

Lack of Communication in a Relationship

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One of the most important aspects of a successful relationship is effective communication between both parties. Lack of communication in a relationship can result in hasty decisions that can even lead to separation. We need to understand the reasons behind communication breakdown and how they can be avoided to ensure a fulfilling relationship. Sometimes stress of work makes a person withdrawn, reserved and easily irritated. They don't like to discuss anything with their partners. Financial problems can also be the cause of communication breakdown between two people. When they try to resolve issues, their arguments result in more problems and eventually they stop discussing things. Many couples start hiding their personal problems from each other. They are afraid that if they opened up they will irritate their partner even more and therefore they choose to keep quiet. Remember that lack of communication is the first step towards a failed marriage. Sometimes mistrust and doubts about your partner's loyalty result in communication breakdown. You silently start observing their actions and don't make any effort of discussing your doubts with them. Sometimes when some third party gets involved in two people's personal matters they make it a point to open up only in front of that third person instead of discussing things between themselves. Always try to resolve your problems yourself. When you don't live together for a long time it also results in lack of communication and eventually total breakdown. If your partner has to live somewhere else, make sure you two talk on a regular basis and never let distance come in the way of your love. It's true that these kinds of relationships are hard to manage but once you have made a decision you have to stick with it no matter what happens or how physically distant you are. Birth of the first baby is also sometimes a cause of communication lapse between the partners. The mother has to give more and more time to the baby and the father has to spend more and more time in the office. As a result they get a chance to talk after a long pause and when that happens there are complaints and disagreements over trivial issues. Sometimes they argue over what the baby needs and how it should be handled and cared for. When things get out of control they stop their communication altogether and become withdrawn. Reasons behind lack of communication vary from couple to couple, but the important thing is you shouldn't let these problems come in the way of your relationship. Always talk things out between yourselves before they get worse and never let lack of communication lead to misunderstandings and distrust in any relationship.