

The Love Scout The 2 big relationship killers

How to avoid relationship landmines so that you can walk in fields of gold

Most of us are babies; big babies in ageing bodies. We have a vast array of needs that we are constantly trying to meet. Just as a new-born needs milk and affection, we too have physical, emotional, spiritual, sexual and intellectual needs. Often when we enter relationship, we attempt to satiate those needs through and with our partner. While on the one hand, this can be a beautiful and enriching experience, mismanaged, it can lead to irreparable relationship damage. Here are the two big relationship killers.

1. Un-communicated expectations

If your partner expects you to visit the in-laws every Sunday but that is your day to catch up with friends, this may cause perpetual tension. Your partner is not a mind reader and vice versa. Even if you grew up in the same country, culture and suburb, we each have a very unique set of ideas and expectations around relationship from our personal experience. It is important that two individuals discuss at length these issues and figure out what they expect from each other, the direction of the relationship and their values. In an equal relationship, there shouldn't be rules, but mutual agreements freely made by both parties. That is the strongest form of union and equality.

2. Unmet needs

Maybe you are craving more time by yourself, swimming in the ocean. Perhaps you want more intellectual stimulation. You may be yearning for more touch. We are constantly changing and evolving, and as we do, our needs change. The person you married 20 years ago is rarely the one that stands before you today. It is vital to stay in touch with the current version of the person you are with. It's best to have these conversations first, as unmet needs can be the start of a slippery slope to unsavory behaviours. Ask your partner what their needs are, check in with yourself about what you need and intentionally make time and effort to work towards helping each other achieve them. If it's time to schedule a romantic getaway or weekend with the girls, go do it!

Over and over I see these two issues crippling relationships, so here are my top tips to not becoming another sad statistic.



Goodness gracious, great balls of fire!

Let's start with a commitment to honesty and transparency as our core values for relating. From there, we can draw on 5 tools.

1. Become self-aware.
2. Communicate your needs.
3. Communicate your expectations.
4. Communicate your boundaries.
5. Make agreements (not compromises).

Unlike the Hollywood vision, most of us know we don't just ride off into the sunset. Real relationships take work, time, maintenance, nurturing, love and a whole lot of patience and empathy. Imagine building a house without consulting any architects, engineers, plumbers or builders. While you could give it a go yourself, perhaps watch a couple of DIY YouTube videos, you wouldn't expect the house to stay standing, certainly not through turbulent weather. Great relationships are the same. They are best built by design and with the consultation of professionals if you are seeking to build a strong foundational structure that will not just last a lifetime, but will be the home of your dreams.

Words: **Scout Smith-O'Leary**

Scout Smith-O'Leary is a Relationship Therapist & Educator working with singles & couples based in Manly. For more info visit www.thelovescout.com or call **0410 030 463** to book in a session.

Ask a sparky

Local and Licensed Electrical's Chris Pemberton answers your shocking queries to find the best current solutions.



Thomas Volt asks, "Chris, I've recently moved into an old home that, once I can secure financing, I plan to bulldoze and build my dream behemoth, but in the meantime, what's the first thing I should do to ensure the power supply is safe?"

Wonderful question Mr Volt. Let me firstly wish you the best of luck in securing the financing and Thomas, be sure to contact Shore Financial for the lowest borrowing rates available. But enough about cash, let's focus on power.

First port of call, the **mains cable**. This takes electricity from the grid to your switch-board. In partnership with the **mains switch**, which monitors the electricity your house is consuming, the mains cable and switch need to be matched to the electrical demands of your household.



Modern main switch



Old-school main switch

Mains cabling installed before 1990 often can't safely handle the increased power demands for today's homes with increased appliances and A/C units. If you suspect your house may be using an undersized old mains cable, it's best to call an electrician for an inspection. You can then assess if it's necessary to upgrade your mains cable for maximum power capacity to your household and protect the old mains cable with the correctly rated main switch.

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