



GARDA SUPPORT

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Relationship Problems

The challenges of the job, the unsocial hours the inability to fully discuss issues with your loved ones can and do result in relationship problems for members, this then adds to your stress:

Common Couple issues and how to resolve them

1. Balancing work and Relationships – Is one of the most common couple issues we see in the Counselling room. This can cause a lot of friction in relationships where time is limited with your partner – children and the many household chores eat into each evening and weekend. Negotiation around household chores is essential so that time can be carved out for you as a couple and each partner feels appreciated and valued in the relationship. Couples need to do regular check-ins throughout the week and go on date nights to reconnect emotionally. Arranging for your children to stay elsewhere for a night from time to time gives you as a couple time for talking, relaxing and lovemaking without fear of interruption.

2. Sexual issues – Sexual problems are divided into 2 areas: Primary problems e.g. erectile problems, vaginitis etc. These require professional counselling with a PST counsellor or medical intervention. Secondary sexual problems are when problems occur due to different levels of sexual desire. When couples marry, their sex life tends to be very exciting, but the level of automatic sexual interest in your partner changes with time. Many outside factors may affect levels of sexual desire-hormone changes, new baby, stress, money issues etc. To remain a satisfying part of your life your sex life needs time, attention, imagination and care. The 'X' factor that makes a mature sex life better than it was at the beginning is trust. A couple who trust each other are free to explore their own needs and take chances without fear. Trust grows out of good communication and communication is the key to good sex.



Intimacy (holding hands, hugging, kissing) is hugely important in developing a healthy sexual relationship with your partner.



Knowing what gives you pleasure is helpful to your partner when making love. Make time for lovemaking and time afterwards to enjoy the closeness it brings which is really important in our hectic lifestyles.



A good lover understands their own body and asks for what they want, they will also take the time to learn what their partner wants and be flexible during lovemaking. Questions to ask when you have sexual difficulties are: Is it primary or secondary problem? How is the rest of your relationship? How motivated are you? Have you got the time and the place? What do you want from your sex life?

3. Communication issues – Effective communication shows your partner who you are, what you want and why you behave the way you do. Because each person is an individual different from anyone else alive no one can know what it is like to be you unless you tell them.



True love is about making the effort to understand the different world a loved one inhabits, and trusting someone enough to show them your entire self. A truly loving relationship is one in which you both see the world from each other's windows and allow each other to be separate and different.



There are 3 ways of improving communication:

A. Learning to talk (using a certain tone and manner) and say what you need instead of making something else the issue, nagging, being a know all or criticising your partner.



B. Listening and hearing your partner instead of switching off, interrupting and mind reading. Listen with understanding and ask for clarification.



C. understanding your partner and recognising that they are not part of you but an individual with similarities and differences.

Tasks to improve communication:

Make a pact to do something for your partner each day such as do washing up or make them a cup of tea.

Start and finish each day each day with a hug and kiss and tell your partner you love them regularly. Text them regularly during your day.

Explain to your partner how you feel when you disagree using 'I' statements. When rows become heated give each other breathing space and talk things through when you've both calmed down.

<http://www.relationshipsireland.com/7-steps-to-a-positive-relationship/step-3-common-couple-issues-resolve/>

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For immediate support please call free and in confidence:

Samaritans    24-hour helpline: 116 123.
Console 24/7 Suicide Helpline    1800 247 247