

WHY

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FAIL

RITA DEBORAH

showing the obvious but hidden vice

ACKNOWLEDGEMENT

My sincere heartfelt gratitude goes to all who contributed relentlessly to information in this work. It is awesome to me what

combined efforts can produce.

Am most grateful to Dr A.B.S and Debbs.

DEDICATION

I dedicate this book to Almighty God who gave me the zeal and passion to pursue this dream.

To the broken hearts, lonely hearts, wondering hearts seeking direction.

As you read, be more enlightened on love and relationship.

Experiencing a bad relationship helps one value a good relationship. Therefore I dedicate this work to all who are in search of their real soul mate. It is in the suffering that we recognize and value our true self and the one who loves us as we are.

PREFACE

Over the years, relationship has become a tedious task that leads to broken dreams and promises. Therefore this is the reason why relationship fail. There must be reasons why it is this way, for there is no smoke without fire. I have come to see good relationships destined to tie the knot breakup. In my dismay, I began to research on the reasons why this keeps repeating in many dramatic forms. Why a lot of cheerful hearts were locked up in pain, why people instead of experiencing happiness grew weary of each other.

As you go through this piece of work, you will realize some cogent reasons why some fail where other have succeeded. If you are about to enter a new relationship, you will be at your best to watch for the potential pitfalls. As they say, ‘a prepared heart is best favored by chance’. Also, if you just broke up, you will better understand why you experienced break up. You will also be much prepared for another relationship. This book will refresh you and prepare your heart for a relationship. It holds the key to making you a better lover. You can read it together as couples to further deepen the bond between you two. Knowledge wise and emotionally, the book gets you covered. At least you can desist from your previous mistakes, if you find yourself wanting in any way.

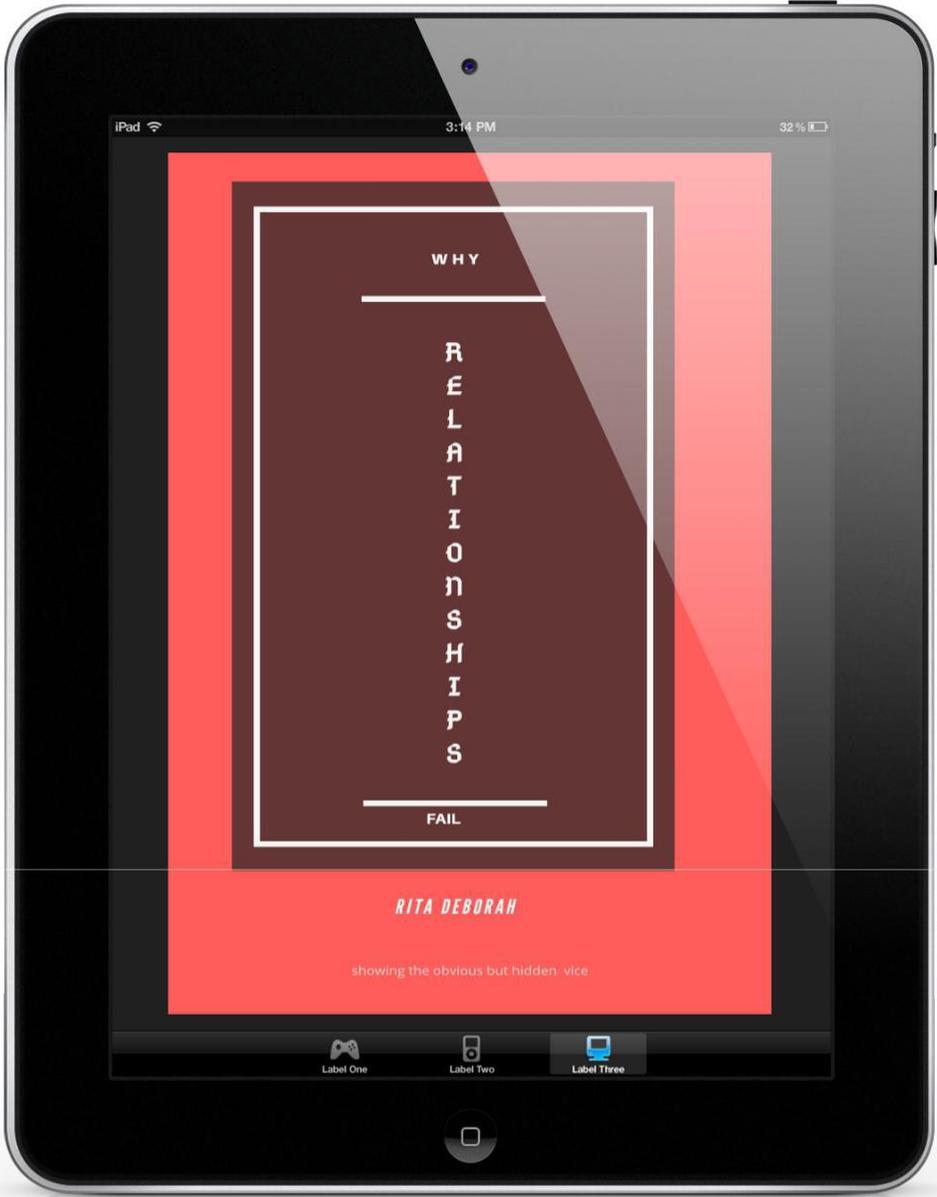
It took months of constant research to produce this. Aside, I got inspired by people I discussed with too numerous to mention, though I wouldn’t fail to mention Juliet who remained supportive all the way.

