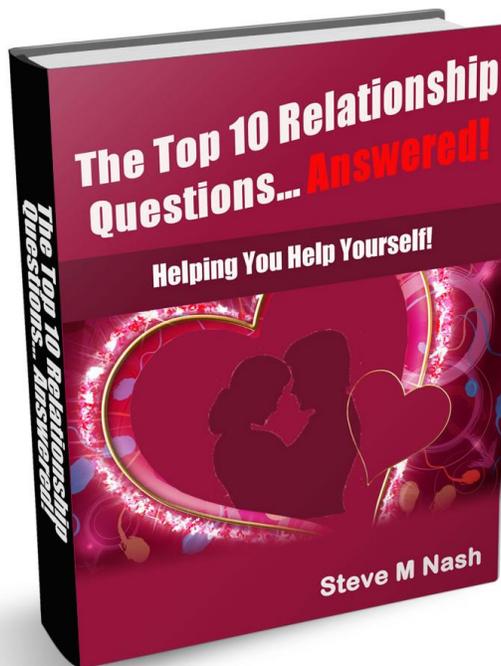


The TOP 10 Relationship Questions... Answered!

by Steve M Nash



This ebook is NOT FREE!
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IMPORTANT!...

Disclaimer: No Relationship Advice

It's a real shame that such disclaiming words are necessary, isn't it. But they are. Some people are simply not willing to take responsibility for their actions, and the decisions they make. Truth is: this is YOUR life – take FULL responsibility for it!...

So, the contents of this ebook are solely the opinion of the author and should not be considered as a form of therapy, advice, direction and/or diagnosis or treatment of any kind: medical, spiritual, mental or other. The information contained in or made available through this ebook cannot replace or substitute for the services of trained professionals in any field, including, but not limited to medical or legal matters. So if expert advice or counseling is needed, services of a competent professional should be sought. In particular, you should regularly consult a doctor in all matters relating to physical or mental health, particularly concerning any symptoms that may require diagnosis or medical attention.

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Thank you,

Steve M Nash

"It is easy to dodge our responsibilities, but we cannot dodge the consequences of dodging our responsibilities."

– Josiah Charles Stamp

Top 10 Relationship Questions

1. Are They Interested In Me?

(Relationship Beginnings)

2. Why Won't They Commit To Me?

(Commitment)

3. How To Deal With Controlling Relationships?

(Control)

4. Why Don't They Trust Me?

(Mistakes in Relationships)

5. How Far Should I Travel For Love?

(Long-Distance Relationships)

6. How Can I Get Them To ...?

(Communication in Relationships)

7. Importance of Sex in Relationships?

(Intimacy in Relationships)

8. How Do I Learn To Trust Again?

(Trust in Relationships)

9. Why Do We Keep Breaking Up?

(On-Off Relationships)

10. Should I Leave Them?

(Relationship Endings)

Introduction

Relationships are fascinating aren't they! We spend so much time trying to get into a relationship, to stop a relationship ending, or to make the most of the relationship we're presently in, and for what reason! Hmm, the short answer to that question is this: **relationships teach us about ourselves**, especially relationships of the romantic kind!

Hello. My name is Steve M Nash, and I'm the founder and editor of guru-free self-help site, SelfHelpCollective.com – a site that welcomes wisdom, wherever it comes from, and encourages each of us to help ourselves and help others too. I'm also a man who has spent the best part of 30 years committed to understanding how relationships work.

So in Sept. 2011, and in partnership with 'tough love' author [Paula Renaye](#), I set up a [Relationship Advice Forum](#) on the site – a place to ask (and answer) important relationship questions. 80+ questions successfully answered later, and here we are...

- **This ebook** is a distillation of the relationship questions asked at Self Help Collective's Relationship Advice Forum between Sept. 2011 and Sept. 2012.
- The 10 questions included here represent the commonly agreed upon 'top 10 relationship questions' – from beginning to end of a relationship.
- My answers are similar to the answers I offered on the site. Each answer includes a quotation – the inspiring words of another – to provide added insights.

My answers to the top 10 relationship questions may not agree with yours. Which is fine.

The aim of this ebook is to get you to trust your own answers, trust your own problem-solving intuition, AND – importantly – to get you to take full responsibility for how your relationships turn out. Enjoy...

Steve M Nash

Founder/Editor of SelfHelpCollective.com &
Founder of InspireGreatnessNow.com

Q1. Are They Interested In Me?

(Relationship Beginnings)

Example Question: 1. Should I Ask This Girl Out, or Not?

I'm a shy guy looking for some advice about me and a close friend of mine, who's a girl. We flirt a lot, and there's lots of friendly touching and everything, but I want more from her. I'm not sure if it's appropriate to kiss her because, yes, she has a boyfriend!

I'm sure she likes me, though, as we sometimes cuddle, and bite, and even lie down on the bed together (though nothing sexual has happened).

Help me, what do I do!

About The Question:

This is a familiar situation to all of us, I'm guessing – man, woman, boy or girl. And it all seems to revolve around **mixed signals**, in this case from a 'friend'.

