Being in a Relationship and How to juggle one by Mark Bennett

Article published on March 5th 2012 | Relationship

It is a known fact that all relationships have ups and down. Plus it is also normal to have disagreements and naturally you need to work things out. You must have seen countless sitcoms on your Digital TV like ATT Digital TV where young couples fight and at the end they make-up. But if you are in a healthy relationship with someone you like, both of you should support each other through good and bad times. When you respect and trust someone and those feelings are returned, it can naturally help you to face the world with confidence.

But unfortunately, not all relationships work. That is the sad part. If you feel your partner is making you feel anxious, irritated and worried, then you may be in an unhealthy relationship. There are uncountable things that can make a relationship unhealthy. One of the things that could do is possessiveness. See, it is nice and good of your partner to take an interest in your life. But the problem starts when they constantly keep checking on you. They will try to know where you are, what you are doing and with whom you are. This is a kind of a concern and a fatal sign that your partner is controlling your life and maybe it is high time for you to end the relationship.

Sometimes there could be a chance that your partner could be jealous of you. They may constantly accuse you of flirting, being unfaithful and have doubt on you for no good reason. Also be very careful if your partner gets jealous or makes you feel guilty for spending time with your friends or family. It can be too easy to give in to this and eventually it leaves you feeling isolated.

Another thing which you need to realize is that saying things to make you feel bad is never okay. Seriously being constantly put-down can be very damaging. Even saying things like you are worthless or blaming you or your loved ones for anything that goes wrong is not acceptable.

A lot of relationship experts have said that to have a good relationship, one should avoid being selfish and let go of any expectations. Expecting something from the relationship or from the people who are in the relationship with you can be excruciating. Let the relationship be what it is and not what we want it to be. Try to accept it as the way it is at the present moment. Everything will change due to impermanence. Allow changes to happen and accept the changes as it is.

We would always be in disappointment and frustration if we have selfish intention in a relationship like to have a friend to share thoughts and feelings, life partner to help us fulfill our ambitions or craving for family and children, etc. This is an incorrect mentality engaged with the selfish intention in a relationship with anybody. Naturally this will bring lots of tension and unhappiness to the people and us who are in a relationship.

Sometimes we expect the people who are in the relationship with us to be trustworthy, to have a certain type of personality, to be nice to us, to love us the way that we like it to be, to be there for us whenever we need help and support, to be there to listen to us and share with us, and to be agreeable with our thoughts, actions and speech. But when the relationship and the people are not up to our expectations, we will be so frustrated, upset and unhappy, especially when they don't treat us or behave the way that we want it to be.

To be in a relationship and have a healthy one, you need to be committed and respect your partner.

Article Source:
http://www.articleside.com/relationship-articles/being-in-a-relationship-and-how-to-juggle-one.htm -

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Article Keywords:
ATT Digital TV, love, commitment

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