

## RELATIONSHIP MYTHS AND FACTS

There are a whole bundle of myths floating around about relationships, what to expect and what your 'obligations' are. Below we have burst just a few of these mythical bubbles.

**MYTH** *People who love each other should communicate well*

**FACT** Wrong! Good communication is a skill and gets easier with practice and as you get to know someone too. There are certain skills required for good communication including listening, understanding the other person's perspective, having the ability to negotiate a compromise or being able to agree to disagree.

**MYTH** *Once you have been in a relationship for a while you should be having sex*

**FACT** Sex is a personal choice and a choice everyone should make when they are ready. There are no obligations to have sex with a partner – no timeframes within which you have to have sex. It is up to you and your partner should respect that.

**MYTH** *It's okay if my partner always wants to know where I am*

**FACT** If your partner always needs to know where you are (eg. texts you all the time, double checks where you are, or turns up at places you are at uninvited) they are showing a lack of trust and respect. This type of behaviour can be an early warning sign of domestic violence.

**MYTH** *'If you really loved me you would have sex with me'*

**FACT** Love and sex are two entirely different things. Just because you have one of them, doesn't mean you have the other. This is a line often used to pressure someone into doing something they don't want to do.

**MYTH** *My partner should know what I want by now*

**FACT** No matter how long you have been with someone they should never be expected to read your mind. Communication is an ongoing requirement in a relationship and it isn't safe to assume your partner will know what you want if you haven't said anything.



**MYTH** *My partner should be my best friend*

**FACT** It is important to have closeness and intimacy but expecting your partner to be everything in your life puts a lot of pressure on them, your relationship and you.

**MYTH** *When my partner is jealous and possessive it shows they love me*

**FACT** Jealousy and possessiveness are two of the most common early signs of abuse in a relationship. These traits demonstrate that your partner sees you as a possession and is trying to control what you do and who you see which can be very isolating.

**MYTH** *In a good relationship people never disagree*

**FACT** Ha! People, being people, will always disagree. It is actually a good thing to have different opinions and perspectives as it enables both of you to learn and see things from other perspectives. The key to a good relationship is being able to disagree on some things and finding a way to accommodate the disagreement – agreeing to disagree.