But are these signals really mixed? Could they, instead, be this friend's way of wanting Shy Guy to make a move on her, to kiss her? Or, is this girl just messing him about? Is it just (a youthful) enjoyment of receiving attention from another – enjoying the different things that both boyfriend (and friend) are giving her?

What should Shy Guy do, do you think?

What should anyone do when faced with a similarly ambiguous (and frustrating) relationship situation?

STEVE'S ANSWER: 1. Should I Ask This Girl Out, or Not?

This is how I answered Shy Guy's question, then:

“Have you ever wondered which hurts the most: saying something and wishing you had not, or saying nothing, and wishing you had?”
– *Unknown*

Life is about risk-taking, and so far you are not taking any risks in this situation at all. So my advice to you is this:

- *Ask for what you want*
- *Tell this girl how you feel, and that you'd like her to be your girlfriend*
- *Tell her that if she doesn't want this then she has to stop being 'flirtish' with you*
- *And accept the fact that she might then not want to be your friend, OR... she might actually want to be your girlfriend.*

This situation is only going to change, for the positive and for your benefit, IF you take some action to change it.

Issues Raised

Low self-esteem: afraid to ask for what you want, in case you offend.

What Next: 1. Should I Ask This Girl Out, or Not?

Find more related questions and answers below, and the REAL question that needs to be answered, plus here's a practical response...

Practical Relationship Response

This situation requires that you tell them how you feel, as honestly as you are able. Let the telling be the important thing here, rather than what happens afterwards (do not focus on the outcome).

Personal attribute most useful here: COURAGE

Further Reading

Yes, you can find similar questions answered on these Self Help Collective Relationship Advice Forum pages:

<http://www.selfhelpcollective.com/does-he-love-me.html>

<http://www.selfhelpcollective.com/classic-boy-meet-girl-stuff.html>

<http://www.selfhelpcollective.com/complicated-boygirl-stuff.html>

<http://selfhelpcollective.com/friendship-to-relationship-transition.html>

Original question:

<http://www.selfhelpcollective.com/friend-or-more.html>

Or, you can understand that the real question to ask yourself in such a situation is...

REAL Question:

What do I want, and am I prepared to ask for it?

“Have you ever wondered which hurts the most: saying something and wishing you had not, or saying nothing, and wishing you had?”

– Unknown

Q2. Why Won't They Commit?

(Commitment in Relationships)

Example Question: 2. Why Won't My On-Off Boyfriend Commit?

I'm a 36 year old woman, and my boyfriend's 35. I really want to start a family, but he says he's not ready to do so right now. We've been together for 2 and a half years already but the last year was very rocky, with us splitting up a number of times.

Time is running out for me. But every time I raise the issue of looking at properties, mortgages (and even booking a holiday together) he just finds reasons why buying a house/having kids is difficult and complicated. He doesn't like to talk about the future unless I push him... since he is scared of commitment, he even admits to having commitment phobia.

It's making me really unhappy! I never know on a day to day basis whether we're making a go of it or not. We still love each other, but still...

About The Question:

This is a classic situation that most people will have encountered at some point in their relationship lives. It usually has the flavour of 'girl wants boy to commit, but boy resists' but it's not always that way round. At the heart of this familiar dilemma, though, is **communication**.

And that's because non-commitment is a form of relationship resistance, and this resistance is always there for one of several reasons – most of which go un-communicated, within the relationship.

So, why would anyone not want to commit in a relationship? (And what would YOU do if you were the woman?)

STEVE'S ANSWER: 2. Why Won't My On-Off Boyfriend Commit?

This is how I answered this woman's familiar question, then:

"When women hold off from marrying men, we call it independence. When men hold off from marrying women, we call it fear of commitment."

– *Unknown*

There are reasons why a person does not want to commit – whether you think those reasons are valid doesn't matter. So whilst it's easy for me to say 'he's a man, he doesn't want to commit, men are commitment phobes' it wouldn't be the truth. (After all, why would this man be happy to commit to somebody else rather than you – as, eventually in most cases you know he will?)

This is how I see your situation, then:

- *Your boyfriend doesn't 'feel right' about the relationship*
- *You don't feel right about the relationship, either*
- *You want to start a family; he does not (with you, anyway)*

The fact that you have split up and got back together means there are issues that may still need to be resolved. Maybe committed actions are what will heal this relationship for you, but maybe your boyfriend needs the relationship to be healed before he can commit.

The issues need to be understood, by both parties, via loving, non-judgemental communication. Otherwise the push-pull drama between you will carry on until an inevitable breaking point is reached.

Issues Raised

Communication: the real relationship issues are being avoided out of fear – fear of what the other person really thinks about them and the relationship.

What Next: 2. Why Won't My On-Off Boyfriend Commit?

Find more related questions and answers below, and the REAL question that needs to be answered, plus here's a practical response...

Practical Relationship Response

Speak with your partner, as openly and honestly as you can, about your respective visions of the relationship – where you see the relationship going, and what's required for that to happen. Speak and listen, and be open to whichever way this communication goes – you really might not be right for each other, after all.

Personal attribute most useful here: VULNERABILITY

Further Reading

Yes, you can find similar questions answered on these Self Help Collective Relationship Advice Forum pages:

<http://www.selfhelpcollective.com/reunion-with-exgirlfriend.html>

Original question:

<http://www.selfhelpcollective.com/boyfriends-commitment-phobia.html>

Or, you can understand that the real question to ask yourself in such a situation is...

