

Topic: Causes of break up in a relationship and the effects on both partners.

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What's the meaning of Relationship?

In love aspect, relationship is a situation in which two people spend quality time or live together and have romantic or sexual feelings for each other. A relationship comprises friendship, sexual attraction, intellectual compatibility, and, of course, love. Love is the glue that keeps a relationship strong.

Meaning of breakup

In Nigeria, there is a saying that "break up na national cake,e go reach everybody". Break up is the act of ending a relationship, it's the separation between two partners.

7 MAJOR CAUSES OF BREAK UP IN RELATIONSHIP

Ever noticed how sweet every relationship is when it starts? The first week of a new relationship is sweeter than honey; both partners always act sweet and put in their best efforts to please each other but after a while the relationship starts tearing apart; love starts turning to hate and the once love of your life becomes the last person you want to see; and then a break-up becomes inevitable. This is the classic story of every relationship that has failed or broken up. Have you ever paused to think why your relationship failed? Why the guy that you once loved now became an ordinary person or why that lady you promised the world no longer meant anything to you?

If people could take just a second and look at their relationships with an unbiased mind and reminisce of all that went on, they would probably have answers to

why that sweet relationship turned sour. Therefore, I bring you 7 Reasons most Relationship don't last and this is one of those articles that's written from the heart.

Reluctance

Like I said in the introduction, at the start of a relationship both partners take each other so serious like their life depends on it; but as time goes on, reluctance steps in, the zeal to make your man happy dies, the zeal to treat your lady right dies as well; and the only thing that keeps you both together is just time, which is always never far away. Have you ever wondered what happened to the love at the beginning and what would have been if you both kept it that way?

Friend

Friends are relationship killers and some are also relationship builders. The advice you take from friends can build your relationship or ruin it but most times it tends to favour the latter. People easily run to friends for advice when their relationship has the slightest problem, and sometimes the advice they receive is very bad for their relationship.

Apportioning Blame

This is another big relationship killer; when partners always apportion blames on each other and no one is ready to take some responsibility. If you notice, any relationship that's filled with one or both partners apportioning blame, such relationship would always have issues. People should learn to take some responsibilities if they want the best results in their relationship.

Entering into the relationship for the Wrong Reason

Some people enter a relationship for the very wrong reasons, and this kind of relationship is the type that ends before it even starts. Before you enter into any relationship, always ask yourself what your motive for entering that relationship is; if it is for any reason other than Pure, Genuine and Sacrificial Love then, you need to get your motives right.

Comparisons

Comparisons would never help your relationship. When you make other people's relationship a blueprint for yours, you would never see the good in your relationship. The relationship you are admiring from afar might be having major internal issues that won't be visible to the public eye. Always see the good in yours and try to work on the bad.

When the Passion is dead

Passion is always needed to make a relationship work; a relationship without passion is as good as dead. No relationship can survive without passion; if you notice anything that can kill the passion in your relationship, you better cut it off else it would cut off you and your partner totally. Anything that can kill the passion in your relationship is a deadly virus that shouldn't be left to develop further. Quarrels and unnecessary arguments are some of those viruses that kill the passion in relationship; sometimes, it's better to let things slide and let go.

Not forgiving

If you can't forgive your partner for little things then it's important to note that your relationship is already dying without you knowing. Malice is a bad fruit for any relationship; for a relationship to do well, both partners should be absolutely ready to forgive each other all the time. Holding things back would only bring enmity, which is one thing that no relationship needs. A relationship is like a flower, the moment you stop watering it, it starts losing its value.

Other Causes:

- Personality differences
- Lack of trust, time and attention
- Low sexual satisfaction/bad sex
- Poor communication
- Cheating
- Misunderstanding
- Lack of respect, hiding secret, unforgiveness,etc.

When love is not involved, these are the main reasons importantly, many people go into a relationship because of wealth, beauty, body attractions (big dick, big boobs and butt), money, gifts, etc. And when there is no love between them, there will be Effect of "Break-up" on both partner.

- Feeling of hurt and rejection
- Psychological effects of break up
- Shock (pain in the heart/chest)
- Insanity or mental disorder

- Thought of suicide
- Fear to love again
- Isolation
- Depression
- Death.