POST 3

**Ways in which trauma impacts relationships**

1. emotional problems: Some unfavourable events, or emotional turmoil in the past might lead to difficulty in expressing emotions and feelings to the partner
2. Problems in sexual intimacy: Sexual abuse survivors might find it difficult to have sexual intimacy as they may get reminded of the past sexual trauma endured.
3. Trust issues: Trauma can lead to difficulty in trusting oneself and others due to fear of betrayal.
4. Avoiding oneself: Trauma can lead to people avoiding their own needs over their partner’s needs due to the fear of being left alone.
5. Decreased connection: Trauma can cause a general loss of connection between partners and one might feel not being cared for.To overcome their fear of losing, they might go to extremes to impress their other half.
6. Communication problem: communicating your wants, feelings and needs effectively can become difficult due to past traumas .

**Tips to make a relationship work**

1. communicate with your partner.
2. Vent out all the emotions attached to trauma.
3. share the traumatic experience with your partner. Don't hide.
4. find your passion and identity
5. seek professional help and relationship counseling.

**POST 3**

**Forcing it versus making it work**

**FORCING IT**  **MAKING IT WORK**

1 asking to skip work to spend time together 1. waiting for the person to get free from work.

2. Avoiding to express emotional problems because of fear.

2. Communicating about how you feel.

3. Saying yes even when you want to say no. 3. able to express your viewpoints without any fear.

4. Not able to communicate on topics with different viewpoints

4. Voicing opinions, truths and listening to the other person as well.

5. Trying to change a person to fit in your expectations.

5. accepting the differences

6 changing yourself just to be liked. 6. respecting yourself enough.

**POST 4**

**Do's and don'ts in a relationship**

**Don'ts:**

1. Blaming: chronic blaming is a form of emotional abuse and reduces intimacy.
2. Comparing your partner with others: except that everyone is different and don't compare your partner with an ex or anyone. This increases insecurity and differences in relationship.
3. Taking them for granted: Don't take the presnce of your partner or their efforts for granted.
4. Don't attack their insecurities- make your partner accept their flaws and even you should accept their flaws.Never use their insecurities against them in arguments.
5. don't vent out your anger on them: share your emotions with your partner but don't dispose your anger on them.
6. Don't hide things: keeping secrets ruins trust. It's better to talk.
7. Don't hold your past against them: don't treat them badly because someone else did this to you.
8. Forgetting big dates: don't forget the important dates in your relationship.
9. Rigidity: allow yourself to change with time understand the differences

**BIGGEST DON’T “DON’T BREAK THEIR HEART”**

**DO’S**

1. Empathize: understand your partner's emotions and empathize with them.
2. Communication: always communicate with your partner about what's bothering you or them. Speak about how you feel. Express and communicate your emotions well.
3. Have realistic expectations of them: make sure your demands aren't too much for the other person to fulfil.
4. Grow together: schedule goals with the partner and listen to this and work together for their accomplishment.
5. Make them feel secure: take the chances to appreciate your partner every day.
6. Respect each other’s space:
7. Introduce to each other's friends