

Do Not Let Anxiety Get the Better of You in Your Relationships

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In a relationship, it is very tough to deal with anxiety management. To keep a relationship going and in a healthy state is tough enough, let alone in having to deal with our anxieties. As a result, from a little corner of my brain, some suggestions or you might call it techniques have popped up on what we can do for anxiety management while keeping a relationship going in a healthy state.

At any point in a relationship, most of us may encounter a complicated or scary situation that gets us all upset. On the upper hand, going through such events, we must always remember to get all of the facts of the situation. Prevention from relying on exaggerated and fearful assumptions is by gathering the facts. This is because a person can really rely on what is reality and what is not by focusing only on the facts, nothing else but only facts.

Most of the time, we may get stressed out when everything happens all at once. The first step that a person should take when this happens is to take a deep breath and find something else to do for a few minutes to get their mind away from the particular challenge. He/She could use some fresh air or do something that will assist them to attain a fresh perspective on things.

How to deal with all the stress that you are having in a relationship should be handled in a smart way. A note to take is to never try to tackle or handle everything all at once. One of the best ways to handle a current or upcoming task that overwhelms you with a lot of anxiety is to break the task into a string of smaller steps. Completing it one by one will make the stress even more manageable and increase the probability of success.

Note down all the things that you enjoy doing or having in your current relationship. Look at the list and remind yourself of the wonderful times that you had with your partner whenever you get anxious or fearful. This technique is what I call "Rewinding" and it will put your anxieties and fears in a relationship into perspective.

At times, talking to someone about our stressful situations or challenges can help in a way. It can be a friend that you trust, a counsellor or even to your pillow. This can not only make us feel better but they (except the pillow) might be able to give us additional advice and insights on how to deal with our current situation or challenges.

I am not a professional in this but I have been through the toughest relationship I ever had. It is never easy to deal with our persistent fears in a relationship. However, there are plenty of helpful resources made available to us today if we look hard enough.

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