

COMMON BEHAVIORAL ERRORS LEADING TO RELATIONSHIP ISSUES

BETTY PAUL, Psychology Department

BEHAVIOR

Behavior means the way in which one acts or conducts oneself; especially towards others. A behavior is considered to be maladaptive when it is inappropriate, when it interferes with adaptive functioning, or when others misunderstand it in terms of cultural inappropriateness.

BEHAVIORAL PROBLEMS

- ❖ TRUST ISSUES
- ❖ DIFFERENT EXPECTATIONS
- ❖ COMMUNICATION ISSUES
- ❖ ABUSE
- ❖ ADDICTION
- ❖ DIFFERENCES IN PRIORITIES
- ❖ LACK OF EMPATHY
- ❖ ANGER ISSUES
- ❖ LACK OF PERSONAL RESPONSIBILITY

TRUST ISSUES

Trust is essential because it serves as one of the pillars of a successful relationship. If one person doesn't think that they can count on their partner for even simple things like showing up on time, then the foundation of the relationship is very weak, and soon the whole tower will fall.

DIFFERENT EXPECTATIONS

It's not easy for a couple to walk a journey together for a long time. The elements that frequently draw two people toward one-another at the beginning of a relationship. Overtime, a couple's expectations in the relationship may differentiate, as they begin to see their respective life plans as "what I want," instead of "what we want."

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COMMUNICATION ISSUES

Communication problems refer to misunderstandings and misinterpretation of other people's meanings while talking. ... These type of problems can be minimized through attempts to communicate clearly and clarifying points that are unclear.

ABUSE

Abuse comes in all forms, such as mental, emotional, and physical abuse. All of these are equally damaging in different ways. Relationships are supposed to love and should serve as a safe place you can fall to if you want to get away from the rest of the world. So, it's not surprising that abuse can be a huge reason why relationships fail.

ADDICTION

Many people have some sort of addiction. Of course, there are alcohol and drug addictions, but there are other kinds as well. It could be an addiction to shopping, eating, or playing video games. Whatever the addiction is, it only takes attention away from the relationship and puts it toward the object of the person's addiction. This can end a relationship if left unresolved.

DIFFERENCES IN PRIORITIES

Your partner has different priorities and expectations regarding the relationship. For some, the significant-other relationship (and family) is the primary center of gravity of life. Nothing else comes close in its importance.

LACK OF EMPATHY

Empathy is the ability to see another person's point of view as if you were them. This means feeling what other people feel. It is seeing things from their perspective—not just your own. If one or both partners lack empathy, then the relationship may be doomed. A lack of empathy often results in unintentionally hurting your partner.

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ANGER ISSUES

Everyone gets angry from time to time, but when it spirals out of control or if people don't know how to deal with it, then it can dent a relationship. Most of us are not taught effective conflict management skills. That's why a lot of people don't know how to control their emotions properly and fix relationship problems.

LACK OF PERSONAL RESPONSIBILITIES

If someone is always blaming their partner for the issues in their relationships, they are not taking personal responsibility. So people need to look within themselves and take responsibility for their actions. If one is always unwilling to take the blame then the relationship is bound to fail.
