

MANAGING THE DIFFICULTIES ENCOUNTERED IN LONG-DISTANCE RELATIONSHIPS.



Have you ever wondered why you tend to lose connection with your distant significant other? In most cases, you feel like just calling off the relationship so you could free your mind. If they do not call in a day, you start wondering where they could be, who they are with and what they could be doing at that moment. Yes! Everyone has been in such situation and many tend to fall out of love due to distance barriers. Most couples enjoy physical intimacy, closure and the feeling of

having their partner at their reach. But sadly, this may not always be the case in every season of our lives. However, instead of losing the love spark and feeling disconnected, you can apply these few tips that can go a long way to sustain that special connection that you share till you can meet your partner again.

1) EMBRACING THE GIFT OF TECHNOLOGY.

In a modernized world where the use of smartphones, personal computers, social media platforms has become a quicker and cheaper means of communication. This implies that you can invest more time in media platforms like Facebook, WhatsApp, Instagram and many others that allow the use of face time chats, video calls, voice calls at a cheaper rate. You can comfortably reach out to your partner anytime of the day. This may not be as rewarding as being with your partner physically but believe me, it goes a long way to maintain that line of mutual communication between you both.

2) BUILDING TRUST IN YOUR PARTNER.

Given the fact that you may have had funny and disappointing experiences from people you may have trusted in the past, you cannot successfully build a strong relationship without opening your heart to have some level of trust in your partner. This is the building block to sustaining your long distance relationship. Your spouse may not have the opportunity to speak with you all day due to daily

activities he or she may be engaged in, however, if you learn to develop that trust and confidence that your partner wants the best for you and would not intentionally hurt you, this would not only build up your courage but will also improve your mental health. By so doing, you may discover a lot of things that you can achieve on your own. Just think of it as he or she going to work or going to school and may not be with you all day and structure your mind towards this thinking.

3) DEFINING YOUR RELATIONSHIP

Many at times, we end up investing our time and opportunities on the wrong person. Having to wait for someone who is distant from us without ever knowing if such person is really invested in this relationship as we are. It is important to study your significant other, having discipline, defining your boundaries and understanding each other is really important. Long distance relationships cannot be built on the success of merely a situationship.

4) RESPECTING YOUR SPOUSE AND SELF DISCIPLINE.

This goes a long way in maintaining the connection you have always dreamt of. It improves the relationship and increases your partner's trust in you. Although, there might be distractions and temptations which may lead you to disappoint your spouse. Self consciousness and self discipline helps to maintain your integrity. Let us see it in a brighter way, loving someone deeply would mean

you would not love to do anything to hurt him or her. Before taking such action, ask yourself; I'm I ready to lose a long time relationship or partner over a fling? Over someone who perhaps may be a stranger or someone you hold no connection whatsoever with? If my partner finds out, how will they react?

Although long distance relationships can be quite challenging, maintaining a quality connection with the right person is always worth it and can never be underrated. Having the right person will entail going any extent to keep your relationship given that fact that good people are actually in scarcity in our world of today.

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