

3 SIMPLE SECRETS TO SAVE YOUR RELATIONSHIP FROM SABOTAGE!

A GirlShrink Report - By Lisa Angelettie MSW, "GirlShrink"



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About The Author



Lisa Angelettie MSW, "GirlShrink", helps women (and men:) find love, build stronger relationships, and save sinking unions everyday on the web.

She offer clients:

- relationship mentoring
- e-books & reports
- free articles
- e-advice
- advice column
- teleclasses

#1 Advice & Counseling Site

Lisa is the Founder and Director of her advice and counseling website: <http://www.GirlShrink.com>. It is the #1 "Advice & Counseling" site on the web according to Google and MSN statistics.

Lisa is an advice expert and her relationship and mental health advice has been featured on sites such as:

- The Mental Health Site at Bellaonline.com
- The Depression Site at Bellaonline.com
- Sexuality at FashionTribes.com

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- Dating advice at Reciprodate.com
- Adultery advice at AllExperts.com

...and many others

From The Kitchen To The Couch

Lisa began giving advice to friends and family "in her kitchen" on the telephone or at the breakfast table. She enjoyed helping people get "unstuck", and they often came back and told her how just how on point her advice was. But not believing she could make a living at it yet - Lisa followed her other passion...writing.

Lisa began her career in writing at some of the most prestigious newspapers in the country. She worked for The New York Times, Publisher's Weekly, and Travel Agent Magazine. But it was her job as an advice columnist for pre-teens with the Gannet News Syndicate that solidified Lisa's interest in blending her knack for giving advice with her writing talent.

In order to blend those two talents successfully, Lisa went back to school to obtain her Masters Degree in Clinical Social Work at New York University and began seeing clients in a private practice setting.

After Lisa married her college sweetheart, Deric, and was pregnant with their first child - she knew that she would have to make a change. Her clients were getting antsy about her pregnancy because they knew that she would eventually have to take a maternity leave, and she knew that she wanted to stay home with her new baby.

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It was then that Lisa created the vision of an advice and counseling website specifically targeted for women who need to work through their issues and would rather do it on their own timetable and in the privacy of their own homes at the fraction of the cost as traditional therapy. Why? No office overhead.

At Home With Lisa

Lisa started dating her college sweetheart since 1988, and they married ten years later. After adopting their "first baby", a lab-mix puppy named Pepperz, three little girls followed soon after - Autumn, Ali & Ava. They all live together in New Jersey - not too far from her Philadelphia roots or from her husband's New York roots. A perfect example of the art of compromise that Lisa is so famous for facilitating!

Introduction

“Hey, Lisa - What do you mean when you say sabotage?”

Oh, I hear this all the time. No one out there thinks that there is anything or anyone trying to ruin their relationship unless they are married to a professional basketball player or a rock star.

But that is simply not true.

I’m talking about all kinds of forces outside of your relationship or things that you yourself have created to inadvertently destroy the very relationship that you want so desperately.

We all want to be happy right?

Well it begins with you.

Learn how to save your relationship from sabotage so you two can work on the more important things - like being in love:)

So how did I come up with 3 things specifically?

Well, it wasn’t rocket science. It was pretty simple actually.

What were clients saying to me? What were they saying were the major problems in their relationships. And how much of that “stuff” could they have prevented? Well, I’ve come up with three things that for sure - you can control.

Ready to get started? Here we go...

Secret #1 - Put A High Value On Honesty

A lot of couples are scared of honesty. Many people in general are just plain scared of the truth. People don't want to know if they have cancer. People don't want to hear smoking fatality statistics. People don't want to hear about racism or violence. People are scared of bad news.

But if you honestly believe that you can have a relationship that is not based on honesty but on secrets, white lies, or even worse...silence. You are kidding yourself. That relationship will not last long and if it does, you are both miserable.

Does the truth hurt? Well, sometimes it does. But its better to know that your husband is having some trouble becoming interested in you sexually because you have gained 25 pounds, then to just not talk about it and constantly worry if he's cheating on you. Or if he's suddenly gay:)

No one wants to hear about their weight - I know. But its better to know that truth because at that point you know where to go from there. You aren't guessing. You aren't wasting years of your relationship trying to figure out what is the problem. You are being honest. You are communicating. And as long as it isn't done with malice - you both are better off for it.