REAL Question(s):

What can I do to help my partner feel 'safe' in the relationship, safe enough for them to want to commit to being together? Or

Am I being truly open with my partner about what I want from the relationship, and what I expect from them?

“When women hold off from marrying men, we call it independence. When men hold off from marrying women, we call it fear of commitment.”

– Unknown

Q3. How To Deal With Controlling Relationships?

(Control in Relationships)

Example Question: 3. Why Husband Always Think He Knows Best?

My husband either ignores me or disagrees with me when I make suggestions - something like I know a good dentist or painter. As long as he comes up with the idea or suggestion, it's all good and he will make decisions without any problem (which is wonderful). But if I suggest we do something or go somewhere, & he doesn't want to then that won't happen.

We have a great life and our relationship is improving but I can still see this attitude in him. We do a lot together and go many places because they are all his choices and decisions.

He is a lot better than he was before with his attitude towards my opinion on matters, but why is he like this? Why does he want to be in control?...

About The Question:

This is a common dynamic in relationships – someone wants to be in control. Whether it's about how the home operates, what holidays you go on, or what friendships are encouraged – someone likes having the last say. This control can be exerted subtly: suggestions can just be ignored – or not so subtly: with threats of verbal or physical abuse. It all amounts to control.

Why does anyone need to control? Well, it comes from a **false belief of powerlessness**, of thinking the only way to get *something* is via control.

Do you like being in control of your relationships, or are you happy sharing responsibilities? And what would you do if you were Controlled Woman?

STEVE'S ANSWER: 3. Why Husband Always Think He Knows Best?

This is how I answered Controlled Woman's question, then:

"Trouble is part of your life, and if you don't share it, you don't give the person who loves you enough chance to love you enough."
– *Dinah Shore*

There are many reasons why people try to control others, but (I believe) most stem from some kind of insecurity, from some kind of fear.

So, for example, maybe your husband feels he should be the one to make the important decisions at home otherwise... otherwise what need do you have of him?

Whatever the reason for this control – and he really might not see it this way, let's be honest – I think approaching your husband, calmly and fairly about this subject is the only way to go.

Look to communicate honestly and lovingly about how you experience your relationship – how it feels like he's too controlling for you, sometimes –and let him respond.

Just be prepared for his answers, I guess, and for discovering a little more about your husband's personal culture than you now know.

Issues Raised

Communication: these two people are not only communicating poorly, but they seem to know little about what's important for the other.

What Next: 3. Why Does My Husband Always Think He Knows Best?

Find more related questions and answers below, and the REAL question that needs to be answered, plus here's a practical response...

Practical Relationship Response

Speak with your partner, as openly and honestly as you can, about your respective visions of the relationship – where you see the relationship going, and what's required for that to happen. Speak and listen, and be open to whichever way this communication goes – you really might not be right for each other, after all.

Personal attribute most useful here: LISTENING SKILLS

Further Reading

Yes, you can find similar questions answered on these Self Help Collective Relationship Advice Forum pages:

<http://www.selfhelpcollective.com/relationship-boundaries.html>

Original question:

<http://www.selfhelpcollective.com/my-husband-knows-best.html>

Or, you can understand that the real question to ask yourself in such a situation is...

REAL Question:

Why does my partner feel he has to control how our relationship operates? What can I do to show them that there is no need to be controlling – we are in this together, striving towards a common purpose?

“Trouble is part of your life, and if you don't share it, you don't give the person who loves you enough chance to love you enough.”

– Dinah Shore

Q4. Why Don't They Trust Me?

(Mistakes in Relationships)

Example Question: 4. How Can I Get Him To Trust Me Again?

I have a question about restoring trust in relationships. I cheated on my boyfriend, and I want him to trust me again. But so far he can't, and it's spoiling our relationship.

He chose to stay with me after a lot of convincing from me, but ever since he has become so insecure in a way that he is always thinking I am talking to another guy.

I made a huge mistake and I felt like I deserved the original treatment, but it is a year later now and I still deal with the controlling stress that he always thinks I am cheating. Should I end it, or is there hope?...

About The Question:

Cheating in relationships is one of the great fears we all have. And not surprising, really, as a lot of us cheat – whether it's emotional infidelity of being too close to another, or it's infidelity of a physical kind.

Sometimes (as in this case?) we worry for good reason, and other times there is no basis for our concerns whatsoever.

So why do we cheat? And why do we worry about cheating? And how would you answer this woman's question?

STEVE'S ANSWER: 4. How Can I Get Him To Trust Me Again?

This is how I answered this woman's question, then:

"People generally [don't] cheat in good relationships."
– Emily Giffin

*The first thing that came to my mind as I read your question was for you to simply (and lovingly) **put this exact question to your boyfriend**. Simply share how your experience is now (as you have done here) and ask him, open-heartedly and honestly, if he is able to forgive and let the relationship become something better than it is.*

Let him know that right now he seems to be saying he can 'deal' but his actions towards you say otherwise. And tell him if he can't trust you then the relationship will have to end.

