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Cause and effect relationship

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You've been with your girlfriend for a while now, and you're convinced you're ready to spend the rest of your life with her. Once you have a ring and spoken with your parents, how will you come up with the question? By Bambi Your Girlfriend's Parents Turterhoeing is a large amount - Chances are that you mean that you are officially crossing the threshold in long-term expectations. It is often a nervous experience, but if you come, you can make a good first impression. Then Jane McGrathat some point in your life, you may have met someone who has become your friend's most beautiful or romantic partner almost instantly. But not every relationship begins in such connected terricosilians, and those who do not always remain like this. How can you make your relationship more thorough? By Maria Trimouchi Many people cheat. Collective data on cheating behavior between married couples à € à € œ design between 20 and 40% of men and 20 and 35% of women committed adult against their respective cans. Could genius be guilty? By Cristen CongerWhether You are single or currently dating, you can have a relationship in your mind. Some guys like the comfortable sensation of being compromised, while others are after the deep connections that come with a long-term dating. See how to get what you want. Echo Surinarelationships can be rewarding and exhausting, and maintaining intimacy takes the work. If you are not careful, tasks and day-to-day responsibilities can move away from quality with your partner. Here, five tips for rejuvenating your Bond.By Marianne Spoonmost every woman magic on the grocery store has an article to help women learn the finest flirting spots. But where do men get your flirting mojo? These features are not so ordless, but we can help. Emilie Sennebogenfor faces that are not very sincere and get a little nervous around girls, the dating scene can not cause anything beside anxiety. But some tips can boost your confidence and make the discovery of a connection and facilitate people who are in relationships committed are interested in keeping love alive for the duration, and if everyone could pay pomegranate escapes Regular, it can be easier. But what can we do not? How do we insure this fa do? By Carol Whiteeveryone knows that relationships are not faithful. They take time and commitment to make them succeed. Flip through these relationship tips and learn some pointers. Numors do not lie: people like Valentine's Day. More than 190 million cards are shipped every year, and a third of consumers of U.S. Order flowers for a loved one. But why limit it just one day? With a little effort, you can have a romantic night at any time of the year. Molly EdmondsRelationships is not easy, and they are not fun and games all the time. They require work; If you want your last, this is. It is not a single hand street. Both parts have to make an effort - and sometimes a commitment. Emilie Sennebogenthere is an old expression that you should not mix business with pleasure. But what happens when you are best lucky to find romantic interests in the break room than the grocery store, library or a nearby bar? By Molly Edmondso, you are friend of this girl who see you as € n0 only a friend. How do you change that? We have five tips designed to get you out of the friend for boyfriend in any moment Flat.by Stephanie Watsonif you could just take it to smile, you would feel confident enough to ask her. A girl's smile is a clear sign that she is in you - or at least she likes what she see. These tricks tested by time, tested for time will have your smile. Natalie Kilgoretonght has been perfect up to now. You held the He laughed, looked at his eyes and even told him his infection of infancy. Now the date is over and you have to say good night respectfully - but how? Do not worry: we have five cute ways to leave a taste of last impression. By Stephanie Stephanie Said the couple playing together gets together. If the dictation is true, then these athletic options can be just the glue that keeps your happy relationship in place. By Thomas Moore a common source, but often not detected of conflict in relationships is housing an imprecise (adolescent) breeding on the "€ s) intentions. Our perception of why the other person did or did not do anything, and what we believe means - is often the true culprit behind persistent wound, anger and / or frustrating E o. "Not only the behavior itself. These wrong interpretations tend to have a negative virtue, take worse and personalize - an unfounded presumption of intentional or negative intention. Our assumption To the others, although they are perfectly taken as the truth, often are derived from our own past experiences, psychological makeup and common perceptive prejudices - not an accurate evaluation of the other person. The resulting cycle of misunderstanding and disconnection can be difficult to solve because our beliefs about the other person's intention is often implicit, not addressed or not combined against its intention This chain of events leads to frustrating impasse and resentment, with both people feeling misunderstandings. The good news is that we can stop this cycle by opening the opportunity of misguided suppositions to reach the light and be corrected. conscious of our invisible and more curious about the other person. Doing this makes it easier to be on the same team, de-escalate, and solve the issue. Although Dave's wife, Sarah originally said she did not want to drive during the trip, she thus expressed wanting to do some conduction. Dave was happy to let her assume, but he continued to repeatedly asking him if she was sure. Sarah found this annoying, but the conflict climbed because she played Dave's repetitive, questioning he was trying to control her because he really wanted to drive. As the story unfolded in therapy, it was discovered that Dave was really worried if Sarah really wanted to drive. Then, in his anxious, doubtful, obsessive way, he repeatedly asked her the same question, instead of telling her what he was worried and checked with her if there was a basis for her worrislation. Sarah, who grew up with a controlling father, was hypervigilant to feel controlled. I trapped in