

SOLUTIONS TO AN UNHEALTHY RELATIONSHIP

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Relationships from time to time develop problems. Some problems help to reveal the weaknesses of the people involved in the relationship, and help to train them in conflict resolution, enhance self-development and upgrading. Some problems in relationships are signs that they are not meant for each other.

When a relationship becomes unhealthy, it is important that certain steps be taken immediately to resolve it.

1. Ask why?

You need to sincerely ask and find out why things are the way they are. Why are things working out the way they are? What is responsible for this? What is God saying through all these? These among other questions are to be considered to determine the will of God and the solution to the prevailing problem(s).

2. Examine yourself before you examine your partner, and take action based on your discovery.

It is common knowledge that we humans are very good at pointing the accusing finger. This is not the best way to resolve problems that confronts man in relationships. Jesus taught that we should first remove the plank in our eyes, before we can see the speck of sawdust in the other person's eyes (Matt.7: 3-5). Follow this principle it will work for you.

3. If you are the one giving more to the relationship while your partner is unwilling, then you have to pack it up.

Marriage is not by force. You cannot force or continue to push a relationship that the other party is not willing to continue. It takes two to make a relationship work. If one person is always giving and the other is not but always taking, the relationship will eventually end in frustration and heartbreak.

If there is no practical investment, but lip service from one side, it is a sign of lack of commitment on one side, and a pushing on other side. Be sure you are in the relationship together. This is very important. It takes two to tangle. If his or her heart is not with you, maybe it is with someone else. The earlier you accept it is not going to work, the better for you.

4. Do not make excuses for the person you are in relationship with.

See clearly and judge rightly. Don't be blind to the things God wants you to see and attend to. If it is not going to work out, it is not going to work out no matter what you do. Admit it and live with it. Making excuses for him or her is trying to sweep the facts under the carpet. That is a bad way to manage problems. You must examine everything objectively and sincerely, in order to know what to do.

5. Do not allow somebody's opinion about you change your opinion of yourself.

Accept God's opinion of you. Don't look down on yourself. Develop a Godly self-love. Personally admire what God has made you to be, and what you can achieve. If the complaint is

that you are not good enough for him or her, you are good enough for someone else. You are complete in God no matter how you look or may appear to be in the eyes of any man or woman. Keep your opinion of yourself high. You are wonderfully and fearfully made by the Almighty God.

If the present relationship ends, does not mean the end of the world for you, but the beginning of a new faze of life. Keep your self-esteem and put behind you what has been said, done and experienced that is unpleasant. Look ahead of you for a better and sweeter relationship that will end in a glorious marriage.

6. Do not try to keep together what God is trying to put asunder.

Every child of God is called to live and walk in the Spirit. When one walks in the Spirit, one walks in the will of God. Sensitivity to the Holy Spirit is very important to success and happiness in life. Insensitivity will lead to confrontation with the will of God. Many times believers walk by their senses and mess their lives up. God wants us to be in tune with His Spirit in other to know and do his will. Recognize what God is doing through all that has been happening in your relationship to enable you align yourself with God's will for your life, which is always the best thing for man.

7. Always remember that marriage is not meant to be endured but enjoyed.

A proper look at your peculiar situation will tell you if the marriage will be boring or exciting. God's plan is that we enjoy marriage and not endure it. If the facts on the ground suggest that the relationship will be boring and frustrating, the reasonable thing to do is to end it.

8. You need time out to heal as a person and bring balance to everything you do before you make a decision for a new relationship.

Do not embrace a new relationship until you are completely healed of the wounds of the just ended relationship. Emotional healing needs time. But keep your excitement and joy. Do not wear a long face. Be cheerful. Do not go into a new relationship because you want somebody to comfort you for your bad experience. That is a bad reason to start a relationship that is hoped to lead to marriage. Wait till you have gotten over the shock and trauma of the failed relationship.