Yes, this might stir anger in him – anger about the time you cheated on him, and anger that you are pressuring him to trust you – but you get to face it directly, rather than passive aggressively as you're experiencing it from him at the moment. He may well be able to muster enough courage inside himself to truly trust you.

*Also, perhaps you ought to **be really honest about why you cheated** on him in the first place (with yourself and with him). What was 'wrong' in your relationship for you to want to do this? (People with a healthy self-esteem generally find a way to deal with relationship difficulties rather than cheat.)*

Believe it or not, this is a REAL opportunity of growth for you both.

Issues Raised

Trust: how do you instill trust in someone, when you don't trust yourself?

What Next: 4. How Can I Get My Boyfriend To Trust Me Again?

Find more related questions and answers below, and the REAL question that needs to be answered, plus here's a practical response...

Practical Relationship Response

Consider what would happen if you REALLY trusted yourself! If you knew, no matter what happened in your relationship (or in life) that you would be okay, that you would not be at risk. There would be no need for game-playing, for deceit, or for fearfulness. Instead, you would be free to take whatever actions you thought were necessary to honour who you are; free for the best of you to relate to others.

Personal attribute most useful here: TRUST

Further Reading

Yes, you can find similar questions answered on these Self Help Collective Relationship Advice Forum pages, related to cheating/lying, mistreating people and general mistakes people make in relationships:

<http://www.selfhelpcollective.com/why-did-he-do-that.html>

<http://www.selfhelpcollective.com/honesty-in-relationships.html>

<http://www.selfhelpcollective.com/why-am-i-being-so-selfish.html>

<http://www.selfhelpcollective.com/is-he-cheating-on-me.html>

Original question:

<http://www.selfhelpcollective.com/cheated-on-boyfriend.html>

Or, you can understand that the real question to ask yourself in such a situation is...

REAL Question:

Why don't I trust myself enough?

*“People generally [don't] cheat
in good relationships.”*

– Emily Griffin

Q5. How Far Should I Travel For Love?

(Long Distance Relationships)

Example Question: 5. Can This Long Distance Relationship Work?

I feel as if I'm between a rock and a hard place. I love my boyfriend of 1 and a half years (I'm 31 and he is 29); we live together, and we constantly talk about spending our lives together.

The catch is that my boyfriend dreams of becoming a Foreign Service Worker. I'm not sure if I can do those things with him. I'm afraid it would kill my family with worry about my safety and they would be hopelessly sad from missing me. On the other side of the coin, I'd be devastated if my boyfriend and I separated.

Sadness and anger are brewing inside of me because of this dilemma I may face soon, and it is affecting how I feel and the quality of our relationship.

If I loved "the love of my life" enough, would I go with him? If he loved me enough, would he stay in the US with me? How far should I go for love? ...

About The Question:

There is more to this question than meets the eye, I hope you can see that. The 'sadness and anger' this woman experiences is really all about a very different dilemma than how far should I go? It looks like it's a **question about family versus partner** – and she is conflicted to say the least. But at the heart of the conflict is a presumption that no one can say is valid.

What would you do here, if you were her?...

STEVE'S ANSWER: 5. Can This Long Distance Relationship Work?

This is how I answered this woman's dilemma:

"Loving someone is setting them free, letting them go."
– *Kate Winslett*

Let me ask you a few questions, to try and answer yours:

What would happen if your boyfriend decided against embarking on such a life-affirming experience in favour of 'keeping you happy'? Might resentments enter into your relationship? And might this be the start of you exerting 'control' in your relationship, whenever a situation arises that frightens you (because you don't like change)?

If your family truly loved you then why wouldn't they be happy letting you go, letting you experience the shared adventures that could lie ahead for you and your boyfriend working abroad?

Above all, what's required here is a little bit of REAL self-honesty:

- *Who is afraid of doing Peace Corps – your family, OR you?*
- *Why, exactly, are you feeling angry/sad at this situation? (Is it forcing you to make a choice you'd rather not make? Sooner or later you have to make this choice – you have to commit to YOUR life, rather than be restricted by the expectations and fears of your family.)*

Answer these questions, and think about what real love is, and I'm sure your heart will know what is best for you and your respective loves (for family, and boyfriend).

Issues Raised

Love: is it love to do what others want, or what you want?

What Next: 5. Can This Long Distance Relationship Work?

Find more related questions and answers below, and the REAL question that needs to be answered, plus here's a practical response...

Practical Relationship Response

Take a long look at yourself – your hopes, your fears, what's important to you, what you are prepared to sacrifice etc. – and ask yourself if you are genuinely able to maintain a long distance relationship.

Personal attribute most useful here: SELF-HONESTY

Further Reading

Yes, you can find similar questions answered on these Self Help Collective Relationship Advice Forum pages relating to long distance relationships:

<http://www.selfhelpcollective.com/long-distance-relationships.html>

<http://www.selfhelpcollective.com/my-boyfriend-confusion.html>

Original question:

<http://www.selfhelpcollective.com/long-distant-relationship.html>

Or, you can understand that the real question to ask yourself in such a situation is...

REAL Question:

How much do you *really* love this person?

*“Loving someone is setting
them free, letting them go.”*

– Kate Winslett

Q6. How Can I Get Them To...?

