



>> Don't adopt all your partner's bad habits, or the relationship will go on a downward spiral

# TOXIC WASTE

It's easy to weed out toxic friendships, unhealthy relationships and guys who are just bad news. But, have you considered that some of these could be bad for your love life too?

Rhea Dhanbhora helps you figure out if you've got a toxic partner without even realising it

From forgoing sweet nothings for fights to skipping gym days because your significant other prefers to spend every evening vegging out in front of the television — do you even realise when a relationship that isn't outwardly troublesome is doing you more harm than good? Take a look at what you may need to fix, change or step out of — for your own good, of course!

### Nancys and Debbiees

No, we're not talking about ditching the metrosexual male who's comfortable with his feminine side — we love that guy! This is the Negative Nancy, the Sad Sally and the Debbie Downer. Whatever you want to call him, he's always sucking the life right out of your relationship. What's the point being together if you can't have any fun?

### The distance drawer

He used to start every sentence with a 'babe' and end every conversation with sweet nothings; now, you're lucky if you get a 'good night' at the end of the day. While distance sometimes creeps into a relationship and causes fights, break ups and make ups, if he's consistently drawing away from you and you have to scramble for his attention, do something special to make him like you or try to win him over every day, he's probably not as invested in the relationship as you are. Don't keep hitting the brick wall — of course, we're not telling you to give up without a fight — but if he's just not that into you, is unsure about whether you will work out or not and doesn't make you feel special anymore, it's probably time to let go and move on.

### The nitpicker

This guy could be out there masquerading as a perfectionist. When he spends all his

time trying to fix things, watch out because he might be slowly sweeping you on to his to-do list. When you start to feel as though you've become more of a project than a partner, get out quickly, before you become someone you don't recognise! If you don't, the relationship will become toxic enough to hurt you in the long run.

### The hot air balloon

Remember not to overreact to every argument — every time your partner blows up over something seemingly unimportant doesn't mean he's being toxic. However, if he's blowing up at the drop of a hat for months on end and you can't even remember the last time you had a meaningful conversation with him without being yelled at, it's time to bow out.

### The stubborn one

Again, don't jump the gun on this one. The type of stubborn partner that can get toxic is the sort who won't give things a chance.

It takes two to make a relationship work, so while you can work on getting the spark back after a fight by making them see what they once saw, give them a chance to make you happy again — if you're doing all the heavy lifting, you're never going to get anywhere. If he never concedes to a fault and continues to bull-headedly push through your opinions till they fall by the wayside, get up and get away!

### The bad habit

You've got a bad habit; he's got a bad habit — are you trying to help each other quit or adopting each other's unruly lifestyles? If he's a couch potato and instead of influencing him to get more active, you start skipping gym days to lie on the couch, or find yourself binge drinking just to give him company over the weekend, you need to sit up and take notice. Toxic relationships get worse when you are adopting each other's bad habits as this causes resentment to build up in the long run. Fix it, or ship out!



>> Persistently stubborn partners don't concede on any front

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Gynelle Aves

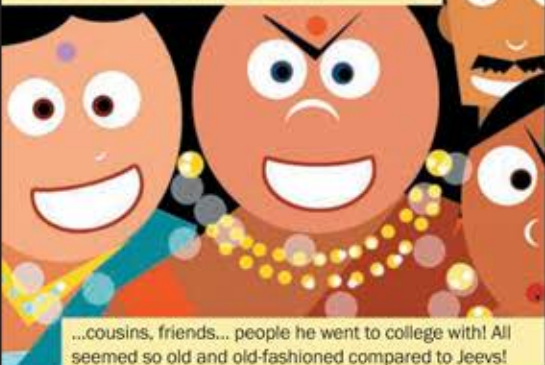
Sanjeev is the love of my life! There is a bit of an age difference with me being 27 to his 45, but we don't really notice it, both of us being equally mature. It does mean that he has a bit more of a past... and a divorce behind him.

We're getting married and recently had an engagement party...



And for the first time the age gap really hit me...

What I thought were the usual suspects of aunts and uncles from his side turned out to be...



...cousins, friends... people he went to college with! All seemed so old and old-fashioned compared to Jeevs!

He had gone off to talk to some people when the only 'cool' looking girl/woman I had noticed in the room walked over...

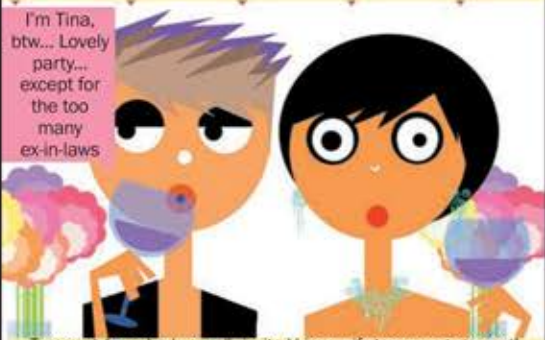


Psst... after-party at the home for the aged after...

bring your own teeth and isabgol shots...

She just began chatting and within minutes had me in complete splits!

We must have chatted for about ten minutes and I was just thinking I could be friends with her when she said...



I'm Tina, btw... Lovely party... except for the too many ex-in-laws

Turns out Jeevs had casually invited his ex-wife to our engagement!

"He insists he thought she would not come since she lives in Goa. But, she came and caught me off guard. She is nothing like I imagined and is apparently still very much a part of Jeev's circle of friends. I like her which is weird because I also feel wary of her. But he should have told me that she was invited! I didn't invite my ex-boyfriends! Any advice?" S a) Don't get angry, get answers. He should have told you. But with a wedding coming up, be understanding without being a doormat. b) The fact that he is on speaking terms with his ex-wife is actually a positive sign that he has moved on. And, it could be that he just thinks of her as a friend, not important to make an issue of it. c) Tina sounds less of the problem than what you said about the 'age gap'. He is not going to get any younger. Don't rush into this marriage. LAST WEEK: Anamika should pick option c) Maybe it is just a matter of getting to know her. Maybe you caught her on a bad day. Give her a chance. Don't suck up, but make an effort. She is the new \*girlfriend\* and it can be hard to instantly fit into a closed clique.

Send your solutions to womansworld@aftermoondc.in