My sincere gratitude is to all who contributed meaningfully to this piece of artwork. Especially my sincere and highly intelligent close friend who taught me some lessons, and my family, you are the best.

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WHY



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CHAPTER ONE

Relationship oftentimes starts cordially without the prior knowledge of the people involved. Relationship can start from a little form of acquaintance, which overtime blossoms into a friendship. The relationship spoken of here is that which brings about connection between people with no blood ties. It comprises different forms of intimacy, usually involving emotional, physical, spiritual as well as mental connection.

People most times, usually without any hint let their emotions wonder off without definitions. At other times, based on situations, people let these intimacies grow consciously and slowly based on what they desire to acquire from the relationship.

At other times, people wonder off into relationship but later find themselves in regrets while some others find in their relationship deep satisfaction.

Once upon a time, a male and a female found themselves in a relationship. They believed they knew each other so well. One came into the relationship with dubious and manipulative intention, while the other came into the

relationship in all sincerity, love and care hoping the relationship will last forever. Over time, the contents of the hearts began to unfold, the female passionately in love. Thinking she has found true love that would last, realized that if the relationship is continued she would be enclosed in a pit of hell. At the point of realization, she sobbed with the wails of a broken heart and finally made a firm decision to leave the relationship. The one, realizing this became more abusive and manipulative. Realizing the other had a character of firm decision, became more abusive with emotional manipulative words in order to cause more pain to the other. You can't imagine the torments of the other. At the tail end, the other succeeds by leaving the relationship.

Now the above story is the case of millions who are in a relationship not minding the characters involved. It is always wise to look beyond the nice characters a person constantly portrays to see for yourself who exactly is in there, before letting the emotions loose. It is not always easy; to see beyond the mask, especially if you have the attitude of leaving in the present and always believe people are generally good and without bad intentions.

You will do well for yourself to leave if you know that you cannot handle the other person, definitely the beauty of life is not yet over. Off course, it is yet to begin.

POSITIVE YIELDING RELATIONSHIP

For one to be able to offer good relationship, it starts with the upbringing patterns experienced by the fellow as child. Children, who received supportive and warm relationship from people, tend to offer the same characteristics to their partners at adulthood.

This is not always the case because as people grow older, they are influenced by so many factors from the environment which may alter the beautiful gifts they may have received in negative ways.

Statistics have shown that many people are not happy in their relationship, these accounts for the high rates of breakup and divorce.

Yielding positive returns in a relationship is a function of both partners. Once it becomes a sole duty of one partner, a lot begin to fall apart. Positive yielding relationship is

directly dependent on the kind of love functioning in the relationship. This is also directly related on the intension of the people in relationship. There are two sub categories of love that affect this.

THE LOVE THAT SHARES:

When two persons who intend to be in a relationship come into a relationship with the heart of sharing all they have, not minding, how little or much they have to share. Being able to share with a partner when in love has lot to do with the behavior, attitude and personality of the partners. The two main reasons for this, is there is a category of people who give only because of what they stand to gain. They make sure that what they give to their partner leads them a step closer to what they want to get or achieve.

