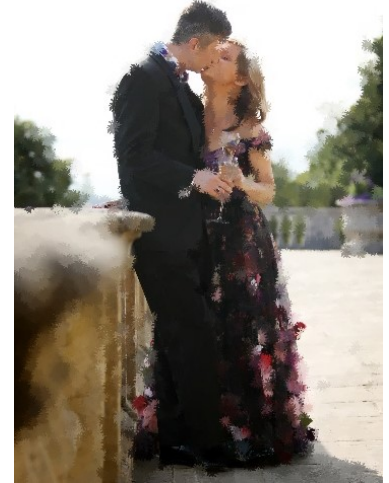


## 7 Early Relationship Mistakes

### 1. **"Listen to your heart rather than your head"**

This age-old cliché sounds charming and conjures up some wonderful visions, like a pair of lovers running towards each other in slow motion and embracing to the high-pitched tones of a violin... Until you consider what this phrase actually means. "Head" obviously stands for your logical side, which helps you understand not just what you want, but also what you need from your partner, and analyses their behaviour to see if they are good for you. "Heart" is supposedly referring to our emotional side, but in reality, is all about what feels good at that moment, and let's be honest, most of the time is linked to sex and hormones. We all know what happens when they wear off. So, yes, attraction is important, but do also listen to your head.



### 2. **"We'll make it work"**

There might be a multitude of obstacles, issues and red flags staring you in the face, but you've already made a decision and you're sold on another cliché: "Love conquers all". Perhaps, if you're lucky, but most commonly – not. A new fragile relationship is under a lot of stress from the start, but you insist on moving in together; subsequently, get married and often have children together. Eventually, inevitability strikes, and you go your separate ways, contributing to the UK divorce rate being over 40% (and that doesn't even include unmarried couples breaking up).

### 3. **Being oblivious to your needs**

By default, we all assume we know and understand ourselves very well and know exactly what we want and need. However, as we get older, we look back and see mistakes, failure and seemingly inexplicable patterns. Only then we begin to realise what we thought we wanted could have been damaging for us, and in fact, what we needed to be happy was something (or someone) else entirely. We already know the consequences of falling in with a wrong person; and if you have children together, you're tied to each other for life. Which, as many of you know, is not necessarily always a good thing.

### 4. **Failing to communicate your needs**

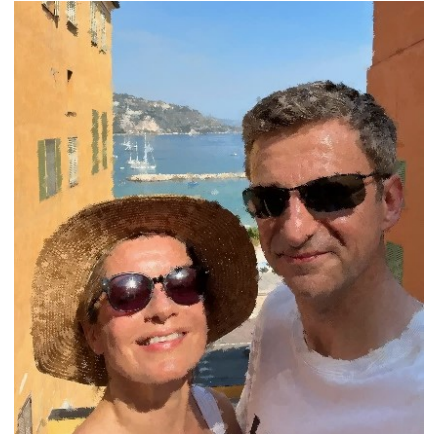
If you don't understand your needs or fail to communicate them, how do you expect anyone to meet them? For example, you're dreaming of a committed relationship and a cosy home together but are too afraid to admit it in case you scare them off. This could lead to confusion and failed expectations: don't be shy, say it out loud early on. You're not stating you want a committed relationship with that particular person, but rather in general, so it's a perfectly neutral statement. Or perhaps, you might want to maintain independence and hate the thought of moving in with someone in the foreseeable future – be clear about it. Saying "I want a happy relationship and a great partner" is not enough. We all do, however, everyone's path to happiness is slightly different.

### 5. **Listening to no one and being too arrogant**

Some people think they know everything or insist their situation is unique. You know what they say about smart people? They learn from their mistakes. However, wise people learn from someone else's mistakes. Good advice is hard to come by, so when or if you do, don't just dismiss it assuming you know it all. This also applies to feedback from your friends and family. They know you well and might spot the fact you're going out with someone unsuitable for you before you realise it yourself. Especially when you're too blinded by lust and raging hormones. There is some collective wisdom in the world, and whilst we can't take it all onboard, considering some advice and asking yourselves the right questions is a clever thing to do.

## 6. Listening to everyone and worrying too much

Sorry if you're under the impression we're contradicting ourselves. This is not the case because everything is fine in moderation. You can read every self-help book available, over-analyse and over-share with your friends / confidants, but there comes a point when you must move forward and make progress, armed with your knowledge, intelligence and intuition. Our dating advice and coaching programme [From Single to Couple](#) covers both theoretical and practical sides of the process. Rather than providing rigid instructions, it simply encourages you to ask the right questions and look in the right places in order to bring out the best version of yourself and find a shortcut to happiness. As we said before, your idea of happiness and the path to it may not be the same as ours, but the guidance still applies.



## 7. Putting pressure on a new relationship

Imagine, you finally meet the man or the woman "of your dreams", at least on the surface. This could be a very exciting first step, like it was for us, as we look back from where we are today. Unfortunately, it's still early days and your liaison might turn out to be a flop, so don't pin all your hopes on that potential relationship. It might not go further for various reasons:

- They aren't sufficiently interested in the first place.
- They're not looking for a committed relationship.
- You press too hard too soon because you feel you're not making progress.
- Your insecurities and mistrust stemming from past relationships get the better of you as you push them away.
- They do the above to you.

The list is much longer – the result is, sadly, the same. You'll never know whether you stood a real chance or not. Instead of cursing yourself (or them) and giving up on finding love, just think of it as an experience, which has taught you something and has also brought you a step closer to your potential Mr or Ms Right.

We cover these common mistakes in our video course and show you how to address them, thus not just helping you to find someone perfect for you, but also keep them and move your relationship to the next level. [Click here to watch our FREE introductory session.](#)

With love,

M & J x



\*From Single to Couple\*