

IN A RELATIONSHIP? WHAT ARE WE TALKING ABOUT?

Whether you are hanging out, hooking up, talking, or dating, here are some suggestions to keep yourself happy, safe and sane in the process.

1. In order to be successful in a relationship with another person, you must have a good relationship with yourself.

To have a good relationship with yourself, you must accept your limitations, know your strengths, and be willing to stand up for yourself.

2. If you lose yourself in another person, you lose.

Two people do not make one. Two people in a relationship must make room for both people to be individuals. Maintain your life outside of the relationship.

3. Trust your instincts--and listen to trusted friends.

If you start doubting yourself and changing your boundaries, be careful and make sure it is a personal growth change, not a change to “keep your man”. If you start hiding things from your friends/family because you don’t want them to think badly about someone, you must ask yourself “why am I protecting him and not myself?”

4. Realize you have your own baggage (perhaps a six piece set of luggage) and so do others.

Pay attention to how they act in other relationships. What kind of relationships do they have with their families? How do they treat women? Ask them about other romantic relationships.

5. If you rely on the internet to develop relationships, you are missing out...and perhaps avoiding true intimacy.

The internet can be very useful for maintaining relationships but if it is your way to “meet” people, realize it limits honest, open and respectful interaction.