

The Relationship Institute

www.therelationshipinstitute.org

The Three Deal Breakers

We have found that relationships are incredibly and sometimes unpredictable resilient. Drug and alcohol problems, infidelity, money problems, in-law issues and a myriad number of other conflicts do not end strong relationships, but there are three deal breakers that underlie relationship endings.

1. One or both partners never loved the other when the commitment was made.
2. Too much damage or disappointment has occurred in the course of the relationship that a partner no longer has faith and/or the capacity or desire to trust and love the other again.
3. One or both partners are unwilling to commit to doing his/her best in the relationship **and** own his/her negative contributions to the relationship.

We seldom find the first deal breaker as the reason for a relationship ending and more often find the third deal breaker as the underlying cause. We caution clients, readers and therapists to not give up quickly on a waning and struggling relationship. Often when partners earnestly work on taking responsibility for their part of the relationship problems and make personal changes, they learn two important things – one, how hard change is for anyone, and two, that the love they once felt for their partner is still alive though foundering under years of neglect, hurt, and/or disappointment.