The other category of people appears to be smarter. They do not like to give for any reason but expect to receive for every reason. They usually play smart by putting the giver in a position of constantly giving. If the giver has a reason to ask of them questions on why they desire what they are requesting for, they make the issue become very difficult, and make sure it all ends in disagreements. They

usually find it difficult to give, if they eventually give, they expect a lot from that very little act of giving. To keep the giver constantly giving, they device several manipulation schemes to ensure that the giver is enslaved to giving them alone. These two forms of stereotypes if not properly corrected don't usually change, neither do they encourage sharing in relationship.

LOVE THAT DEMANDS

Due to frustration, people usually run into relationship in order to meet with their needs. This puts a lot of strains on the relationship especially if the one that demands is not able to provide or contribute in anyway especially financially.

Apart from this, there are people who naturally are always demanding. This attitude places on a lot of strain on the relationship. A demanding nature, if not properly corrected at the appropriately (mainly childhood) can cause many harmful effects to the bearer of the personality and to anyone in contact with him or her.

Another form of demanding personality in relationship is those who come into another's' life for reason best known to them to pull the person down. This usually grows from envy, jealousy or revenge. At times, for no reason they just choose to hurt you for no reason at all. They may appear to be nice or repentant but behind the niceness and repentance is a strong will for destruction.

QUALITIES OF A POSITIVE YIELDING RELATIONSHIP

HAPPINESS:

People in a positive yielding relationship are happier compared to those who are not. This can be the fueling component why some persons when in a relationship are tremendously successful. Happiness is one of the emotional states in which a person is very productive.

INTERDEPENDENCE:

They depend on each other for the little sacrifices of sharing. This plays a big role in bonding, which in turn keeps the couples together. When couples practice interdependence in a relationship, the little sacrifices they make for each other further helps them get closer to each other deepening the understanding they have about each other. This understanding can further add to the strong foundation of the relationship. A relationship with a low level of interdependence has a way of leading to break up, because the people in it gradually have a way of moving away from each other, either consciously or unconsciously. Interdependence can further lead to role sharing. Sharing roles once in awhile, brings couples closer by deepening the bond of love between them.

TRUST AND SINCERITY:

When you really love someone, you become open and vulnerable to the person; this has a way of deepening the richness of the relationship. Because you are sincere to each other, you are able to trust each other. You also find it easy to communicate with each other. The power of trust and sincerity can never be underestimated, as they are the building blocks of any successful relationship.

Whenever trust and sincerity starts dwindling in a relationship, the relationship gradually begins to die.

FEELINGS:

This could be sexual or asexual. In a committed intimate relationship, passionate and dramatic feelings are involved. Most times, one cannot determine how dramas and passions start. When passionate and dramatic feelings are involved, intimate emotional bonds are formed, sex is usually part of it. These feelings can be disturbing if not properly taken care of, especially when they come in measure which is much for the two persons. In this case, it may be needful for the couples to slow down a little bit, so that they can stabilize the feelings they have for each other. Without this stability, the couples find themselves in a situation in which one is very fast and the other very slow. At some point the partners switch character, this keeps repeating until the partners grow weary.

When the feelings are compassionate and warm, it may not be damaging. This form of love leads to charity.

In all forms of feelings, understanding is needed. Likewise, maturity. For without these the feeling cannot be managed. When feeling is not properly managed, they turn out to be monsters.

SACRIFICE:

Believe it or not, sacrifice is one of the qualities. Though it does not come at once, it is a quality that gradually grows as the couples gets to know each other better. Once in a while you have to sacrifice for that special someone for the relationship to keep going on.

NEGATIVE YIELDING RELATIONSHIP

This is the direct opposite of positive yielding relationship except for the feeling. In all forms of relationship there are some feeling involved. The feeling involved in negative yielding relationship is troubled because the fruits of relationship under this category are distorted. The level of distortion determines the severity of the break up. As these three components (respect, friendship

and loyalty) get more distorted, the feelings involved begin to wither; this largely contributes to the break up.

WHY THERE ARE SO MANY PEOPLE IN NEGATIVE YIELDING RELATIONSHIP

You will agree with me that there are so many breakup happening. Definitely there are reasons for this. The point is that a lot, of people go into relationship without being prepared for it. Some others run into relationship, expecting their partner to prepare them for the relationship they are already in. With such attitudes, overtime the relationship begins to get sour. Also, there are sets of people who go into relationship because of what they stand to gain. Such people only concentrate only on what they need from the relationship. Before one can be in a good relationship, one should be ready for all that a good relationship requires. For if one is not ready, one could end up in frustrations. Relationship is not a play ground.