(Communication in Relationships)

Example Question: 6. Husband to Help Around the House?

Why is it that husbands all say, "it's ok and there is nothing wrong or don't worry," when wives ask them to help with something around the house that they cannot do themselves?

I know this all comes down to husbands having different values and placing different importance to tasks around the house than women have and do. Also, I understand that this depends on how the women are communicating their requests to their husbands and whether they are making their feelings known if their husbands loving obliged.

This is annoying most of my girlfriends. They feel they are not respected, valued and loved...

About The Question:

Well, this question is a relationship classic if ever there was one – how to get them to share the (domestic) chores! Does it all boil down to training – how you train your partner, and how your respective parents trained each other? Or might this be a control issue – do it like I'd do, *when* I'd do it, or else?

Or, can good ol' fashioned **communication** come to the rescue here to make this a happy household?

STEVE'S ANSWER: 6. Husband to Help Around the House?

This is how I answered this woman's familiar question, then:

"Problems in relationship occur because each person is concentrating on what is missing in the other person."

– *Wayne Dyer*

You are right: there are ways of asking for things. There are ways of telling someone how it feels when they do X or when they don't do Y. And there are ways of listening, really listening to a person so you know what's going on with them (so partners genuinely know what each other want).

I suggest that whether it's wives wanting husbands to help out in the house, or it's husbands wanting it to be okay to spend time with the guys, etc., a successful outcome usually results when both parties:

- *Communicate clearly, and*
- *Listen carefully*

Assertive communication like this means looking for win-win solutions that work for you both, ignoring whether it would work for your girlfriends or your guy friends!

Note: saying what you want and what it means to you (and allowing them to do the same) is a great way to train them in how to treat you.

Issues Raised

Communication: what's REALLY important, and why!

What Next: 6. Husband to Help Around the House?

Find more related questions and answers below, and the REAL question that needs to be answered, plus here's a practical response...

Practical Relationship Response

Develop your assertiveness – always remembering that assertive communication is about seeking win-win outcomes, it's NOT about just getting what you want!

Personal attribute most useful here: SELF-EXPRESSION

Further Reading

Yes, you can find similar questions answered on these Self Help Collective Relationship Advice Forum pages, related to how couples communicate:

<http://www.selfhelpcollective.com/staying-together-or-not.html>

<http://www.selfhelpcollective.com/husband-participating-socially.html>

Original question:

<http://www.selfhelpcollective.com/husband-to-help-around-the-house.html>

Or, you can understand that the real question to ask yourself in such a situation is...

REAL Question:

Why do I find it difficult to ask for what I want?

“Problems in relationship occur because each person is concentrating on what is missing in the other person.”

– Wayne Dyer

Q7. Importance of Sex in Relationships?

(Intimacy in Relationships)

Example Question: 7. Time To Break Up With Long-Term Partner?

My problem is this: I'm in a long-term relationship where sex is becoming an issue again. It more or less ended my marriage – having sex 6 times a year – and now that's how it's going with my fiancé of 7 years. I do not want this, but I do not know what to do...

We've lived together for the last 8 years and I know my boyfriend is a nice guy – unlike previous partners I've had . So I can handle all of his faults (more or less) apart from his apparent disinterest in having sex with me.

It all started going wrong 5 years ago, when he started to regularly decline my sexual advances towards him (despite it being a deal-breaker for me). We've been to counselling together, though he only came a few times at the end. I even suggested an open relationship kind of thing where I had sex with another man, but he flipped at this suggestion. I love my boyfriend, and feel bad that I want to breakup with him over this, but I also love sex...

About The Question:

Another familiar relationship situation: differing libidos, where one partner wants sex more than the other. **Sex in relationships can very often be where all the issues of a relationship bubble up**, so trouble here is quite often a very good indicator that there's trouble somewhere else. (It's even possible that someone stops having sex BECAUSE it's a deal-breaker, and because they're too frightened to end the relationship themselves.)

What would YOU do if you were this woman, and why does it seem she's having the same problem with a different man?

STEVE'S ANSWER: 7. Time To Break Up With Long-Term Partner?

This is how I answered this *VERY* familiar question, then:

" Having sex is like playing bridge. If you don't have a good partner you'd better have a good hand."

– *Woody Allen*

*I thought I'd lighten things a little, first, with this Woody Allen quote before I answered you.. So, back to you and your question, is it time to break up with your long-term partner? **YES**, yes it is time!...*

Now tell me honestly how did it feel to hear someone say yes, to give you permission to end this relationship? Was it a relief, a relief to hear this 'yes'? Or did your stomach 'knot up', did you think/feel 'How dare Steve say that? I don't want to leave him!'"

How did my 'yes' feel to you? That is your answer...

And can I say that I applaud the mature way you seem to have handled this situation so far, the insights you have into yourself and your partners.

*And I wish you strength and courage to help you make whatever decision you come to **WORK** for you, because you'll need it...*

Issues Raised

Compatibility: are these two people really suited, and if they are will they be prepared to do whatever necessary to make the relationship work?

What Next: 7. Is It Time To Break Up With My Long-Term Partner?

