



Relationship Issues...Get Help With Your Relationship

Mary Winn, LCSW, CHt, RRT / RTR - *Therapy with Mary*

Your primary relationship can be the source of so much pleasure, or so much pain, depending on how that relationship is going. You've probably tried to improve things again and again and the frustration and pain gets worse every time. Where did all the love and fun go?

How relationships develop over time

The start of any relationship is usually idyllic - everything is perfect, or so we think. But maturing relationships require a different set of skills from the infatuation stage. And this can be a painful learning process for all involved. If this takes too long, it is easy to get locked into patterns of reaction and behaviors within relationships, making change more difficult, as it often takes a concerted effort by both parties simultaneously.

Common challenges in relationships

Emotional Intimacy - People tend to take emotional intimacy for granted. They assume that it's just a natural part of close human relationships, and that if you are close to someone you can easily enjoy emotional intimacy with them.

But not everyone finds it easy to get emotionally close to others, even if they are 'in a relationship'. And this can cause a great deal of pain and suffering on both sides.

Accepting each other's imperfections - When we fall in love, we think our partner is perfect in every way, generally. The clouds of infatuation blind us to everything except their marvelous qualities, which we are sure are fixed and permanent.

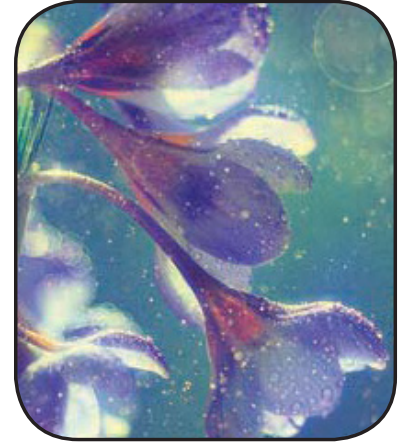
But at some stage in the relationship the blinders are lifted from our eyes, and we begin to notice that our perfect partner is not so perfect after all.

This is a dangerous time for any relationship, and how couples deal with it is indicative of how successful their relationship will be in the long term.

Keeping the spark in your relationship - The myth of romantic love

is powerful, and when we are in the first flush of a relationship we believe we are in heaven and the marvel of it will last forever.

So it is a shock for many people to discover that this wonderful relationship which once lit their lives with a magical glow has become 'stale'. There is no more spark between them. Sometimes attraction can turn to dislike - even hate! That spells doom for a relationship.



Forgetting how to be playful - *Play is serious business.* Without the experimental, exploratory, curious and wondering approach that is at the heart of true play, we make slow progress in life.

Think of the people you know who have become dull and plodding and predictable. Their lives fall into ruts. They stop growing and changing. They have no sense of adventure. They take everything too seriously. And they are most unlikely to be the originators of anything new or creative.

Help with your relationship is only one call away

Of course any relationship improvement needs help from both partners, but learning new perspectives can help you step out of old negative patterns and embrace a fresh new start for your relationship.

If you'd like more information, or wish to make an appointment, please call either the office at 561-598-8585, or cell at 561-234-6778, or visit www.TherapyWithMary.com.

Therapy with **Mary**

Mary Winn, LCSW, CHt

O: 561-598-8585 C: 561-234-6778

www.TherapyWithMary.com

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