

<http://weekenddating.blogspot.com/>

FRIDAY, FEBRUARY 26, 2010

Romance-Killing Habits You Should Stop

From Tesh.com

Romance-Killing Habits You Should Stop

Ladies, does your romance feel like it's gotten OFF track? Even if you THINK you've been giving it your all, some behaviors you may not be aware of can trip up even the strongest relationships. Here are a few romance-killing habits you need to stop, from the researchers at Rodale Publishing.

Incessant teasing. You're always ribbing your guy about his grubby Red Sox jersey - but is he really taking it all in good fun? Not always. Psychologist Noelle Nelson, the author of *The Power of Appreciation in Every Day Life*, says when teasing or criticism comes from the woman he loves, a man often interprets it as rejection. It's like saying, "I want to change THIS about you." Nelson says this is when a man tends to withdraw, and can become more attracted to people who he feels accept him as is. Not necessarily other women, although that can happen, but he might start spending more time with his buddies. So, lay off the harsh teasing.

Showing up fashionably late - ALL THE TIME. Nelson says flexible arrival times may be cool with your girlfriends, but not with your guy. Tardiness is disrespectful - period. You're sending the message that he's not as important as your work, or your yoga class - and it's another form of rejection. Nelson says when you have a date, assume that it'll take you 50% MORE time to get to wherever you're going. That'll give you enough of a buffer so you won't be late.

Thinking, "What's yours is ours." Grabbing a drink out of his fridge is fine, but when you assume that being in a relationship gives you the right to borrow his stuff without asking, or go poking through his mail - you've crossed the line. Dr. Jackie Black, a relationship coach and author of *Meet Your Match*, says there are NO assumptions in an emotionally

healthy relationship. If your man hasn't clearly stated that it's OK for you to open his credit card bill or use his laptop, DON'T. Every couple should have a discussion about the things each of you prefer to keep private. It's not about being secretive, it's about maintaining a sense of independence in a committed relationship - which is essential to long-term love.