



The 10 Most Common Relationship Myths

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Relationships. They look so easy ... but!!! There are hundreds of myths that surround relationships; however some are more common than others. The difficulties with these common myths is that they can make us feel like we're not normal, which in turn can dissolve a relationship's happiness. If we think our relationship *should* be a certain way, and it's not, we can become frustrated, disappointed, and even angry. Say "goodbye" to love, joy and happiness; and "hello" to resentment, arguments, and frustration.

So let's bust those myths!! Below are 10 common relationship myths ... and THE FACTS.

Myth 1 : A good relationship doesn't need any work.

Fact : All relationships need work, and those that are strong and stable have the most amount of investment in them. It's like a beautiful garden – you plan, plant, water, prune and re-plant – often the more you put in the more you get out. However, if you're beginning to put too much in and you feel your partner isn't, and/or you're spending more time unhappy than happy, then maybe it's time to re-evaluate your relationship.

Myth 2 : If my partner really loves me, they'll know what I'm thinking, feeling and needing.

Fact : It's a fact that we're not mind readers – regardless of how long we've been together. Often the biggest misunderstandings come from not expressing what we're thinking, feeling or needing to our partner ... but instead assuming that our partner 'gets us' or 'should know'. In a healthy relationship partners express their thoughts, feelings and needs – and the other partner hears this expression.

Myth 3 : If we're truly in love our passion will never fade. Whilst this is a common myth, it can also be true ... read on!

Fact : Like any relationship, over time, they change (however you wouldn't guess this from watching movies, listening to media, or reading romantic novels). Couples commonly report that their passion diminishes – often due to routines, children, work commitments, or financial commitments. But this doesn't mean that their passion isn't still alive at times, it might just need some nurturance through planning, playfulness or even spontaneity. The reason why this common myth can also be true is that some couples report that their passion and desire for their partner becomes stronger over time (I usually see this in couples that work at their relationship and communicate well).

Myth 4 : Children fix relationships.

Fact : Often adding in a stress to an already stressed relationship can make the cracks even bigger. We have less time and energy for each other and the relationship, and those frustrating habits or behaviours of our partner only tend to stand out more when we're tired and stressed. Being realistic about the change a child will bring to your lives is important.

Myth 5 : It's okay, my partner will change (or ... I can get my partner to change).

Fact : People do change over time; however it's sometimes not in the way you want them to. And while you're waiting for your partner to change, you can often fall into the trap of blaming them for all the problems in the relationship. Instead of blaming and insisting that your partner needs to change (unless there is abuse or infidelity in the relationship), reflect on what you could do to make the relationship better, and make some agreements with your partner on what you can **both** do to make the relationship healthier.

Myth 6 : All relationships require some form of sacrifice.

Fact : If we're thinking we need to 'sacrifice' things, then we're going to build up resentment. If we approach our relationship from 'compromise' instead, then we don't feel like we're being asked to give up our own thoughts, feelings and behaviours, and therefore we don't feel like we're giving in to our partner.

Myth 7 : Relationships must be 50/50.

Fact : When we approach our relationship from a strict 50/50 perspective, sometimes we can 'keep score'. If you think you've done more cleaning this week than your partner, or that you've done more cooking and they haven't done their fair share of the dishes, this can introduce competitiveness or even keeping a mental tally. While it's not healthy for one partner to 'do

everything', it can be useful to introduce a degree of flexibility – remembering that you're a team and that teams often give and take.

Myth 8 : If we fight, it must mean our relationship is doomed.

Fact : Having a difference of opinion is normal in a relationship – no surprise really when we're two different people. And sometimes that difference of opinion leads to an argument – again, normal. However, things can start to go wrong in your relationship when the fight is nasty, cruel or used to put the other one down; or you don't resolve your differences of opinion. If one partner always feels that they're always 'right', then the other partner can start to feel undervalued, not important and maybe even stop giving their opinion. It is important that you both fight fair, and also find a way to resolve your arguments. Make an agreement to not name call, put the other down, or be sarcastic. And while you don't have to agree with each other, listening to each other and validating each other is important. And even agreeing to disagree is healthy.

Myth 9 : If it's the right relationship I should feel happy all the time.

Fact : Life is often more complicated than just your relationship. While your relationship can contribute a lot to how you feel, it's only one piece of the puzzle. Work might be bringing you down, your children might be going through a difficult time, your friendships might be challenging, or you might not be sleeping well. Remember, if you're not feeling happy, stand back and consider all the aspects of your life – which one needs a little more attention? And anyway, life isn't about being 100% positive 100% of the time – we're human – we'll have ups and downs ... and that's okay.

Myth 10 : Going to couples therapy means our relationship is over!

Fact : Sometimes this can be true – but it's because couples often leave seeking help until it's too late, or they've eroded the good that was in the relationship. Seeking help early is key; however if you're both committed to putting effort in and working on the relationship, generally it's never too late.

So understand that the movies and media perpetuate a lot of these common myths ... but they're not healthy for our own relationships if we believe them to be true. The number one tip for a healthy relationship is communication ... this isn't a myth!

If you would like help with your thoughts, feelings or behaviours, please contact us on 0488 954 195, amanda@awakenpsychology.com.au or [click here](#)

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