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Confucian five relationships

Relationships are about how humans relate to each other. Learn more about topics such as love, marriage, genealogy, dating and divorce. No matter how much you try to be a good partner in your relationship, there will be times when you feel adrift. You may be worried, feel out of sync, or just not quite right. Don't beat up, it happens to everyone, especially when life is busy. But the most important thing is to take some time to reconnect with your partner. And you can start with the little things. Couples try to draw mutual attention throughout the day, whether for support, conversation, interest, play, affirmation, feeling connected or out of affection, she tells relationship coach and therapist Anita Chlipala to Bustle. Each of these moments is an opportunity to connect with your partner. A person should look for someone who responds to them, or at least recognizes them when they try to get their attention, because it shows that they are meeting their emotional needs - or at least trying to. Therefore, with small things, it can be easy to see when and how you can be more connected, or at least more sensitive. But sometimes the problem is bigger and can feel as if it is not yet present in the relationship. Here's what you can do to bring it back: 1. Work the KinksSi there's something in your mind about your partner or your relationship, any irritating questions or problems, can make you feel distant. That's why the beginning of relationships can be so uncomfortable. Relationships are uncomfortable at first because trust has not yet been established, says Darren Pierre, educator, lecturer, speaker and author of The Invitation to Love: Recognizing the Gift Despite Pain, Fear, and Resistance. When we trust another, we reduce fear, when we reduce fear, relieve the anxiety of being rejected. And it's not just true in the early days. Even if you've been together for a while, you may feel worried about your partner if you don't solve your problems. You need to feel comfortable to be very present. To help move discomfort, have the courage to be yourself, have the courage to be honest, and have the courage to rely on your intuition about the person you are deciding to spend your time with. It helps to talk things through and solve any lingering problems – it always makes me feel immediately relaxed and more settled. 2. Try something new TogetherShaking out of your comfort zone is a great way to get more present, because it automatically takes more mental energy than your same old routine. Learning something new together is a great way to come together and learn about how the other takes in new information and whether or not they are a good sport, life coach Kali Rogers tells Bustle. Once I go an 'intro a DJing' class with my current boyfriend and was a We were both terrible, but it was a lot of fun. Even going somewhere new can make you more engaged – with your surroundings and your partner – almost immediately. 3. Deal with your own Sh*tJust as you need to solve your relationship problems, find out if there is something going on with you, separate from the relationship, that might be affecting how you are with your partner. Work problems, family, or just general anxiety can make you not feel like yourself and not so present. Do some emotional cleaning of spring. 4. Put the phone out We are all at least semi-distracted if our phone is in our hand - or even in our bag. You need some proper time to avoid phubbing, which is when you ignore whoever you are with because you're glued to your phone. Try to reduce phone use slowly, David Brudo, co-founder and CEO of mental wellbeing and personal development app Remente, says Bustle. Try simply not to check it unless you really need to use it. Or, leave your phone at home when you go out to dinner or buy groceries. This will help you change your habits in small doses. If all goes well, very soon you won't even miss it – and your relationship will be better for it. Don't worry too much if you're feeling distracted or aren't very present in your relationship – it happens to the best of us. Just make sure you are putting in the time and energy to reconnect. Deciding to dedicate yourself to someone else is an important commitment; should not be taken lightly. What mistakes will you try to avoid? What have you learned from previously failed relationships? The questions may be endless, but there is no way of knowing, certainly, whether the relationship will last. If you're on your way up the roller coaster, crying at the top, or about to make the final dip down, it can be a scary ride. So, for good reason, there are some relationships that just aren't meant to be. The relationship you feel unsafe If you feel insecure, you should certainly leave. | iStock.com feeling insecure usually points to an unhappy relationship, but it can still be difficult to leave. Or, maybe you've experienced this yourself, and were brave enough to leave the couple who made you feel that way. If this is the case, you may not have to spot the red flags, as rear vision tends to be 20/20. Mark Banschick, M.D., of Psychology Today, writes: Simply put, there are three basic categories of unhappiness in committed relationships. When a relationship goes wrong, you may feel unsafe, unearned, dissatisfied or a combination of two or three. If either partner experiences these feelings, the relationship is not meant to be. The who are no longer friends Do you seem bored with each other? | iStock.com For most, the start of any relationship begins with Intrigue. At first, perhaps you saw value in your partner's talent, appearance and ambitions. Naturally, you wanted to learn more, which is great, seeing how shared interests and hobbies help forge a deep and lasting connection. When this happens, they not only recognize each other as partners, but as friends. But the moment when couples stop being friends, says Prevention, is the time when the relationship stops growing. 