

Beliefs in Relationships

During many years of working with people, I have been able to diagnose a number of leading human beliefs in the context of relationships. Some of these beliefs lead many relationships through difficult paths and occasionally to unnecessary conflicts.

Most misunderstandings during relationships are usually due to beliefs, thoughts and approaches that collide with each other in an automatic and circular way. If you look at your misunderstandings in your private relationships, you will find something interesting, most of them are repeated constantly only in other ways. This happens because of an interesting reason, most of us do not regularly self-examine ourselves, so we stay stuck with beliefs that do not always serve us and are not always relevant in our lives.

For example, I will bring here some common beliefs that will allow me to explain to you how you can do a quality self-examination consistently.

"A relationship requires equality between the couple". Is that so? Or can it be that two people in a relationship are different people who have different kinds of advantages and disadvantages, therefore it is even better that they take responsibility in areas where they are better and will not choose roles within the system automatically. (The men take out the trash...the women wash the clothes). So what shall we do? It is important to clarify the expectations of the couple, and to see that both partners live in a whole within the roles they have taken upon themselves. Everything must be done in order not to create frustration and weariness.

"In order to live peacefully in a relationship, one has to choose a person with similar thoughts as mine." Ask yourself, under what conditions are you allowed to disagree? Are always similar thoughts between partners guarantee a quality relationship? Or perhaps diverse opinions can bring about personal growth and development in the relationship? What is important is to pay attention to the thoughts of the partner and legitimize different views other than my own.

"Money makes us happy and only improves relationships." I wish. The number of people I know who have money and are nowhere near happier than the number of happy people I know that money is not one of the things they are rich in. Therefore, I wish money was such an easy solution to the state of our relationships. In the vast majority of cases money only creates additional problems and additional reasons for the conflicts and not vice versa.

"Do not stop discussing the problem until it is resolved even if it is unpleasant and done in a way of a quarrel." One of the problems in relationships is that since we are immersed in our beliefs and don't stop to see whether in reality they serve us, in many cases we reach our extremes in the most destructive way. This so-called belief that you do not end the fighting until you reach an agreement is one of the most destructive things to do. Every argument is created because of emotional disagreement, lack of listening, ego, frustration, fear and defensiveness. If you tend to think that from

such complex emotions as these ones you can resolve a conflict - you are in trouble. On the contrary. Stop the discussion and relax. To rest. To think. Return to the discussion only after you have considered the situation rationally and clearly. After the two sides calmed down, recreated a pleasant and friendly discussion full of mutual respect.

Identify your leading beliefs:

1. Make a list of your personal leading beliefs in a certain relationship.
2. Which of them can you identify as ones that don't serve you? Holding you back?
3. Commit within the relationship to three actions in which you are going to make a change in your beliefs and actions derived from them.