Secret #2 - Stop Keeping Score!

We all know someone like this - and #1 may be you!

This is all about a person who is being super defensive about their position in the relationship. Especially if you have a partner who keeps score.

For example, if your husband mentions to you that this is the third night in a row that you left dishes in the sink. That can be annoying, for many reasons. First of all, you are an adult and you know that you left dishes in the sink - so who is he to tell you about it! Second of all, perhaps he could have washed a few dishes to help out instead of call you on it. Did he consider that you may be overwhelmed?

But then what can make this situation even more toxic is if you know begin to point out the things that he hasn't done, or forgot to do, etc. Because now the two of you will begin to get into a tit for tat - verbal war. And that can mean serious trouble for a relationship.

As the war continues to grow, the things said get more mean-spirited or they are said way too often. And now you both are super defensive in your own home on a daily basis. And you are both undermining each other's sense of validation and worthiness as a partner in the relationship.

Eventually, someone is going to want to bail because they wake up one day and realize - what is the point? Why am I with someone who constantly tears me down, or has to mention every mistake I have ever made?

Secret #3 - Keep Your Relationship Sacred

If you are in trouble, there is nothing wrong with talking to an impartial party such as a religious leader or someone like me:) - GirlShrink. But don't start spreading your business to any and all who will listen. You will regret it, because know you have invited the sabotage in.

It's hard to believe, but I guarantee you that there is at least one person in your life who secretly wishes you a little relationship drama. Either they are depressed themselves or they are bitter about their own relationship that they cannot stand to see someone even appear to be happy - much less really happy.

The way to keep this from infecting your relationship is to keep what is said done within it as sacred. Whether you are married or not - a relationship should have its own personal boundaries. Everyone should not be privy to all that goes on within it or many people will use it against you later. Especially family!

Back to our first example, if your husband said that you are a little plump and he isn't that attracted to you - would you tell your mother? I'm sure that for some of you - your mother is your best friend - but remember that can she really be just your friend when she has always been more?

She is your mother first. A protector. A nurturer. A caretaker. She will want to protect you. And she may try to eliminate your boyfriend/husband, or she may be much more subtle by being impartial and quiet when it comes to anything concerning him. You will sense that. And it could affect the way you deal with your significant other.

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The bottom line is that relationships are fragile and precious. Treat it with kid gloves. And realize that once you are truly connected to someone - there are going to be hard times, but you are going to get through them. So telling everyone and anyone who will listen all about those hard times, is not the best thing to do for the long haul.

Your friends and family are human and they will have very strong opinions on what you should or should not do. The problem is - is that it will all be very Pro-You!

Next thing you know you are back in the bars or on the dating websites with her - looking for love all over again:)

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About GirlShrink.com



www.GirlShrink.com is a content rich website, full of free information and resources for women who want advice on their relationships, depression, and many other self-help topics regarding their lives.

Our mission is to teach women how to make smarter relationship and life choices in order to lead more fulfilling and successful lives.

In an effort to support that, we offer premium advice/counseling services which include e-advice via email or chat. Learn more about our [Private Relationship Mentoring Memberships](#) today!

We hope that by now you read some of our articles, or taken a free screening, or perhaps read our advice column. If not - please visit the site to learn more: <http://www.GirlShrink.com>

If you like what you have read here – please feel free to recommend our free relationship advice ezine - [Better Choices](#) to your friends and family. subscribe to our free self-help ezine – “Better Choices”.

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GirlShrink Recommends

If you are feeling overwhelmed with your partner or his/her choices to be unfaithful, non-supportive, or irresponsible – and you are:

- Feeling as if you can't get out of bed
- Don't want to eat
- Eating all day
- Crying all the time
- Feeling hopeless

You may be clinically depressed.

Find out by getting this popular GirlShrink Report Today!

[Are You Or Someone You Love Depressed?](#)