

# Navigating personal relationships



Relationships problems are the second highest reason why people come to EAP services. We thought we would share a few myths that can damage relationships alongside some facts that make relationships work better.

## Myths



### Personality differences ruin relationships:

We all have personality flaws. The key to a happy relationship is to have a partner who compliments you, so you blend together.



### Common interests keep you together:

Interaction and connection may result in arguments or competitiveness instead of connection.



### You scratch my back and I scratch yours:

In happy relationships partners naturally reciprocate good gestures, but truly happy couples do not keep tabs on tasks, favours or emotional investments.



### Avoiding conflict will ruin your relationship:

Couples have different styles of conflict, some avoid, some fight, some talk things through. No one style is better than another, as long as the style works for all people in the relationship.



### Affairs are the root cause for break-ups:

In survey results on divorce by Lynn Gigy, PhD., it was clear that couples separate because they gradually grow apart. Data from marital therapists reporting shows that affairs mostly occur when individuals seek friendship, support, understanding, respect, attention, and care.

## Facts



### Kind communication during conflict:

Learn to use your tone of voice and words to calm emotions, rather than ignite anger.



### Relationships are never perfect:

Happy relationships are not free from differences and conflicts.



### Relationships based on friendship thrive:

Mutual respect and enjoyment of each other's company is important. Tending to each other with well versed knowledge of likes and dislikes, personality quirks, hopes and dreams is key.



### Shared purpose and sense of meaning:

Happy couples don't just get along, they share a deep sense of meaning and support each other's aspirations, hopes and dreams.



### Learn from history:

In times of conflict remembering the resolution of past conflicts to help create space to resolve issues.