The Expert Says – Spring 2018

Psychologists say that in a relationship, it's key to find ways to balance being together yet separate from a partner. Here are a few of their suggestions:

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Keep your sense of self.

Individuals should celebrate and respect each other's differences as a way to remain connected without being consumed by a partner. These distinctions can help two people become closer by recognizing each other's strengths as well as weaknesses.

Nurture all aspects of your life.

Maintain the separate interests and friendships that were important to you prior to your relationship and encourage your partner to do the same. Also, talk—and listen—to each other about your hopes, dreams, goals and other matters that are important to you both.

Balance independence with interdependence.

Understand that you are a whole person without your mate and vice versa. View your relationship as a team of two individuals with separate identities who share love and support each other in big and small ways.

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