

A1-00735 Zero Romantic

👤 Owner	Ⓒ Rigel Arcayan
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What is being romantic? Is being romantic a need or a want in a healthy relationship? Do we need it? Is it normal to be zero romantic in >30 years of marriage and raising successful 2 children and financially successful as well? Explain and deep dive.

What constitutes "romantic" can be subjective and vary between individuals and couples. However, some common elements often associated with being romantic include:

Expressions of affection: Sharing kind words, physical touch like hugs and kisses, and acts of service like making breakfast in bed or running errands.

Quality time: Spending dedicated time together, focusing on each other, and having meaningful conversations.

Thoughtfulness and gestures: Planning surprises, remembering important dates, or doing something special that shows you care about your partner's interests.

Maintaining attraction: Making an effort to look and feel good for your partner, engaging in flirtatious behavior, and keeping the physical spark alive.

Emotional intimacy: Sharing feelings openly and honestly, being supportive and understanding, and creating a safe space for vulnerability.

Personal growth: Supporting each other's individual journeys and celebrating each other's successes.

Now, regarding whether "being romantic" is a need or a want, and if it's necessary, there's no single answer. Some individuals prioritize romance strongly, while others value different aspects of a relationship more. However, **expressing affection and intimacy in general are considered crucial for healthy relationships.** They foster connection, emotional security, and satisfaction.

However, the form that expression takes can vary. Not everyone experiences and expresses romance in the same way.

Here's the key:

Open communication and shared expectations are vital.

If you've been married for 30 years without traditional "romantic" gestures, but you and your partner feel loved, connected, and fulfilled, then your way of expressing intimacy might simply be different from others. Open communication allows you to explore each other's needs and desires, ensuring both feel happy and loved.

Here are some factors to consider:

- **Individual preferences:** How important is traditional romance to each of you? Do you express love and affection in other ways?
- **Life stage:** Priorities and needs might shift over time. Raising children and building careers can demand a lot, leaving less space for overt romance.
- **Shared experiences:** Have there been periods of greater romance in your relationship? What contributed to those times?
- **External factors:** Stress, external pressures, or unresolved issues can impact intimacy.

If you're concerned about the lack of romance in your relationship, consider initiating a conversation with your partner. Express your needs and ask them about theirs. Remember, it's not about conforming to an ideal but finding what works for both of you.

In conclusion, while traditional gestures aren't strictly necessary in every relationship, some form of expressed intimacy and love is crucial for emotional well-being and connection. Whether that takes the form of grand gestures or small, everyday acts is up to you and your partner to define. Communication and understanding are key in ensuring a lasting and fulfilling relationship.