It is crucial to know yourself before moving into a relationship. Understanding yourself helps you understand the other. What about knowing the limits of what you can take or what you can't take.

Apart from being ready for a relationship, are you ready to love your partner? Think a while and answer yourself silently. If you are not ready to give love, there is less need for a relationship. Am not just talking about sexual love. Sexual love is accepted if the two of you decided to be in a relationship just for sex. It is not enough to be in a relationship because of sex alone. Do you love yourself? Think deep before you answer. If you don't love yourself, you cannot love another.

To succeed in a relationship, you should love yourself enough to love another person. The reasons for breakup would be less, if one really learns and appreciate what it means to be in a relationship, a successful one.

MIGRATING FROM NEGATIVE TO A POSITIVE RELATIONSHIP

You can work out the differences in your relationship with your partner if you choose. There is no relationship

without quarrels. The quarrels if properly handled can deepen the bond between the partners. The reason for misunderstanding, is to better understand your partner, you should at same time know when to say no and abide by it.

If the two partners are out of synchronization (have no meeting points emotionally), breakup is inevitable. If on the higher plane of life, the two of you have no meeting point, on the lower plane, there will be no meeting point too. It is same as saying the two of you run in parallel direction.

There are times, when the best option is breakup. When two partners are willing to change their negative attitudes towards themselves and the relationship, things can get better. In this case, they work on their relationship and themselves, making a new heaven. Always have in mind that a successful relationship is a two way thing. The active participation of both partners is required.

After a breakup the most important thing is to work on you. Check yourself thoroughly to see if you contributed to all the problems that ensued. Work on those of your weak points that contributed to the breakup. Also strengthen your strong points. Breakup is filled with a lot

of hurtful emotions. Most times, after a breakup, a person may find himself hating oneself or the ex partner. Letting that hatred grow doesn't profit one bit. Rather engage your energy in loving yourself more in a positive way. Practice self acceptance, know yourself and appreciate who you are.

When you are much more balanced and have treated yourself well enough to be in another relationship, you can then move into another relationship, but this time more careful.

The new relationship being successful means the two of you work towards the success of the relationship. A positive relationship entails better communication, understanding, sharing, bonding and every good thing you can think of.

REASONS WHY PEOPLE GO INTO RELATIONSHIP

Everyone has a need which someone else can meet. These needs are different for each person. They are in the following category:

PSYCHOLOGICAL REASONS:

Being in a relationship makes a person feel good about oneself. The goodness felt in a relationship spreads like wild fire into various areas of life. People in relationship tend to be happier than those who are single. But don't get me wrong, the singles are happier than those in unhealthy or negative yielding relationship. Being in a relationship can help a person bring out the best in him or her. Having someone there, validating and encouraging you can go a long way to make you accomplish your goals.

EMOTIONAL REASONS:

Being in a relationship helps one create more love. Creating more love means there is more love in a person's life, and a person with such love in heart goes around infecting others with love.

The emotions that flow from romance make a person warm, hopeful and happy about life. This warmth can give healing to the psychological wounds one may incur from daily routines of life.

Being in a relationship brings out the fun in a person. Someone to play with, laugh with, knowing someone really cares for you.

Relationship brings into one's life companionship. This is especially interesting because no one loves to feel lonely.

CHAPTER TWO

WHY YOU EXPERIENCE FAILURE IN RELATIONSHIP

Relationship is what you make it. When a relationship is built on the wrong reasons, it is bound to fail or end up in a lot of pains.

For a relationship to stand strong, it has to be built on the right reasons.

Here are some of the reasons why a relationship fails:

MOVING INTO A RELATIONSHIP BECAUSE OF YOUR MATERIAL NEEDS:

Before you move into a relationship, you have to know what your most pressing needs are. You have to ask yourself questions. What are really my needs? Why do I really want this relationship? Rate your needs. If 70% of

you answers are based on material wants, the relationship may not augur well, most especially if you don't control your neediness and learn to love. When you separate love from need, it will save you a lot of pains.

LESS LOVE FOR ONESELF:

In order to love someone else, you should be able to love yourself well enough. Simply put, you cannot give what you don't have. To love your partner well, you must be filled with lots of self love. And remember, you cannot love another more than you love yourself. Love is a powerful pillar, when the love you have for yourself begin to die, the relationship begins to wither.

