

"Forgiving in a relationship- 5 questions to ask yourself"

Yes, every relationship is full of "love" at the beginning. It's fun, it's new and it's exciting! This is normal and to be expected. What is unexpected is how you feel months later. Suddenly, you may realize the spark is not as strong or maybe not even there.

Does this mean your relationship is over, that you should break up with the person? No. This is also normal and to be expected. Relationships are about connecting, learning, and growing with one another. It's important to nurture your relationship. Take time for each other and appreciate what IS working in your relationship. Focus on the positive things. Relationships are like plants. If you don't take care of them then they will die. Two people may separate because they have not paid attention to each others needs and did not communicate openly with one another. Don't be afraid to say something if it bothers you. Always let the other person know how you feel.

In a connected and honest relationship you will experience downfalls and arguments. Pay attention, this is where you will learn the most about yourself and the other person.

Accept the imperfections; accept the "wrongs." Do your best to forgive the other person. There will be times in relationships where you hit a pivotal point. You will both stay together and be stronger or move on.

There are some scenarios such as "unfaithfulness" or "abuse" where you may need to move on. It depends on your age and what the other person is willing to do to change.

Questions to ask yourself if the other person has hurt you in this way.

1. Can I forgive this person?
2. Can I "let go" of this person's past behavior and not dwell on what this person did in the past?
3. Is this person truly sorry and sincere?
4. Do I see a **change for the better** in this person?
5. Has he or she been honest and respectful since the incident?

If you answered **yes** to ALL of these questions, then you can get through this time in your relationship. If you answered **no** to one or some of these questions then it may be time to "let go." There is no right or wrong answer but only what is best for you. This is what matters most.

Take care of yourself and love yourself. You will end up with the "right" person if you listen to yourself always.