

Navigating Changing Relationships

Navigating changes in a long-term relationship comes with challenges and opportunities. Change may include conflict, recovering from a breakup, or starting a new relationship. Throughout the journey of these changes, one constant stays the same: Us.

Self-Improvement in Relationships

To become a better partner, we need to focus on our own growth. Here are some tips to help you on your way:

1. Clear Communication

Communication is crucial for healthy relationships. The goal should be to foster a deeper understanding of your partner and growth for both of you. Expressing needs and resolving conflicts are key in this process. You can do this by:

- Using “I” statements to communicate your opinions – ‘I want,’ ‘I need,’ ‘I feel.’
- Setting aside time to talk without interruptions from other people or technology.

2. Avoid Social Comparison

Each relationship is different. We all have unique personalities, histories, and circumstances. Try to avoid comparing your journey to others. This will help reduce anxiety and pressure you may feel when comparing yourself to others.

- Focus on setting personal and shared goals.
- Seek inspiration rather than comparison with other relationships.

3. Confidence and Self-Esteem

It is important to feel good about who we are. When we are confident, we find more happiness in our relationships and build stronger connections. You can do this in so many ways, but some examples include:

- Participating in hobbies.
- Pursuing personal interests.
- Setting goals outside the relationship.

This foundation of “YOU” is important when you are faced with challenges in the future. Remember that while we may be navigating feelings of love or loss, each relationship teaches us lessons about ourselves and our ability to grow as individuals.