BEING TOO SERIOUS AT THE INITIAL STAGE:

When one partner is too serious at the initial stage, it in directly scares away the less serious partner because the less serious partner gets to feel there is a potential loop hole or trap waiting around the corner. Being less serious does not mean that the person is less interested. A

person can be very interested but not serious enough to take bold steps to the next level. In some cases, when one partner is too serious, the less serious partner may back off completely. Instead of being in haste, make things easy. Work at the same pace. This will keep it easy going and safe. At other times, being less serious could be a sign of being less interested, in this case it is important to figure out what exactly is causing the problem through verbal and non verbal communication(less interest), so that you can determine what is best done.

CONSTANTLY THINKING OF PAST RELATIONSHIP:

Before entrance into a new relationship, it is always necessary to close the chapter of previous relationship. Forget the moments you shared together, the broken promises, the pains etc. This will get you better prepared for a new relationship. It is a necessary step to the growth and prosperity of the new relationship. When in a new relationship, especially at the early stage, you will do yourself good by keeping a distance away from your ex-partners. For if the new partner realizes you still have

some attachment to the ex partner he/she will not trust the new relationship. Do not form the habit of discussing your past relationship. Limit the urge to always compare the past and the present. Just let go of the past relationship. Focus on the new relationship. When you don't give up on the past relationship, it is very likely you will not be able to trust or commit to your new partner for fear of what happened in the past. This will make you accuse the new partner of the wrongs your ex partner did you. Such attitude will only kill the relationship and the feeling you have for each other.

SELF ESTEEM ISSUES:

Another leading cause of failure in relationship is poor or low self esteem. Confidence is needed in every form of relationship. For when you don't carry yourself well, you will not be able to represent yourself well to people. This will in turn affect the way people perceive you. Poor self esteem can actually make you appear worse than you seem. Having a positive image of yourself and talking positive of yourself will go a long way to boost your self esteem.

DOUBLE D:

By double D, I mean dishonesty and deception. No one loves to be deceived; nobody loves to be lied to. Deception and dishonesty are two faults that tear down a relationship. It is a good standard that partners tell each other the truth, while trusting each other. Double D, once permitted into a relationship, gradually eats away the fabrics of the relationship while leaving it in shambles. If you really want your relationship to succeed, you have to not only avoid the double D; you also have to avoid circumstances that lead to it.

HOLDING ON TO THE NEGATIVE MOMENTS:

Keeping a record of wrongs makes it difficult for one to forgive. When you don't know how to forgive, you will find yourself always holding onto the negatives moments of life. Holding on to the negative moments, gradually turns you into a negative personality. Once this happens, everything is bound to take a left turn, making you a negative personality.

Yes forgiving is not always easy, but come on, you can always forgive. Just let go of the pain, and focus more on the good side of life while expecting things to get better. Forgiving has a way of making you feel better emotionally. Forgive yourself, forgive your partner and let go of the negative moments. It will help you a lot.

EXTREME EXPECTATION:

When you are in constant expectations of what your partner has to do for you, like fixing all the problems that has to do with your relationship, without any efforts on your part, your partner could be weighed down. When he has to fix all the financial problems, fix all that has to do with you, a loop hole may develop. Don't get me wrong. Men are meant to fix the problems. It is their role. When he gets all these done and you don't show any form of appreciation, in return you nag him and expect more, you will be driving him crazy. This pattern of attitude displayed constantly, will gradually bring the relationship to a halt. It goes the same way for the females. When she is the one fixing all that needs to be done, gradually troubles start creeping in and you will not readily understand what may be the cause.

NOT HAVING YOUR PERSONAL TIME AWAY FROM EACH OTHER:

This sounds funny for the love buddies, but there is a way to it. At times, you need to spend some time away from each other so that you can miss each other. Problem sets in when one partner wants some re-collective time, and the other partner wants a clingy time. As this happens, over time the clingy partner begins to suspect when there is nothing to suspect. Overtime mistrust and lack of trust becomes the rule of the day.

EMOTIONAL DISTANCE:

This is another leading cause of failed relationship. It just happens that two of you are no longer able to connect. It is usually a complicated one. Emotional distance can be caused by a lot of factors. It can also cause a lot of other problems. At times nothing will cause it. It may just mean that the two of you are not meant to be together. Or that the two of you are not on the same page at the moment.

INABILITY TO ACCEPT YOURSELF:

Most people may not realize this, but if you can't accept yourself, you will not be able to accept another person. You have to learn yourself, know your limitations and excesses before you can understand and move on well with your partner in a relationship.

