

Signs That Your Relationship is in Trouble

Most relationships start on a promising note but many among them hit a rough patch after a few months or a few years. Misunderstandings start creeping in and suddenly your relationship doesn't seem perfect anymore.

If situation continues for a few months and is not addressed, it may go out of hand and you may be headed for a split.

You might be wondering if there are any warning signs that can prevent an imminent separation. Sure there are many warning signs that you need to address promptly to save your relationship.

The most common signs of a troubled relationship are:

1) Decrease In Passion

It is natural that passion will wane from time to time as it depends on many factors such as stress, fatigue, day to day pressures. However if you stop responding to your partner's responses, it is a wake up call that needs some serious attention.

2) Arguments

A healthy relationship allows free exchange of ideas and feelings. However when you are unable to talk about your feelings and most of your conversation is happening through arguments, it can lead to disastrous results. An argument solves nothing but only increases the tension and hastens the separation.

3) Avoidance

A healthy relationship allows solving problems together by straight talk and sharing. Everyone faces a lot of problems on a daily basis and a healthy relationship gives the courage to face and solve them. This comes from the fact that your partner respects you and is willing to help you in your problems. But when you start avoiding your partner, remain silent to his / her problems, it can quickly deteriorate your relationship.

4) Jealousy

Jealousy is a dangerous emotion that can ruin relationships very quickly. When your relationship is in trouble, it leads to unwarranted jealousy that may not stem from infidelity. This type of jealousy is often a reflection of loss of self-esteem and a deep sense of insecurity.

5) Depression

When a relationship is in trouble, it quickly leads to depression. This depression is a reflection of a person's innermost fears that leads them to believe that the trouble in relationship is their own fault, or there is nothing wrong with their relationship, or they might be left alone after the break up.

6) Lack Of Time

When your relationship is going great you can find the right balance between love, responsibility, and other demands even if you have less time. But when a relationship turns sour, you are often unwilling to share your time and love with your partner even when you have time.

7) Anxiety

An unresolved issue in your personal life can lead to increased anxiety. The most telling sign of anxiety is change in sleep patterns. It could be a pointer that your sub-conscious mind is grappling with some aspect of you relationship that needs an immediate overhaul.

8) Dependency

Too much dependency can also ruin a relationship. Due to increase in dependency, one person is likely to feel burdened, the other frightened by their needs. The one in power feels unappreciated and undervalued. The needy one frequently feels disappointment. This leads to resentment between both the partners.

9) Manipulation

You may sideline your partner by siding with your children, friends, colleagues or family members during conflicts. Your partner will feel manipulated and this can lead to bigger problems in future.

About the Author

Is your relationship in trouble? Did you know that most relationships can be saved if you act early enough? Find out exactly what you can do to save your relationship by clicking on the link below: [Saving Relationship](#)

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