

Well here's the ask me segment. Thank you so much for sending me your questions. A 43-year-old female has asked that she's been married twice before and she went into a committed relationship and she felt she was ready for a committed relationship. But after about five months being into the relationship, she just sees herself not interested anymore. She's not attracted anymore. She's not interested sexually, and she's kind of questioning herself. If I've had two divorces and I'm not able to carry on another relationship, does it mean that I'm not committed to a relationship or I'm not never wanting to do that? Does it mean that I just want my freedom and I get frustrated or claustrophobic in a relationship?

These are all good questions and obviously I can't answer them without getting to know you more and exploring all of those. But if you've already been in multiple deep relationships and it's not working, it is important for you to really see what is it about yourself that doesn't work in the relationship. Is it that you don't know really what you want and you get into relationships without assessing the person and seeing whether that person is the right person for you? And then you get in there and you get into a committed relationship and afterward you assess and you're like, "Hey, this is just not the right one."

But it may not be that you're not committing. It might be that you're not picking or choosing the right people in order to commit to. The other one is do you have the skill for a committed relationship? It's very different at the beginning of the relationships. The honeymoon stages, the sweetening, and the novelty of any relationship pulls people in, but it takes lots of different types of skills to maintain relationships and moving forward with it. So you might assess to see whether you have those skills or not.

Or there's something that happens to you if you are actually allowing yourself to commit to someone where you're feeling like your freedom is taken away. There's a behavior that you're doing and creating in this relationship after it goes for a while and you feel suffocated. You don't allow yourself to just be you. Sometimes people act differently when they are in an intimate relationship than they are in single life, as if they can't be free within a relationship. You certainly can. There's a lot of negotiations that have to be done, like any other relationship, but you can certainly feel free and do what you need to do with the negotiation that you do with the other person.

And if you're not able to do those negotiations, maybe you're not in the right relationship. So first assess whether you're choosing the right people for you. Write down a list of 100 items about your real desired relationship, like ideal relationship, and after you write those 100 items, just check to see if you're offering those, if you are capable of offering exactly what you're asking. And then when you go on dates, look at the list you wrote and maybe nobody's going to match the hundred specifically, but are they getting an A or a B based on your assessment?

And then also check on your skills with skills of negotiation, of compromise, of giving, of reconnecting with someone after you had a fight, and how to the art of giving within those ways of being where you could be who you need to be and the other person can be free also. But then you can come together and share a life which works for both of you. And you may need to actually go to therapy and start looking at those skills-based.