ABUSE:

There are people who find it difficult to take the crap abusive partners. Abusive partners can make life terrible. Terrible in the sense that it is difficult for you to stay or leave the relationship. Either way if you have the courage to leave, make yourself comfortable by leaving, but if you choose to stay don't always expect a savior.

INFIDELITY:

In other words cheating. Sexual affair between one partner and several others or someone else. This is very

disheartening. Before you go deep into a relationship, you have to find out if your partner has that as trait. If you know you can't handle it, do leave the relationship. If you choose to stay (that is where it is a trait), be strong enough to swallow it. Some do this as a mistake, while for some others it is inborn in them.

LACK OF COMMUNICATION:

This is another reason why relationships fail. When there is no communication, it feels like world apart. A relationship with no communication is as good as dead. The essence of communication in a relationship cannot be over emphasized. Where there is no communication in a relationship, it gradually begins to fall apart, and is likely to remain that way,

SOCIAL NETWORK FACCTOR:

Although there are a lot of pluses for the social network, when used the wrong way, they cause a lot of havoc. A lot

of relationship has been destroyed because of social network. It all lies in the prudence of the user. Just like a double edged sword it can make or mar the relationship.

LACK OF COMMITMENT:

Breeds the monster in relationship. When one does not stay committed in a relationship, a lot could go wrong. For it creates hidden loop holes which are not easily seen until it is too late.

SIGNS OF A RELATIONSHIP IS FAILING

Just as a building about to collapse shows signs that it is about to collapse, a relationship about to collapse shows signs. It may not show all of the signs but definitely it will show some signs. Here are some signs that show that a relationship is about to fail.

DESIRE FOR SOMEONE ELSE:

When you find yourself in constant desire for someone other than your partner, or for some reasons you no longer find your partner desirable. This is a pointer that in some ways the relationship is beginning to fail. Desire plays a significant role in relationship, if you don't desire someone; there will be no means for physical expression of love or likeness. This physical expression opens up a means for communication in intimate relationship. So when they are gone, communication may not be what it used to be.

CONTEMPT:

When you always feel contemptuous towards your partner, it a pointer to a failing relationship. By contempt, I mean constant disregard, disgrace, scorn, disrespect etc.

Due to the pressures of life one may manifest any of these attitudes once in a while but when they become a constant, it stands out as an indicator to a failing relationship.

LACK OF RESPECT:

Respect is an integral part of any successful relationship. No one enjoys being disrespected. Even little children expect their seniors to respect them. When lack of respect is the order of the day, it's a killer point. Lack of respect makes an unhealthy an unhealthy relationship. When it is constant, it takes a toll on a person's self esteem. It crumbles the relationship. Just like trust, once it is destroyed, it is difficult to come by.

CRITICISM:

Everyone loves to be appreciated; the opposite of criticism is appreciation. When you give criticism instead of appreciation, you gradually kill the relationship. By criticism I mean extreme negative irrational talks or speech directed towards your partners' character, personality or interest. Criticism can bring about constant disagreement, thereby increasing the frequency and occurrence of quarrels, with more criticism being the outcome.

DEFENSIVENESS:

When partners are in constant disagreement, with none of them being willing to listen to each other. Instead of listening to each other, defending ones attitudes and actions take priority. They can by no means take correction of what they may have done wrong. Constant defensiveness towards your partner is a pointer that the relationship is already failing.

THE FED -UP FEELING:

Feeling fed-up with your partner means you are looking for an outlet from your relationship. It also means you are no longer comfortable in your relationship and are ready to break up or leave the relationship. Feeling fed-up is a very difficult feeling to deal with. When you feel fed-up you find it difficult to open up to discussions that regard the relationship, you also feel a little bit defensive and agitated in the presence of your partner.

SILENT TREAT:

The attitude of being irritatingly silent when ever your partner is talking to you. This attitude breeds ignorance. The feeling of ignorance infuriates people and makes them feel like they are less important than they are. It feels painful when someone who you always communicate with goes on a silent treat. When silent treat becomes a pattern in a relationship, there is likely to be breakup if it is not properly managed.

LACK OF COMMUNICATION:

When communications between partners break down, when words find it difficult to fall out from the mouth, you may be calling it a day. Communicating in a relationship strengthens understanding. Once communication is gone in a relationship, it becomes very difficult to understand and bear even the minute of disagreements or personal faults.

