

Sharing Relationship Advice

In one way or another, we are all involved in some kind of relationship, whether it is interpersonal or something more intimate. "Relationship" is defined as the kind of bond that exists between people who are connected to and have contacts with each other. In other words, they are related to one another and have something in common.

Interpersonal relationship refers to the social connections and affiliations between two or more people. It varies according the level of sharing and closeness which implies the search for the shared position. In contrast, intimate relationship is a social association wherein there is involvement physically and emotionally. It is commonly portrayed as something loving or passionate affection and love. There may be inclusion of sexual activity.

We observe that our relationship has undergone several stages of development such as contact, involvement, intimacy, and deterioration. There are assorted types of interpersonal relationships, namely: family relationships, consanguinity, marriage affinity, romantic relationships, friendship, casual relationships, soul mates, platonic love, and acquaintanceship. For every relationship that was mentioned, there should be important skills and shared position in order to endure and make the relationship stable and lasting. There should be trust, commitment, humility and an unconditional love so as to make the relationship withstand any crisis or problems.

However, we can not refute the fact that in every relationship there will be problems which will do some harm to the valued relationship. Like, for instance, in the family. We are likely to have conflict between the husband and the wife. The children can no longer relate to their parents because they are too occupied. There is also fighting among the siblings. Children squabble among themselves. Mother-in-law versus daughter-in-law. There will always be troubles between boyfriends and girlfriends. The same problem would happen between friends, acquaintances and casual relationships.

Unexpected strains in the relationship will happen without knowledge of both parties involved because usually it starts with insignificant details and little misunderstandings. We will only realize that there is a problem when the people in the relationship no longer care. You are taken for granted as if you are invisible. That feeling is the greatest tragedy for a person, when people act uncaring and you are left alone.

As friends or family members, others can come to us for consolation or for advice. This is difficult for some people to do. Dispensing advice can be quite hard especially if you're not comfortable with it or if you are afraid that your advice may backfire.

There are some things you have to remember before you dispense relationship advice:

- * Maintain an open mind # even if the person doesn't listen to your advice, do not take it personally. It is still their decision to make about what steps to do in the relationship.
- * Stay Quiet and Listen # Sometimes what the person truly needs is someone to talk to. They maybe asking for advice but the request is done only half-heartedly. Simply be a good listener and let her or him pour their hearts out.
- * Speak calmly # Don't get involved in the fight, because being emotional would only obscure your judgment making you dispense advice that could just make things worse.
- * Be unbiased # Listen to the entire story first and don't be judgmental. Your advice should always be for the better. Even if the person who is seeking your advice is your friend or relative, you should provide them with advice that would benefit their relationship best, not just the other person.