



The Relationship Project

#4 - The 3 A's of Relationship Unhappiness (Part 1)

ADDICTIONS, AFFAIRS, ANGER

The above 'relationship behaviours' are the most common causes of relationship unhappiness, most often real deal breakers. These apply not only to couple relationships but all of your relationships.

RELATIONSHIPS ARE LIVING SYSTEMS and like all living things, they can get INFECTED with TOXIC AGENTS and if not identified and acknowledged can result in death.

IMMUNITY provides a way to fight against potentially infectious toxins.

REMEDY & REPAIR are vital processes in keeping the relationship ALIVE.

Let's talk IMPULSES. We all have them. To deny them is to deny a part of who we are authentically. The impulse to drink a little more or stay longer. The impulse to flirt a little more with risk when you are already in a committed relationship elsewhere. The impulse to speak harshly when driven by frustration over a co-operative approach. These are mistakes, toxic choices. We all make them. It's part of the human experience.

Let's talk MISTAKES. They create feelings of regret and guilt. Feelings are our signals helping us make choices for direction. Choices are:

1. **THE REMEDY:** To stop, admit and explore the mistake from which we take responsibility for, apologise and learn from. Chances are greater that behaviour will not be repeated. If you do decide to take up this challenge you may come to realise a small dose of toxin can actually strengthen your immune system's ability to resist the addiction -affair-anger impulses.
2. **Ignore, deny or minimise.** Chances are mistakes will be repeated. One may even take the approach of repeat until caught .

COSTS and CONSEQUENCES of not managing any of the 3A's

- A. **Death of Relationship**
- B. **Mental health issues** may ensue
- C. **Impact on children.** Children learn from what adults do and form belief systems around their early experiences of relationships . They may form beliefs that relationships can be unreliable, unsecured, and therefore emotionally unsafe. This will make it challenging to opening to what's necessary to stepping through the establishing of new relationships .

PART 1: ADDICTIONS

The mistake: If your partner shows concern and asks you to stop you may deny, defend, minimise, rationalise or blame as a way of avoiding the problems' existence. All of this is tempting but in the end sabotages the relationships' potential as well as demonstrating to any children involved how to have a habit.

The Remedy: Take your partners concerns seriously. Responsibly assess your habit. Get help.

If it is that you are escaping the current or past stressors in your life, Replace running from the fact with seeking professional help in the particular stress. Couples counselling may help by learning how to approach this sensitive issue and can provide safety by having a trained third party present.

Adapted from <https://www.psychologytoday.com/blog/> and vivanbaruch.com

What's up Next?

August issue will look at AFFAIRS.

September issue will look at ANGER, Acting out and unmanaged mental health issues.

GET IN TOUCH

Deena Thompson

0438 811 117

deena@youmewe.net.au

Deena works as an Individual and Relationship counsellor at [Health in our Hands](#) 38 Burleigh Avenue, CARINGBAH