RELATIONSHIP PATTERNS THAT FAIL

Overtime I have come to notice that there are relationship patterns that constantly lead to failed relationship. These

patterns lead to exhaustion of the partners. Once a person starts to feel exhausted in a relationship, it is as good as calling it as good as calling it a quit.

Here are nine proven patterns that lead to failed relationship.

NO PHYSICAL ATTRACTION:

Am sorry to say, a relationship with no physical attraction is like when a plastic is placed close to a magnet. Point blank! There is no attraction. For a relationship to stand strong there should be physical attraction between the two partners involved. You should be able to appreciate and admire your partners' physical qualities, though it is not all about the vanities. A relationship without physical attraction is like an ordinary friendship. As friends, you can feel great staying around each other and sharing the good times and bad times, but when you move into a relationship based on that alone, you can get back a feedback feeling of incomplete. The physical attraction should be strong enough to start and keep the relationship. The physical attraction that keeps the fire burning in a relationship usually lead to emotional attachment.

DOING ALL TOGETHER SYNDROMES:

Couples are often advised to share their time together, but when it gets to the extreme, it breeds disaster. You need to be you to remain attractive. In order to still be you, you need to have some time out; I mean your personal space. As couple, you will definitely see each other like every other day. You need to have some time for yourself in which you carry out other activities which your partner is not part of. By doing this you keep your relationship healthy and lively. When couples share all activities together, gradually they become very familiar with each other. This over familiarity turns around, making them bored with each other. When couples start feeling bored, nothing in particular is interesting again. This can lead to break up because there is nothing to be attracted to.

WE NEVER DISAGREE:

Have you found yourself making the above statement or insinuating the above statement? Or is it peculiar to your

relationship? The couple that never disagrees is heading to an impending danger. Some level of disagreement is always healthy in a relationship. When there is no disagreement at all, or when there is frequent disagreement, it is a pointer that there is a problem somewhere. We never disagree simply means that a lot of grudges are being borne in the mind therefore when the disagreement finally comes; it is mighty, shattering the foundation of the relationship.

NO EMOTIONAL CONNECTION:

For every relationship that is progressive, there is one thing that keeps them going. It is the fact that they are emotionally tuned into each other. This emotional connection is why you see partners holding hands even at old age. A relationship with no emotional connection will not last long because a relationship based on the physical level alone is like a plant growing without roots. Emotional connection is essential for bonding to take place. When couples are not into each other, emotionally the relationship will be shallow.

NO COMMON LIKES:

When couples don't have anything in common, there will be no string to pull the attraction. Couples are encouraged to share likes. Even if you don't like the particular activity, for the sake of your partner show some support. If you have some traits in common, feel free to use it to deepen the bond of the relationship. When couples have common interests, it is easy to maintain the attraction as long as the two of them are still interested to keep the relationship.

WHEN COUPLES ARE NOT OPEN TO EACH OTHER:

This is the sole reason why people in relationship are encouraged to communicate with each other so that they can remain open to each other. The relationship am talking of is not just the pleasantries, but the opening of the minds and talking heart to heart to each other. When the hearts of partners are not open to each other, very little thing becomes big secrets kept away from each other. With this the heart further gets closed, you know what happens, the couples consciously or unconsciously

start to shift away from each other. In this case the flame of the relationship gradually burns off.

ONE PARTNER MAKES ALL THE DECISIONS:

In a situation whereby one partner makes all the decisions, it becomes very irritating for the decisive partner. Relationship is about sharing; making decisions is part of the things to share. When a partner makes all the decision, initially it is fun, but overtime, it becomes a nightmare with the dominant partner wanting more control and the docile partner wanting to be obeyed. Often times, this trend leads to break up of the relationship because no one is willing to listen.

CONSTANT SHOW OFF OF RELATIONSHIP:

When you use your relationship to run advert, it gets complicated because you get a lot of persons interested in making or breaking of the relationship. A lot of persons will be interested in knowing what is going wrong and

will further get things complicated. This is why a lot of celebrities keep their relationship secret and personal so that people don't have to destroy it. Relationship is a personal affair. It is good when people get to know you are in a relationship, that is; your family and close friends knowing you are in a relationship is okay. Show casing of relationship can cause the flavor to get lost at times, especially when both partners can't handle the pressure.

