

HARD RELATIONSHIPS

Relationships are hard work, but they're also full of love, commitment, joy, and fulfillment. Knowing when a relationship is failing and when you just need to work harder at it is a tricky balance, but a couples therapist can help. Whether it's communication issues or differences in attachment styles, love language, or values, knowing how to problem solve and work together with your partner is crucial to a long-lasting, healthy relationship.

Relationships are hard work. Or so we've been told. At the same time, we're constantly shown perfect pictures of happy couples and fed stories about effortless, perfect love. Through the conflicting stories shown in the media, we're told that relationships are supposed to be effortless but also always a choice. They should always make you feel full of joy and love, but fighting just means you're passionate.

Reference:

Lifebulb (s.f.). Are Relationships Supposed to Be Hard? When to Stick It Out and When to Leave.

Retrieved from: <https://www.lifebulb.com/blogs/are-relationships-supposed-to-be-hard>