Find more related questions and answers below, and the REAL question that needs to be answered, plus here's a practical response...

Practical Relationship Response

Talk about sex and what it means to you. (Which means knowing what it means to you, by the way.) And listen to see how your partner experiences having sex with you, as well as what sex means to them. Problems in the bedroom department usually boil down to either the "you're just not suited to each other" situation or to the rather more challenging "we can work this out if we both try" situation. You need to find out which situation you're in and act accordingly.

Personal attribute most useful here: INNER WISDOM

Further Reading

Yes, you can find similar questions answered on these Self Help Collective Relationship Advice Forum pages:

<http://www.selfhelpcollective.com/other-peoples-relationships.html>

<http://www.selfhelpcollective.com/sex-and-my-boyfriend.html>

Original question:

<http://www.selfhelpcollective.com/importance-of-sex-in-relationships.html>

Or, you can understand that the real question to ask yourself in such a situation is...

REAL Question:

Why is sex so important to me, and what does it mean to me when I feel I'm not having sex as often as I'd like?

“Having sex is like playing bridge. If you don't have a good partner you'd better have a good hand.”

– Woody Allen

Q8. How Do I Learn To Trust Again?

(Trust in Relationships)

Example Question: 8. His Ex, My Trust & Insecurity – What Do I Do?

I fell deeply in love with a man – and he with me – before I realised he was still seeing another woman. We ended, and then that relationship properly ended, and we started up again, but – deep down – I still feel somewhat angry and insecure, and I don't want to feel this way.

I wouldn't even have bothered with this man if I hadn't felt loved like never before during the beginning of our relationship. So when he finally ended his relationship, I decided that I wanted to try again with him.

But the doubts won't leave my head. Could he do this to me? Could he lie to and cheat on his next woman, whilst moving from me to her? And how do you go from being someone's best friend (his ex-), and loving them for 4 years to deciding someone else is the right person?

We've talked about it, a lot, but I still have doubts and worries...

About The Question:

When trust is broken it is VERY hard for it to be regained. A person must either have a strong belief that this person won't do it again, or a strong belief in themselves that if trust is broken they will survive it.

Breaking trust like this usually stems from a weakness in character. And we can all be weak, just as we can all be strong.

So, would YOU trust this man enough to be in relationship with him? Are these kinds of 'relationship overlaps' actually quite typical?

STEVE'S ANSWER: 8. His Ex, My Insecurity – What Do I Do?

This is how I answered this woman's familiar question, then:

"Believe in yourself and all that you are. Know that there is something inside you that is greater than any obstacle."

– *Christian D. Larson*

ONLY you can truly know if you should commit to this relationship despite its unhealthy beginnings...

So, right now, you feel foolish for falling for a man who was still seeing another woman. You feel foolish because you love him, but also fear that he could transition from one woman to another again leaving you behind this time. You feel foolish, vulnerable and insecure... and you blame him for these feelings! (Sorry to say, though, but YOU are responsible for how you feel, it's a fact!)

What's important is that you let your instincts guide you from now on.

- *Maybe this man hasn't grown enough through this experience such that he might well repeat this 'weak' behaviour again.*
- *Or maybe he needed to be in the 'right' relationship to give him the courage/strength to end this 4-year relationship.*
- *Or maybe I have no idea what's going on with this man, maybe he doesn't either.*

The thing is, it's not important. What is important is how you feel for each other, how well you communicate with each other, how good you feel together right now. But most importantly of all, is what your instincts are telling you, not your fears but your instincts.

Remember, there are no guarantees in relationships. Ever...

Issues Raised

Trust: how much can anyone *really* trust another?

What Next: 8. His Ex, My Trust & Insecurity – What Do I Do?

Find more related questions and answers below, and the REAL question that needs to be answered, plus here's a practical response...

Practical Relationship Response

Find a place of quiet, go for a walk, meditate... do what it takes to find some space to listen to your inner wisdom. Ask yourself whether you are right to trust this person, whether you are able to take the risk of being involved with them (remembering that risks are inherent in ANY relationship).

Personal attribute most useful here: SELF-TRUST

Further Reading

Yes, you can find similar questions answered on these Self Help Collective Relationship Advice Forum pages:

<http://www.selfhelpcollective.com/my-husbands-email-affair.html>

<http://www.selfhelpcollective.com/stay-in-my-marriage.html>

Original question:

<http://www.selfhelpcollective.com/trust-insecurity-and-exs.html>

Or, you can understand that the real question to ask yourself in such a situation is...

REAL Question:

Can you be certain that any relationship will work out exactly the way you want? (And the unequivocal answer is NO! You have to trust yourself to be okay with what happens.)

“Believe in yourself and all that you are. Know that there is something inside you that is greater than any obstacle.”

– Christian D. Larson

Q9. Why Do We Keep Breaking Up?

(On-Off Relationships)

Example Question: 9. My ‘Complicated’ Relationship – Please Help?

I really need help with my on-off relationship. Why doesn't he treat me properly? Why do we keep getting back together? Help, please...

In the beginning we instantly hit it off, but a couple of months later his true colours started to show:

- *He was constantly hurting me, being mad at me all the time.*
- *He stopped me from hanging out with my friends*

And our communication level was horrible.

