

# EIGHT THINGS THAT NOBODY EVER TELLS YOU ABOUT ROMANTIC RELATIONSHIPS... THAT YOU REALLY NEED TO KNOW

**Romantic partnerships can be incredibly wonderful AND incredibly challenging! And to make things even more difficult, there's no shortage of strange (and just plain bad) advice out there on how to find and sustain love!**

**Ready for a fresh perspective on how to love your love life?**

**Try these 8 simple yet powerful shifts in your perspective and your behavior.**

- 1) The quality of your relationship with your partner depends in great part upon the quality of your relationship with YOURSELF. If you love yourself, respect yourself, and are kind to yourself, it's a lot easier to experience those qualities in your romantic relationship.
- 2) We are all responsible for our own feelings. Period. Your partner does not MAKE you feel whatever feelings you feel. Your PERCEPTIONS of your partner create your feelings about them. And you don't CAUSE your partner's feelings.
- 3) That doesn't mean consideration isn't important - it absolutely is! But there are three kinds of business: your business, their business, and god's business. And in your interactions with others, you can only do your business, which means taking responsibility for your actions - NOT attempting to manage other people's responses to them. That's their business.
- 4) When you need to communicate with your partner about something that's important to you, get clear about what you want to say, and why you want to say it - and then speak your truth without shame or blame. You can't control how your partner responds to whatever you tell them or ask them. But you CAN control the extent to which YOU support yourself, no matter what they say or do.
- 5) Intimate connection with another human being is MESSY business! If there are aspects of your relationship that are challenging, or periods in your relationship that are frustrating, it's not necessarily a sign that there's anything wrong with you, or your partner, or your relationship. Even the best relationships are not 100% amazing 100% of the time.
- 6) Honing your discretion about what's right for you is a key ingredient in happiness - both in your relationships, and your life as a whole. How do you cultivate discretion? Clarify what's important to you, and WHY it's important to you. Nobody can figure this stuff out for you, and there aren't any right answers. You have to DECIDE.
- 7) Use your power to FOCUS to your advantage. If you focus on all of the things that you think are wrong with your partner or your relationship, your experience of your relationship will be a lot different than if you intentionally focus on what you enjoy about your partner and your relationship.
- 8) No matter how good or how challenging your relationship with your partner is at any given time, look for ways to consistently cultivate your relationship with yourself. Find ways to create happiness and contentment for yourself. Find ways to BE YOUR OWN BEST FRIEND, or your own partner. This will make the good times with your partner even sweeter, and will help you navigate the difficult times.



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