3. The relationship that lacks empathy Lack of empathy is a red flag. | iStock.com/AntonioGuillem Once one or both partners lose the ability to empathize, there is little hope that the relationship will be the test of time. A relationship has reached critical mass when there is little or no identification with the other person's feelings, writes Cari Wira Dineen in Prevention. When your partner has total disregard for their feelings, it is impossible to connect on a deeper level, thus surprising their ability to thrive as a couple. 4. When certain topics are off limits you should be able to talk about anything. | iStock.com able to discuss everything with your partner is important, from the minute details of your day to the big picture conversations about your future together. You should be able to rely on your partner for solid advice and a listening ear. After all, another significant one is supposed to be someone who cares about what he thinks. As The Huffington Post says, it's a bad sign if having a conversation with [your partner] is worse than having your teeth stretched. No topic should be off limits, and there is no reason you should have to censor yourself around the person you love. 5. The relationship you have no confidence If the trust is gone, it will take a lot of work to get it back. | iStock.com Trust is a big deal, there's no doubt about that. If there is no trust between you and your significant other, there is no way that the relationship will survive. Being honest and ahead of all issues - good, bad, or ugly - you will find is of the utmost importance. Also, while there are plenty of kinds of dishonesty, cheating often one that comes to mind. Cheating can be one of the most destructive forms of betrayal any relationship can experience. As Tina B. Tessina, Ph.D., told Prevention, it breaks trust in the relationship, and sometimes non-compliance is not fixable. 6. When a person feels the need to lie to their friends You know there is a problem when you lie about your relationship with a friend. | iStock.com/UberImages dishonesty between you and your partner is not the only cause for concern when it comes to a lack of trust. Normally, your friends are the people you're going to ask for advice and ventilation to, especially in the relationship department. And if you don't being honest about what's really going on, there could be problems in paradise. Keeping more intimate private issues private Only you and your partner is important, there is something to say about directly lying to your friends about the state of your relationship. Yes, lies of omissions and half-truths count, bustle says. When you're not telling your friends the whole truth, it's time to take a close look at the reality of their relationship. 7. The relationship with unbalanced emotional investment Both should be head over heels for each other. | iStock.com It's never a good feeling to love a person who doesn't love you back. If you're in this kind of situation, consider it a red flag. Psychologist Kristin Davin told The Huffington Post: If you find you're always what heavy [emotional] lifting does, it changes your relationship and the heavy lifter feels the relationship is more work than it should be. Being on the same level emotionally is key to any healthy relationship. 8. When a person has transformed into someone who is not being their true self will only leave you heartbroken. | iStock.com/andrej_k_a relationship should be equal parts give and take, within reason, and no one should have the whole word. If you've sacrificed everything that makes you to adapt to the mold of what you think your partner wants, there's a big problem. Keep in mind, there are several things you absolutely never have to compromise, such as your personality, self-esteem and goals. Transforming yourself into someone you're not is one of the greatest disservices you can do for yourself. 9. The relationship that has no respect for each other, and their privacy, is key. | iStock.com/nicoletaionescu to lack of trust and lack of security, disrespect must be a total agreement in any relationship. Glue in a relationship is respect, explains MSN. Self-respect, respect for the couple, what they go through, the decisions they make, etc. Everything must be based on this value. Otherwise, their relationship could dissolve within a year. So, if respect isn't a priority for you and your partner, it's time to have a serious conversation about where things could be headed. 10. The relationship that's full of contempt If you're constantly rolling your eyes, you might have contempt for your partner. | iStock.com/AleksandarPetrovic feelings for almost anyone is unhealthy behavior. And when do you do it for your partner? Well, your relationship is likely to be doomed. In fact, four decades of research lead Dr. John Gottman to name contempt as the No.1 predictor of divorce. According to The Gottman Institute, mocking a person with sarcasm, shouting name, imitating and rolling their eyes are all forms of contempt. In any form, contempt is poisonous to a relationship because it conveys disgust. It is practically impossible to solve a when your partner is getting the message you're disgusted with him or her, explains the Institute. If you can't help but express contempt, especially when it's not justified, you need to consider the fate of your relationship may not be happy forever. After.

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