And we've broken up so many times, I've given him so many chances. I gave him so many chances, but he has not changed to my liking. I feel as if he's not the man that I fell in love with in the beginning.

I don't know what to do anymore. I don't know if I love him or just care for him deeply as a friend. But every time I break up with him and try to move on, we always end up getting back together...

About The Question:

Why can't a couple stay together? Why can't a couple stay apart? What forces drive two people back and forth, frustratingly, so often? Well... this is both the 'beauty' and the 'beast' of why relationships with another can be so compelling: the other is a reminder of you, often painfully so.

Why did YOU find it hard to end *that* particular relationship, then?

STEVE'S ANSWER: 9. My 'Complicated' Relationship – Please Help?

This is how I answered this woman's familiar question, then:

" Each relationship nurtures a strength or weakness within you."
– *Mike Murdock*

I often shudder whenever I read the words, "this is going to be a long story...". Reason? A good relationship is NOT complicated, does not need 'drama', and does not require a 'long story' to explain itself. Whereas a bad, or dysfunctional relationship needs words, words and more words to explain (read: justify) itself.

A good, healthy relationship is a relationship that works. That's not to say that such a relationship doesn't require courage and strength – not to help the other person change, but to face ourselves and our often unerring desire to self-sabotage.

A good relationship is worth working hard for, whereas a dysfunctional relationship...

It takes two people to make a relationship work. Two people who are both able to look closely at how well they do relationships, and how able they are to open themselves to the deep intimacy that is always present in a good relationship.

So from your story it appears clear as to where your boyfriend seems frightened to be in relationship with you, hence his need to control. It's clear that you suffer, too, in trying to work out why it's been so difficult. What's less clear, though, is how YOU also self-sabotage the relationship. (Basically, if he's frightened, chances are you are too.)

There doesn't seem enough mutual understanding to make this relationship work. There's too much blame, and not enough love!

Issues Raised

Self-respect: why do we continually put up with bad behaviour from others?

What Next: 9. My 'Complicated' Relationship – Please Help?

Find more related questions and answers below, and the REAL question that needs to be answered, plus here's a practical response...

Practical Relationship Response

Stop looking at the other person, and why they're not behaving as they 'should'. Instead, start looking at yourself and whether you're really behaving any better. Like generally attracts like in relationships, after all. (What do you fear? Why? And are you really ready to be in a good relationship?)

Personal attribute most useful here: SELF-AWARENESS / SELF-HONESTY

Further Reading

Yes, you can find similar questions answered on these Self Help Collective Relationship Advice Forum pages:

<http://www.selfhelpcollective.com/dazed-confused.html>

<http://www.selfhelpcollective.com/should-my-ex-be-mad.html>

<http://www.selfhelpcollective.com/me-and-my-boyfriends.html>

Original question:

<http://www.selfhelpcollective.com/my-onoff-relationship-help.html>

Or, you can understand that the real question to ask yourself in such a situation is...

REAL Question:

Bit of an obvious one, this, but the real question is this: why do you keep getting back together again?

*“Each relationship nurtures
a strength or weakness
within you.”*

– Mike Murdock

Q10. Should I Leave Them?

(Relationship Endings)

Example Question: 10. Leaving My Fiancé?

For some unknown reason my fiance seems to have closed his heart to me. Our once passionate relationship has now been reduced to early morning and late night kisses only. What to do?...

Things were great in the beginning as they typically are. I fell in love and have never felt this way or wanted to spend the rest of my life with someone, but something has changed. He began getting very jealous and in turn became angry over the fights. I have never (and would never) cheat on him and I think he truly knows this but still his jealousy comes out.

Now I feel that he has emotionally turned off because he fears the worst and he will get hurt so he closes up and shows no emotion. I have tried talking to him. I have told him that I need to feel that he cares. I want him to show me the love like he did before. We live together and I feel like we are more of roommates than lovers...

About The Question:

No matter how well you know someone, you can never truly know them until that person has faced their fears. So, a relationship starts to get too 'good', too comfortable, for example, and you might start to remember the last time it felt this good with someone; you might start to remember the pain of the subsequent breakup; you might start to close down on this relationship, just in case. And all because the fear is not faced.

Has this ever happened to YOU? How did you get past it, if you did?

STEVE'S ANSWER: 10. Leaving My Fiancé?

This is how I answered this woman's familiar question, then:

"Life shrinks or expands in proportion to one's courage."
– Anaïs Nin

Whether you carry on trying to make your relationship work – twisting yourself this way and that to get your fiancé to realise that you love him, that he has nothing to fear, that ALL he has to do is to love like he used to.

Or whether you decide to be courageous in a different way, to realise your fiancé has shut down, can give no more, and your relationship is actually over.

Whatever you choose to do in this relationship, I think it's VITAL that you understand that good relationships come about when you stop expecting things from others, when you stop seeking certain behaviours from another, when you instead decide to be and to act the way you'd like the other person to be and to act towards you.

*ALL you can do in your relationships – whether they be romantic relationships, family relationships, friendships etc. – is **be in your relationship with integrity**, as much as you've got, and bring as much self-awareness and love as you can muster, too; i.e. all you can do is **do your best**. The rest is up to them.*

And if the rest isn't 'good enough', for you, then you must move on.

