

Society19 is a pop-culture and lifestyle magazine geared toward young adults. Their tone is informative and honest—I left the jargon at the door for Society19 copy. My writing here highlights my ability to tackle a serious subject that many young folks experience but may not feel comfortable talking about in real life and bring it down to their level. I utilize honest and accurate descriptions to disarm readers and put them at ease with complicated thoughts and feelings while giving advice tailored toward the target demographic.

We're All Guilty of Over-Romanticizing Relationships, Here's Why It's Bad



Many people grow up with a very specific idea of what a relationship is and how it *should* be. Starting in childhood, we (often subconsciously) pull from many different sources in our lives to try to define the “ideal” relationship. Sometimes, we get little tidbits from our parents or other adults who were in our lives growing up. Yet, more often than not, our idea of a relationship is far from reality. As a result, we end up guilty of over-romanticizing relationships.

Our world is undeniably technology-centric, which means we all had access to every type of media imaginable growing up. This technological world shaped our most vulnerable years.

For every aspect of life, various forms of media paint a carefully-curated false reality. This picture almost always fails to mirror what really exists in the world. This is most notable when that picture involves romantic relationships.

***Although we understand theoretically, it's
hard to change what we've been taught,
which makes it difficult to alter our habits.***

By comparing the way relationships are always portrayed in the media with real-life relationships, there is a lot left to be desired. As we grow older, we begin to understand that relationships aren't some perfect fairy tale. Yet that doesn't stop the illusions of love that we've crafted through various media from seeping into our everyday thoughts. Because of this, we might fail to realize how much we really are romanticizing relationships and love. This makes it all the more difficult for us to recognize that what we're wanting isn't really something we can (or even *need* to) obtain.

It can be helpful to step back and analyze your perception of what a healthy, loving relationship really is.

***We strive for perfection that
doesn't really exist.***

We become obsessed with the *idea* of love, and we're almost desperate to find it just like we've seen it in the media—no matter the costs. Unfortunately, that can be hard seeing as it rarely exists in the real world. Because we see all these perfectly happy, in-love couples in the media at every turn, we're going to look for that portrayal of love in our own lives. What that means is we often look for the impossibly grand gestures and expect too much out of a significant other. We've started to desire a fabricated version of a relationship (even if we don't realize it at the time).

Take time to honestly ask yourself what you really want. Are you envisioning your relationship? Or a few highly-paid and staged Hollywood actors in front of a green screen?

***We're left wondering if we can love at all
because nothing feels right.***

It can cause someone a lot of genuine anxiety to get in a relationship and question whether they're in love or if they *can* love at all. This comes from a sense of things not feeling right. (For instance, if you are not getting the same feelings out of your relationship as you do when you watch a movie about someone else's relationship with

a storybook ending.) Sometimes everything else in a relationship can feel really good, but you don't know why the elusive "love" hasn't fallen into place yet. Don't blame yourself.

You might be wondering if you have the capacity to love someone romantically. The answer is definitely YES! Try forgetting everything you think you know about how love looks and feels. Take time to re-evaluate your relationship. If you still aren't happy, then it might be best to take a break. It'll allow you to focus on your own needs.

Over-romanticizing relationships is utterly detrimental to our love lives.

We don't always recognize it, which is why we should be vigilant for the sake of ourselves and our romantic partners. Many of us are guilty of over-romanticizing relationships. That's completely okay because it's incredibly hard to recognize when it has happened until way after the fact. Don't be too harsh on yourself if you realize you've been unfair to yourself or someone else while in a romantic relationship.