

A woman with long blonde hair, wearing a black headband and a green jacket, is seen from behind, looking out over a vast landscape of trees with autumn foliage. The sky is a clear, light blue. The overall mood is contemplative and serene.

7 Dreadful Mistakes That Will Ruin Your Relationship (And How to Fix Them)

Relationship Coach **Roman Mironov**

From the Author



Since 2019, I've been coaching people to create amazing and enviable relationships.

Regardless of the many different challenges they face, a clear pattern emerged.

People don't see how the quality of their life depends on the quality of their relationship.

Your relationship can be your *No. 1 source of happiness in life*.

But do people realize the full potential of their relationship?

Rarely.

Usually, their relationship is a *source of pain*.

In this report, I address the most common mistakes that cause couples to suffer and break up.

I also include a few DOs and DON'Ts that you can use right away to improve your relationship.

My goal is to make you aware of common blind spots and suggest the next step toward an amazing relationship.

Introduction

Have you ever checked social media and felt like everyone is having an enviable relationship?

On Instagram, you see beautiful images of couples.

They travel the world.

They smile and kiss passionately.

They're happy.

Do you wonder why you don't have a relationship that fills you up with joy every day?

That's because you don't put your relationship first.

The sooner you realize this, the sooner you'll stop the pain of loneliness or an unfulfilled relationship.

But do you feel scared of making changes or frustrated because your previous relationships failed?

Then, maybe, it's you who are standing in your way.

Here are 7 reasons why your relationships make you miserable and actionable tips to change that.

You put your needs first

When did you stop loving your partner unconditionally?

Our culture teaches us that being in love is important in the relationship. So, you wait for your partner to do something that makes you feel love. And only when you do so, you'll love them back.

But that's not love at all.

That's selfishness or trading.

Giving your love unconditionally is the only option.

You'll feel love when you give it.

When you learn to do that, you'll be able to light your partner up.

Are you ready to do that?

DO: Treat every request from your partner as an opportunity to light them up.

DON'T: Treat every request from your partner as a complaint and get defensive.

You don't have enough sexual polarity

Are you feminine or masculine enough to ignite passion in your partner?

When newness wears off in a relationship, people lose passion gradually.

You get bored and stop putting your best foot forward.

That's how couples go from madly in love to living as neighbors.

Passion in a relationship is all about sexual polarity.

Women are attracted to masculine men, and men are drawn to feminine women.

You can reignite passion by increasing sexual polarity.

Are you willing to do that or will you see your relationship die slowly?

DO: Be more masculine or feminine to be more attractive to your partner.

DON'T: Accept that all couples lose passion gradually.

You shut down communication as a punishment

Do you punish your partner by giving them the silent treatment?

Your partner does or doesn't do something and you feel frustrated.

So, you pull away.

Your partner doesn't understand this and gets angry.

You pull away even more.

Do you recognize this vicious circle?

It destroys your relationship day by day.

You need to talk to your partner about your frustrations instead of becoming resentful.

Are you willing to stop the vicious cycle of pulling away?

DO: Keep the lines of communication open all the time, however bad you feel.

DON'T: Shut down communication as a way to punish your partner.

You threaten to leave

How does it feel when your partner isn't committed to the relationship?

When you feel bad in a relationship, you're likely to blame your partner.

You believe changing your partner is the answer to all the problems.

So, you threaten to separate or file for a divorce.

But that's toxic for your relationship.

Your lack of commitment makes both you and your partner unhappy.

Could it be that the problem is really with you?

Could it be that by changing your partner, your problem will only get worse?

Could you even fail to find a new partner?

DO: Commit to the relationship like it's going to last forever.

DON'T: Have a half-hearted approach to your relationship and be ready to leave when going gets tough.

You aren't present enough

Do you pretend you're listening to your partner while in reality, you're doing something else?

Often, you don't listen to your partner.

You just nod your head but think of something else.

Or you might even dismiss what they're saying because you believe it's nonsense anyway.

But your partner feels that lack of presence from you and hates it.

Presence is crucial for a healthy relationship.

When a man is fully present, his woman feels safe and opens up at a new level.

When a woman is fully present, her man lights up because he likes it when she's interested and understands him.

Ask yourself:

Do I allow distracting thoughts to carry me away while talking to my partner?

DO: Be 100% present when you're talking to your partner.

DON'T: Pretend you're there but go somewhere else in your thoughts.

You don't have daily intimacy moments

Do you stop to kiss your partner often enough to show your love?

As time passes, you decide the spark is no longer there and forget about daily intimacy experiences.

That's how you and your partner end up being roommates.

But your partner longs for expressions of love from you.

When you kiss them passionately, it creates connection and intimacy.

And then your partner wants to do the same for you.

Will you reignite the spark or put up with the relationship that makes you miserable?

DO: Give more hugs, kisses, and smiles to your partner.

DON'T: Assume that if the spark is gone, it's gone for good.

You don't praise your partner

Do you do things daily that make your partner feel appreciated and loved?

Feeling significant is one of our fundamental needs.

When your partner doesn't see your appreciation, they feel unfulfilled and pull away.

Be sure to show them your appreciation.

Tell them how grateful you are for having them in your life.

Acknowledge them for every little accomplishment.

Let them know that you notice and appreciate even the smallest things they do.

What do you do to make your partner feel significant?

DO: Affirm your partner so that they feel loved and appreciated.

DON'T: Take everything your partner does for granted.

What's next

Did any of these points resonate with you?

Becoming aware of your blind spots is a great place to start.

But it doesn't mean you'll fix them.

What will help is creating and following an action plan.

But making changes to our relationships is challenging and makes us uncomfortable.

As a relationship coach, I help clients make those changes as quickly and easily as possible.

Do you want to end loneliness and find a soulmate?

Do you want to turn a failing relationship around?

If yes, let's have a relationship breakthrough session.

Let's create awareness, skills, and habits to make your relationship the No. 1 source of happiness and fulfillment in your life.

Commit to your relationship today.

The alternative is loneliness, sadness, and emptiness.

**BOOK YOUR
COMPLIMENTARY
SESSION:**

+1 647 858 5430
roman@romanmironov.com



Relationship Coach

Roman Mironov



Address: 21 Mayfair Avenue, Toronto, ON,
Canada, M2N 2N5



Email: roman@romanmironov.com



Phone: +1 647 858 5430



YouTube: <https://www.youtube.com/channel/UCTpjfwxdtmsJ78QiPGMrsOQ/>



Podcast: <http://romanmironov.libsyn.com/>



Twitter: <https://twitter.com/romansmironov>



LinkedIn: <https://www.linkedin.com/in/romanmironov/>



Facebook: <https://www.facebook.com/roman.mironov.10>



Instagram: <https://www.instagram.com/be20ofyourself/>