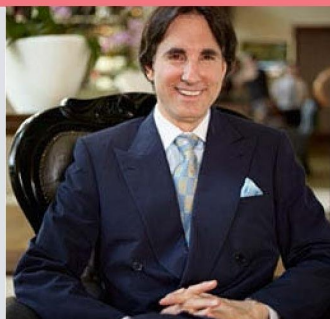




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Dr DEMARTINI

#DrDemartini



Dr John Demartini is a human behaviour specialist, educator, author and the founder of the Demartini Institute

Drdemartini.com [f](#) Dr John Demartini

5 Relationship myths

When it comes to depicting relationships, fairytales and romcoms can be misleading. Watch out for these common fallacies

Myth 1 When you find your soulmate, you'll feel complete

Although your partner will partly contribute to your fulfillment in life, being whole as yourself is wise and more realistic.

Myth 2 The right relationship lasts forever

There are no guarantees in relationships, just probabilities based on how well you communicate what you'd love in terms of what they'd love. The more value you offer, the more probable your relationship's longevity.

Myth 3 A good relationship requires sacrifice

When one partner sacrifices for the other, they both store their perceptions of the imbalance in a memory until the slate is rebalanced. Equity is what sustains relationships.

Myth 4 Children complete a marriage

This is as unlikely as assuming that partners complete each other. Children can be both pain and pleasure, frustrating and fulfilling. If you don't have genetic children, people at work or in your family or social life emerge to become your surrogate children.

Myth 5 Opposites attract

What you see in your partner is also present in you. It's just expressed differently according to their hierarchy of values. Although you'll seek that which supports your highest values, you simultaneously attract that which challenges these values. Maximum growth and development occur at the border of support and challenge.