WHEN BOTH PARTNERS ARE NOT ON THE SAME PAGE:

When one partner is more interested and the other is less interested. I don't know if you have come across such situation before. If you have ever found yourself in such a situation you will understand better the pain, fear, frustration and hope involved. It doesn't just work out, unless the less interested partner becomes more interested. Most time when you hear the phrase 'time will heal or time will tell', this is usually the cause. The more attached and interested partner feels (a lot of emotional turmoil) within his/her heart. That is why people are advised to love with their heads first, because once the

heart gets involved a lot of feelings start flowing like a river. This format of being attached and the other partner less interested does lead to failed relationship, if proper measures are not taken.

CHAPTER THREE

WHY PEOPLE PERSIST IN HARMFUL RELATIONSHIP

We all are human. For certain reasons in some situations we find it difficult to take the right decisions. For this reason, a person in a wrong relationship may find it difficult to leave the relationship even when the people know it is not right.

There are basically three reasons aside love why people choose to remain in harmful relationship.

FEAR:

Oftentimes, when people find out they are in harmful relationship, they choose not leave because they are afraid of the consequences of their actions. It is not like the person does not want to leave the relationship; it is the fear of what may prevail after the breakup must have occurred. How life will feel after the breakup, the connections that may get lost, the pain that may ensure.

There are many reasons, and each reason is peculiar to each person. When the reason for not leaving is fear dependent, try to understand the fellow and give some support. Don't persuade the person to leave, as this may worsen the situation.

INVESTMENTS:

When someone has made a lot of investments into a relationship both in cash and kind, it becomes very difficult leaving the relationship. Often the love bond, may not be there, yet the person in this condition instead of leaving chooses to patch up the relationship. But remember, a cloth with so many patches will definitely develop a fault line which cannot be patched further. So is it in relationship. There are times when holding on a little bit may not be a solution. You could find someone else who better fits into you, if you haven't tied the knot, leaving the relationship is the best possible option. It is painful, but you can let go of the investments and save yourself from future heart ache. The investments will come back to you in many other ways which you may not be aware of. Just let go and let God. All is well.

UNRESOLVED ISSUES:

Is another reason why people persist in wrong relationship. Because these issues are unresolved, a partner who wants to leave a relationship will find it difficult to do so. As long as these issues are still unresolved, it will linger the breakup of the failed relationship. Unresolved issues can include financial statements, family issues, etc.

WHAT YOU OWE YOURSELF AFTER A BREAK UP

Break up leaves toil on the emotions, even when the break up is no fault of yours. You have made the best possible decision, but most likely you are still feeling hurt. You need to help yourself recover from the bad feelings.

THINK LESS OF YOUR EX:

It is your firm decision to leave, constantly thinking of the "now ex" will only bring back the painful memories of what happened, how it happened. Set yourself free from the stress. Definitely the thought will keep coming back. Don't push them off, for they will come back much stronger. Just replace them with pleasant thoughts. Try replacing the hurtful feelings with feel good emotions. Take notice of things you don't notice before, this will distract your mind from feeling the pains and will make you feel relived.

CONTROL YOUR MOVEMENT:

Do not visit the places the two of you, have always been together. This will increase the pain you feel and awaken the memories you wish to forget. This is not healthy for you as it will make you break down emotionally, physically and otherwise. Instead go to places you have long desired to go. Visit new places and take good notice of what the new place is like, if you can feel how good the new place is, better still.

PAMPER YOURSELF:

Give yourself a good treat. Make yourself happy, it is your sole responsibility. You can buy yourself new clothing and outfits. Give yourself that extra little touch. Take yourself out. The essence of all these is to make yourself happy once again without your partner in your life. When choosing things that make you happy, be careful not to choose things that put you into trouble, like bulling your partner or destroying anything that pertains your partner. This will not in any way make you really happy with yourself for you just took revenge.

LET GO COMPLETELY:

For those that love with all they are. Letting go could be a very painful experience. The truth remains, which is you can actually let go if you choose to. Just as you loved with all you are, you can gradually 'unlove' without generating hatred. Let go of the pains and bitterness in total forgiveness. This will rub off on you in so many ways. If you can't do this alone, get a psychologist or a relationship expert to help you out. This will get you balanced and prepared for a new relationship.

AVOID CONTACTS:

Calling and texting your ex will only get some more bitterness to you. Hearing that voice again can only make you sad. It can make you shed tears. If you both were popular couples, don't go about narrating what happened and how it happened as this will only worsen the case and make your story more disheartening. Be careful what you say. Don't get things messed up because you broke up.