The Commonest Reasons for Relationship Problems and Their Best Solution by Cody

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One of the most common reasons why people get stressed in life is due to poor relationship. Such problems may occur due to a lot of problems. Communication gap is one main reason for conflicts in a relationship. Elaine Fantle Shimberg, author of Blending Families says "You can't communicate while you're checking your BlackBerry, watching TV, or flipping through the sports section.â€• Now let us take a look at some of the commonest reasons for poor relationships and their possible solutions.

Misunderstanding

The main reason for misunderstanding in a relationship is either the inability the person to express his/her views in the context or due to poor understanding of the other person. This usually happens between friends and partners very often. However, the most important thing to solve such an issue is to clear the air by telling the other person what was actually about to be communicated and how it was misunderstood.

Time

And even lack of time results in conflicts in a relationship. If you think deeply over it, then you will notice that there will be at least conflict with your partner or loved ones everyday just because you didnâ€™t spend enough time for them. Even you may enter into a conflict with your close relation just because he or she did not spend enough time for you. This is one simple problem that can be avoided easily. Just make sure that you dedicate some time everyday for your loved ones. Even if you are busy help up with some other work, then you can make phone call and make your partner understand that you couldnâ€™t spend time this time. And also reassure her that you will probably dedicate the entire weekend for her. This will light up a bring smile on her face for sure. Or you may plan the weekend to sit at home and watch movies on any of the premium channels powered by any of the popular services like ATT Uverse Deals.

Possessiveness/ego

This should be on the top of the list of the main problems that lead to conflicts in a relationship. And surely this is the root cause of all the relationship problems as well, especially between the life partners. If you think deeply, almost all the breakups between partners arise as a result of extreme possessiveness or ego problems. The problem of ego leaves a poisonous effect on the minds of the people. People who are very egoistic never succeed in a relationship. Even though you love your partner so much, your ego sometimes manages to dominate and win over you love and affection. That is when you start suspecting your partner and disbelieve her.

Possessiveness leads to extreme outburst even if you find your partner talking with any other person. The same happens with ego! How will you avoid such problems? There is one important thing that you need to think about. First you need to avoid taking decisions or mouthing unnecessary words when you are angry. This more often than not lands up on some other problem and ultimately the breakup will happen. You need to decide which is going to stay for long with you. Is it going to be the ego or the relationship? Obviously, we donâ€™t want close relationships to be broken for any reason. So the best thing you can do is to control your negative emotions and let your love win over. Do this and you will never have relationships problems again with your partner.

Money

Apart from the emotion part of it, problems may also arise due to arguments over financial matters. It more often than not happens that if there are financial problems in the house, there will be frequent arguments between the husband and wife. In such type of problems, although the nature of the problem is something that can be solved overnight, you can still try and reduce the extent of the argument by simply keeping quiet instead of arguing over and over again.

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