



The Relationship Project

#5 - The 3 A's of Relationship Unhappiness (Part 2)

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.

Last month we looked at ADDICTIONS. To catch up on July's issue [click here](#).

This month we will look at AFFAIRS.

PART 2: AFFAIRS

The mistake: A common blind spot in contractual relationships is the omission of 'courageous conversations' that need to be had. Human behaviour loves avoidance! Particularly if we perceive discomfort.

Pity, as this advanced communication skill has the potential to grow us into blissful, contented love. Bottom line is if we avoid the subject of intimacy and self responsibility then this often has us expecting our partner to take responsibility. When this doesn't happen we either shut it down or look outside of the relationship. This can happen both consciously or unconsciously.

The Remedy: Before the potential for an affair arises, make clear contracts about what you agree your relationship is in terms of closed or open? What do you both agree on regarding arousal, desires, masturbation, flirtation, sex, love and whatever other values you have.

Awareness, language and communication around these areas take focus and skill.

If sexual arousal outside of your partnership arises make a conscious decision about what you are going to do with it! Sexual arousal is bewitching and temptation increases the longer we attach to the emotional charge it has. What are you going to do with the situation when this magnetism becomes stronger than your desire to protect your relationship? The more grown up approach is to discuss openly if this happens and approach it unified. It may look like this: that together you decide how to maintain a distance from the sexually charged situation and transparently manage it.

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/>, vivanbaruch.com and the free podcasts from Sounds True, Insights at the edge with Tami Simon

What's up Next?

September issue will look at ANGER, Acting out and unmanaged mental health issues.
October issue will review Wendy Strgars' Sex that works.

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

