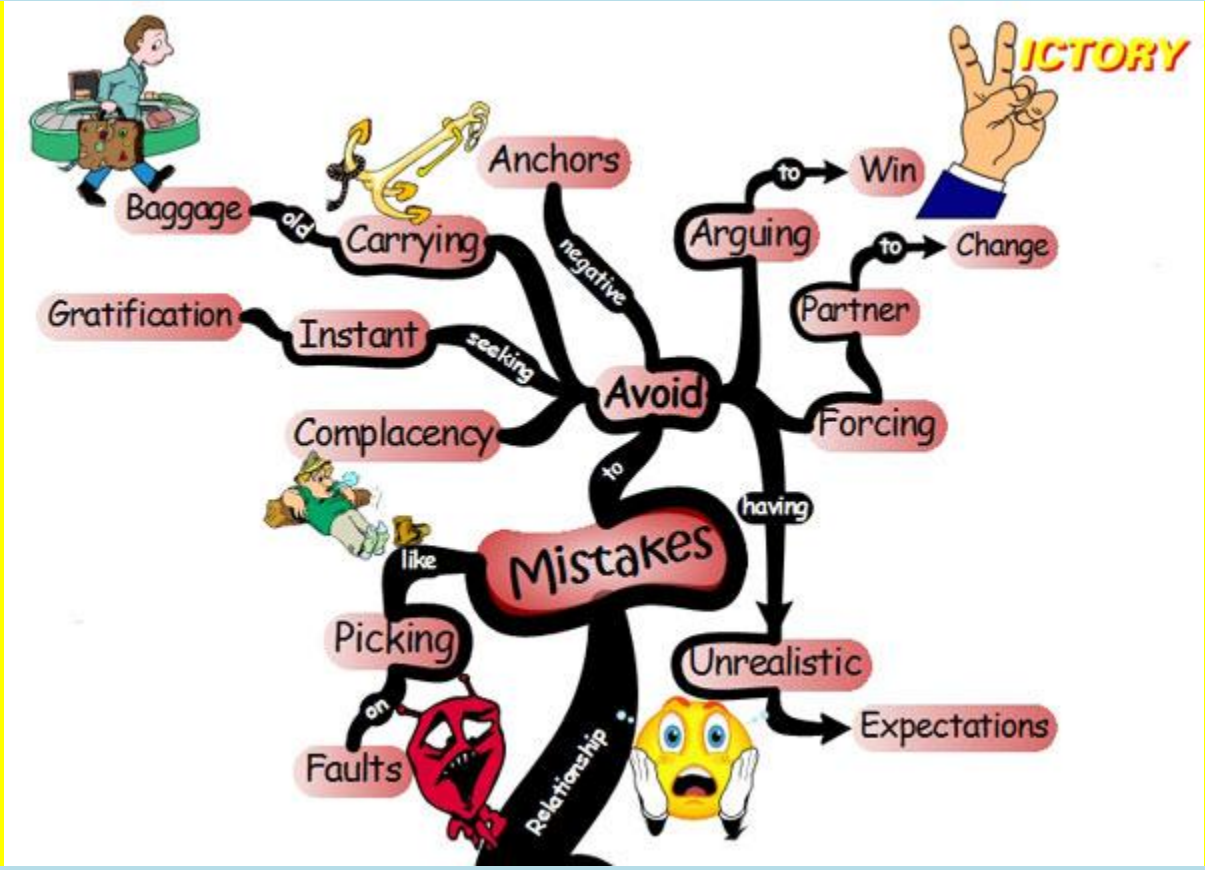
Common Relationship Mistakes to Avoid

It is of course of utmost importance to focus in on and target areas that will grow, build and take your relationship to the next level. However, at the same time we must be aware of the mistakes that many couples make that sabotage and destroy their relationships in irreparable ways. Here are some things you should keep in mind and be wary of if you seek to build a long, lasting and fruitful relationship:



Avoid Picking on Partner's Faults

No one likes to be judged or picked on, especially by the person they love, so quit picking on your partner's faults. You are not perfect yourself, so don't expect your partner to be perfect either.

Accept them for who they are, love them because of their imperfection and cherish them for the intrinsic beauty that lies hidden behind the external appearance.

Avoid Complacency

Many relationships fail simply because the couple becomes too complacent and comfortable within the relationship. As human beings, we crave excitement and variety within our lives. Initially at the beginning stages of a relationship we experience many new feelings and also partake in activities that instigate mystery, uncertainty and unpredictability. Once you are with someone for a while it's easy to simply overlook the factors that initially created that spark and attraction in your relationship. If you notice that you are becoming lazy and that your relationship is becoming too predictable, realize that sooner or later one of you will have to do something to spice things up or the relationship will very likely fall apart both emotionally and physically.

Avoid Seeking Instant Gratification

Don't forget that even though you are within a relationship, you are still an individual entity with one beating heart and one thinking brain. Practice being happy with yourself when your partner isn't around. Moreover, practice satisfying your emotional, physical, spiritual and material cravings in constructive ways without needing your partner to be there all the time. Learn and understand that every relationship needs intimacy and closeness just as much as it requires a little separation and space.

Avoid Carrying Old Baggage

By old baggage I don't mean old suitcases that you have been storing in your closet for years. Instead, I mean people, emotions and thoughts that keep you in the past and prevent you from moving forward with your current relationship within the present moment. Stay true to yourself by letting go of the past and focusing wholeheartedly on your partner today.

Avoid Having Unrealistic Expectations

Get over the fact that your partner will solve your emotional problems or self-esteem issues. Your partner is human, they will help you any way they can, however you must not rely on them to assist you with every problem that confronts you on a daily basis – this is simply just too emotionally draining and will eat away at your partner's emotional resources.

Avoid Forcing Your Partner to Change

This again touches upon the idea of perfection. You are not perfect, so don't expect your partner to be perfect either. Think back to your initial attraction and how you felt about your partner at the time.

Avoid Arguing to Win

What is right and what is wrong is irrelevant, as long as what is most important is still intact when everything is said and done.

Avoid Creating Negative Anchors

This is a natural outcropping of the above point. Whenever we are experiencing a powerful and intense emotional state, everything within our present environment naturally gets attached to that emotional state of being.