You shouldn't have to ignore your partner's values but hold them in regard as you would like them to do to yours. Values help to define your relationship and could serve as a good foundation to build a strong relationship.