



7 Types of people you want to avoid being in a relationship with

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One of the aspects of my job is I get to listen to all sorts of problems people experience in relationships. And often the problem is that the person one is in a relationship with is clearly not someone who is psychologically healthy or ready for a relationship. So, this being February, and Valentine's month, here are some points to consider when you pick a partner. These apply for either partner in a relationship; they are not gender specific. They are about picking partners who are capable of having healthy intimate relationships.

1. Does he or she have good self-esteem? Someone who is arrogant or submissive (both manifestations of low self-esteem) is going to be difficult to live with. Either they expect everything their way, or will submit to whatever the other partner wants. Narcissistic people will use others to make themselves feel good, and passive people will please the other at all costs in order to feel loved and valued. Neither make for good relationships.
2. Does he/she have their act together? Do they have a job? Do they have money? Are they stable? Can they take care of themselves? If someone is temporarily out of a job or in financial difficulties but is actively working to change their situation, then that is a different story. If someone is permanently out of work or in financial troubles then heed the warning bells.
3. Is he or she violent? If someone hits you leave. Once that boundary has been crossed it is very much easier to cross it again. And, "I am sorry it will never happen again," is never true. Once they have done it once it is more likely it will happen again.
4. If you love someone and are looking at forever after, then love is not enough. You need to like the person as well. You must want this person as a best friend too.
5. Beware of the sociopath. Folks who have been involved with a sociopath never forget it. The lying, the manipulation, and often stealing too, take its toll and leave the other partner with some serious healing to do before they can consider another relationship.

There are more sociopaths out there than you know. There are some sick and twisted people in this world. Beware of people who say to you, "If you loved me you would do....". If they loved you they would respect your opinions and decisions and not try to force you to do something you are uncomfortable doing.



6. You can have very different personalities and get along very well. Some partners are very different. But you cannot have very different values and get along. If one of you values spending money and the other values saving money, and these are important values, then trouble looms. If one of you wants children and the other definitely not, then you have a problem. If you have very different ideas on raising children serious conflict lies ahead. Different religious beliefs can also make things very difficult.

7. Does he or she know how to make a relationship work, or, is he or she willing to learn how to make a relationship work? Like everything there is an art and a science to making a relationship work. I have many clients, male and female, who are willing to put a lot of work into their careers and have fantastic careers. However they tell me that once the career is going well they expect everything else to just fall into place - the relationship, the children, the social life, etc. Relationships don't work out by magic. You have to work at them. There are key relationship skills that everyone needs and some additional ones other couples may need. This is what premarital counselling was all about. You need to know how to communicate. You need to know how to argue constructively. You need to know how to listen. You need to know how to ask for what you want. You both need a relationship vision you buy into, and need to revisit this regularly. You need to ask your partner what makes them feel loved and valued and commit to doing acts that show love. You need to give up mind reading and assuming you know what your partner is thinking and wanting. And you need to make time to be together. If you are never going to make time for the relationship, for instance work, extended family, friends and chores takes up all your time, then why are you even in a relationship? For appearances sake? Because society expects it?

When you are looking for a partner ask yourself if he or she is someone capable of, and willing to, work on building and maintaining a long-term relationship. And of course, you, yourself, must be capable of, and willing to put in the work. We must be that which we seek. Anything else is just a lack of integrity.