

Reciprocation and Maintenance are needed in Relationships

The Taos News has committed to implement a bi-weekly column to help educate our community about emotional healing through grief. You may write questions to Golden Willow Retreat and they will be answered privately to you and possibly as a future article for others. Please list a first name that grants permission for printing.

Dear Ted,

I have been in a long-term relationship for many years now and have found that, at times, it can be very difficult with bickering and expectations by both of us. Often I wonder if we are too different and need to go other ways or we need to work harder to improve the quality of our lives as a couple and as individuals. When we start snapping at each other, emotional safety is gone for me. I have been feeling a certain level of melancholy that is hard to explain but has me nervous. Can you say more about relationship blues and emotional states?

Thanks, Singing the Blues

Dear Singing

It is amazing how many couples hit difficult patches like you are describing and how our society has not let it be known this is normal and can lead to levels of maturation within the relationship for both of you. For this type of maturation to happen within the relationship both members have to be willing to participate and be conscious of the fact of trying to improve a third entity called the actual relationship. One person cannot do it alone even though they can continue to work on themselves and grow, which may lead to the other person to decide it is important.

Relationships have certain business aspects to them in order to have the success of a healthy, mature, and safe partnership and a quality of life that is fulfilling to both. In business, there are people and organizations that impact an organization, these are called stakeholders. A good leader must assess the mission of their organization and also assess and prioritize the stakeholders that will help lead to success and longevity. If the mission of the couple is to have a long-term, safe, nurturing, loving and supporting family unit system, then the couple must do the same type of work of prioritizing the stakeholders that will help lead to that mission. This would mean that knowing what you want and prioritizing your partner as the primary stakeholder would be important. Once you have done this then it is important to truly know what your partner wants (not what you think they want) and then see how you can cultivate and nurture that important stakeholder called your partner. Now many people may say this is leading to co-dependency but in actuality, if you are not going against yourself and you can help support your partner's needs, this is interdependence, where two people have chosen to be a couple and need each other to make it happen as well as need each other to manifest the quality of the relationship for each individual and the couple.

Open and reciprocal communication and actions will help nourish the relationship allowing each person to speak truthfully of their needs and wants in a safe atmosphere will lead to a healthier relationship. Without this type of maintenance and without both partners willing to participate, relationship can be depleted to a barren desert with no nutrients to sustain the system. I hope that you are able to find safety to give what all relationships desire of: truly being seen, heard and valued. Take care and I wish you well your path to emotional healing.

Golden Willow Retreat is a nonprofit organization focused on emotional healing and recovery from any type of loss. Direct any questions to Ted Wiard, LPCC, CGC and Founder of Golden Willow Retreat at (575) 776-2024 or GWR@newmex.com.