his own feeling, she lost the real question that was not that Dave was controlling, but that he tended to be overly welcoming and worried about her feelings. The anxious personality style of Dave is sometimes manifested in repeatability, doubting obsessive and stiffness. Once Sarah understood this about him, she did not take more personally or became triggered at anger, although some of these behaviors were still annoying. She came to recognize the signs of Dave being caught in a loop of anxiety and discovered that making eye contact, saying his name, and touching his hand made him get more quickly-enlanching the situation for both. As seen in this example, obsessive behavior and inflexibility associated with anxiety can be confused by controlling, narcissists or oppositionists. The same behavior, when understood as anxiety, instead of a manipulative character trait, becomes simply annoying, rather than oppressive, and has more hopeful implications for the relationship. Correctly identifying what is happening in situations like these help people loosen and open the door to wait and solutions. Here, Sarah and Dave learned to anticipate predictable and difficult situations and be prepared with a plan to manage them better. What makes us come to the wrong conclusions? Faulty conclusions result from hidden believers, minds and omissions in our thinking that deceive us, such as: May everyone think exactly how you. The problem here involves equipped with the other person and extrapolating what would be true if you were in this situation, as if There were no difference in the subjective capabilities and experience of people. Jim was angry when he got home and found plates on the sink again. Keeping the house in order came easily and naturally for him when he was in charge of the house. He interpreted Sonya's inaction as not caring about him and up to us. Or that, or she was lazy. Not true. Sonya, a competent hand, fought with ADHD and often felt overwhelmed by the domestic tasks, sometimes avoiding them. Lack of productivity and disorganization, characteristic of TDH / executive functions, often not recognized as a limitation of capacity and is confused with laziness, as In this example, feeding a sensation of injustice and resentment. Once Jim understood that Sonya was no lazy and had different strengths and weaknesses than he, he released his rancor, allowing him to have more realistic expectations. This has not changed his obsessive need for the house to be cleaned so he could slow down and calm down, but allowed him to be more flexible in the solution of the problem. Jim decided to feel better when he got home washing the few dishes on the left in the sink-pulling back to get frustrated with Sonya or stew in anger. Unfortunately, Sonya, in turn, fell into a similar trap as Jim had before. She took Jim washing the dishes as a cavity and message to her she was loosening, failing to recognize that the same external behavior can be motivated by different intentions. Feeling criticized and having experienced Jim as christian in the past, Sonya was unnecessarily offended and became accusatory. This caused Jim to lock disaggregated and demoralized, perpetuating the disconnection cycle between them. Recognizing the familiar impasse, Sonya was able to create the space to understand Jim's feelings and believe him, who helped them recover and allow change. Customize and confuse your own feeling with the other person's intention. Only because someone has evoked a sensation in you does not mean that it was his intention or that they do not care about his feelings. This is a common jump, especially when it comes to feeling rejected, which makes sense, since it is hardwired in advances even more rejection than had-treatment. Robert was worried about a work project and acted distracted and emotionally distant. This felt rejected and threatening Laura because she took to mean that he was losing interest in her or could be having a case. In response to the rejected feeling, Laura gave Robert a cold conspating shoulder, causing him to feel without breastfeeding and being defensive, creating a cycle of disconnection between them. There are many psychological states and needs that create emotional or real distance - drawing people inside or consuming their resources. In this example, when Robert was worried, Laura took personally, presuming without question that this meant Robert was rejecting her. When the perceived rejection causes the person who feels rejected to remove or react in spy, as it happened here, a self-rewarding chain reaction strives, creating the rejection which is feared. As Robert assumed the responsibility of improving the atmosphere at home, he worked more aware of how his absorption did Laura feel instead of concentrating on defending himself. He tried to let her know when he distracted himself with work, reassure her that he loved her and find ways to let her help him at such times. "PATOOLOGICAL SUPPLY. The problem here is a lack of healthy curiosity and assuming that you are right about the other person. Paradoxically, such certainty is a sign that you It is probably wrong because it shows a lack of interest and / or lack of conscience of the mentality of the other along with a fixed vision of them. Although no one likes to be wrong, it is excited to recognize when the intensity of our reactions is caused by a wrong perception, instead of thinking that our feared feared About the other person is true. Identifying our perceptual biases and defective believers, as well as targeting the default for more tolerant assumptions and not guilty, will prevent in boxing people in fixed traces, motives or stereotypes, as well as helping people Grow up. Doubt healthy about our assumptions, asking more questions, and being open to revise our perspective with new information makes it more likely that we understand our loved ones clearly and more effective. Diagnosing with precision what is really happening in difficult situations is essential to use a good judgment, be experienced as ally, and potentially have a positive impact.Disclaimer: The characters of these examples are fictional. They were derived from a compound of people and events representing real life situations and psychological dilemmas. Dilemmas.

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