There are no right and wrong ways to do relationships, I believe, just ways that are right and wrong for you to experience them. And if your partner can not give you what you believe you need then courage is what's required to make space for a partner who CAN.

Issues Raised

Fear: un-acknowledged fear stops life; fears MUST be faced – it's called growing; it's called courageous living. And not everyone's up to it.

What Next: 10. Leaving My Fiancé?

Find more related questions and answers below, and the REAL question that needs to be answered, plus here's a practical response...

Practical Relationship Response

Take a long, hard look at yourself. Are you giving everything you can in your relationship, or can you do more? If the answer's 'yes', then give more, and do so unconditionally, simply because this is how we were born to be: loving unconditionally. If the answer's 'no' then realise that you can do no more, that the relationship as exists at the moment, has to end.

Personal attribute most useful here: COURAGE

Further Reading

Yes, you can find similar questions answered on these Self Help Collective Relationship Advice Forum pages:

<http://selfhelpcollective.com/widowed-befriended-seduced-then-dumped.html>

Original question:

<http://www.selfhelpcollective.com/leaving-my-fiance.html>

Or, you can understand that the real question to ask yourself in such a situation is...

REAL Question:

What would I do to make this relationship work if I KNEW I couldn't fail?

*“Life shrinks or expands in
proportion to one’s
courage.”*

– Anaïs Nin

BONUS: How To Solve Problems

This unadvertised bonus is a one-page guide to help you solve relationship problems. And I can guarantee that IF you follow the following 5 problem-solving steps you WILL be able to solve your own relationship problems a lot more easily:

1. **Listen better** (Don't react, don't answer; listen!)

There are few people alive who couldn't benefit from being a better listener. Listening means just that: listening. It's not waiting for your turn, it's not interrupting before your turn; it's actually hearing what the other person is saying.

2. **Speak better** (Speak from the heart.)

We all know it's foolish to speak when angry. It's also wiser to speak from a place of love (not judgement). Ideally, your sentences contain the word "I" (as in "I feel this when you do that" rather than the word "you" (as in "you are selfish")

3. **Be honest** (Starting with yourself. See 2.)

Obviously, not lying is a great way of not creating new problems and may well help solve old ones. So, don't lie. But more important than this is to actually be honest, and be honest with yourself and then share that honesty with the other.

4. **Don't blame** (Don't judge. See 1, 2, and 3.)

Blaming, judging and plain pointing your finger at the other person is a great way to inflame any problem situation. Desist from doing so. Resist the temptation. Instead, listen better, speak better and be honest about how you feel.

5. **Ask for what you want** (Mind readers don't exist.)

It's so, so easy to think that a) the other person is a mind reader (and should know what I want) or b) there's no point in asking because they'll only say no. Each moment in life is a new moment in life, treat it as such. Ask for what you want.

“The problem is not that there are problems. The problem is expecting otherwise and thinking that having problems is a problem.”

– Theodore Isaac Rubin

About Steve M Nash

Steve is the founder and editor of guru-free self-help site, SelfHelpCollective.com, and he recently created InspireGreatnessNow.com – an empowering free resource that encourages you to find your own greatness.



Both websites believe in the philosophy summed up by this famous Galileo quote:

“You can't teach anybody anything, only make them realize the answers are already inside them.” – Galileo Galilei

That's why Steve believes you need to find your own answers, and he encourages people to do that via his [Monthly Marvel & Weekly Wonder Newsletter](#), and via the questions and answers you'll find at his [Relationship Advice Forum](#).

STEVE RECOMMENDS...

First and foremost Steve recommends that you [learn to trust your own wisdom](#). And that can come from making space to ‘listen to yourself’ (via meditation, yoga, walking etc.). Or it could just be a gut feeling inside of you. However you access it, please know that your inner wisdom is waiting for you.

After that, the following resources are recommended to help you go further, should you need to. All encourage you to take full responsibility for your actions, absolutely...

Steve Recommends

BOOKS I RECOMMEND:

- *The Bonds That Make Us Free* by C Terry Warner (MEN/WOMEN)
<http://www.selfhelpcollective.com/bonds-that-make-us-free-book-review.html>
- *The Way of the Superior Man* by David Deidas (MEN/women)
<http://deida.info/books/way-superior-man>

RELATIONSHIP COACHES I RECOMMEND:

- Scott McKay/Emily McKay (MEN/women)
("Celebrating the virtues of masculinity and femininity since 2005")
- Amy Smith (WOMEN/men)
("Life & love coaching for badasses")
- Authentic World Coaching
("Deepening relationship with ourselves, each other and our planet")

Note: I have no relationship with any of the coaching services recommended above!

MY NUMBER #1 RECOMMENDATION

- Michael Neill's Supercoach website (based on The 3 Principles)
Reason: Once you understand that **it's not what happens to you that matters**, but **what you think about what happens to you**; once you understand how your thoughts ARE your world... then you can start to let go of habitual thinking, you can start to access your own inner wisdom, your innate wellbeing; basically, you can start to enjoy being you no matter what. After that , relationships are easy...
– <http://www.selfhelpcollective.com/supercoach>