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The two things in life that come free, love and relationships are beautiful, innocent and worthwhile. However in life all good things come with their disadvantages. All of us must have been in and out of a relationship otherwise we won't be reading this article. The first few moments of being in a relationship are warm and cheerful. As the relationship goes on things started changing once couples find out their true inner selves. This is rare in love affairs between young men and women who enjoy each other's relationship to the fullest. But when that young man and woman turns into couples that is when things start messing up pretty badly. Of course a lot of people may not agree with this but I can bet that those are people in their mid 20s or very few couples who manage to make their marriage work.

No doubt almost 60 % or more of marriage ended up as divorce in America. In India we could say almost half of our marriage are arranged and though divorces are few, let's admit it relationships crashed after a number of years into marriage life. This could be due to minor misunderstandings between couples. No wonder inter-racial or inter-caste marriage is few here in our country. Let's focus on some of the issues that we are facing in relationships.

1. Communication gap will always be an issue. We must know that no one, not even your spouse, can read your mind. You should be able to share your feelings, say your dislikes and likes and be able to confront your spouse when necessary if you feel they make a mistake.
2. Arguments should also be avoided as far as possible. It is important for one to shut up when the other is angry. Ego and pride are the obstacles in settling a dispute.
3. You can forgive yourselves when making mistakes and learn to admit your mistakes.
4. Trust is the most important factor in a relationship. Once you are trusted doubts will not come.
5. The other party must also learn to listen by showing respect. Listening while you are doing something is disrespectful. Try to really listen with attention and this shows that you care for this person.
6. Before any decision is made by a person the spouse should always be involved in the discussion so that both can agree on it.
7. Learn to enjoy what you did when you first went out. Relive those moments by going out for coffee, movies or dancing etc. This will teach you how valuable a relationship is.
8. Interact with other people. Have friends outside who are also couples like you. That way you can realize how being together instead of being single is good.
9. Give each other time out. If the man has a manly thing to do like watching a sports event with friends allow them to do so. Even for women a girl's night out helps them in sharing their stories, gossips etc , so you can learn to give each other space.
10. Money is always an issue in a couple's life. Whenever you planned on buying anything do feel free to discuss them.

Those are the small problems that we usually come across in relationships. Mistakes will be made

because no lessons or degree are taught for being in a relationship. So when those mistakes and hard times come by and you want to give up, you need to work on it. Fight and work hard to keep your relationship alive. That would be the only solution from solving the problems and living a healthy relationship.

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