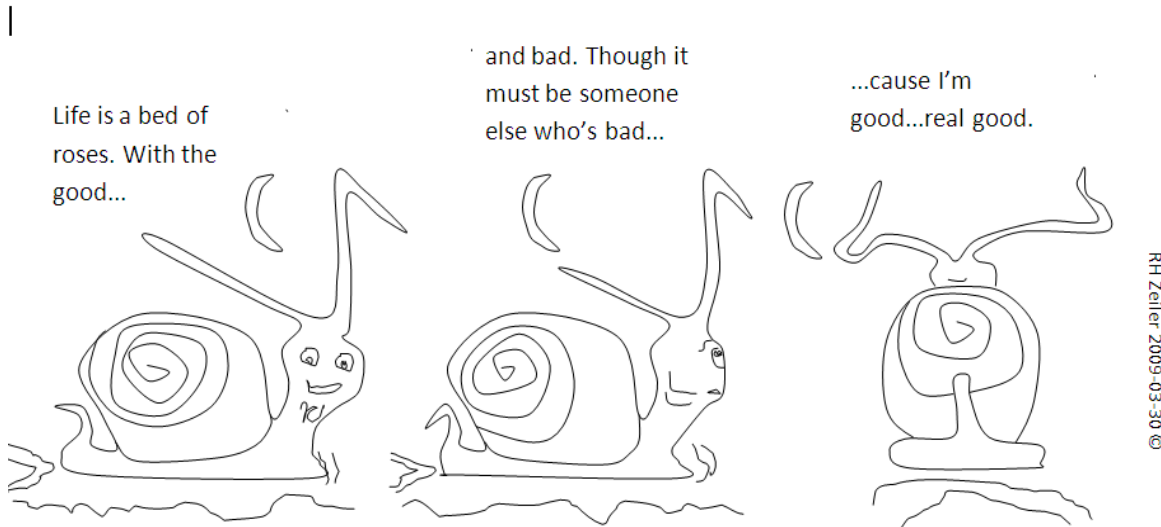


The Number One Relationship Myth

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What is the **No. 1 relationship myth** that nearly all singles believe? **When I meet my soulmate, we will live happily ever after and life will forever be a bed of roses.** Somehow people think that once they meet their special partner and especially if they get married, life is going to magically change and there will only be pleasure and no pain...

When you first meet your dream partner, yes, indeed, all is moonshine and roses, but there is a danger in that infatuation. You do not notice that he has bad table manners or that her feet smell. It is only when you know the person much better and have risen to some form of commitment, that these things surface in your awareness. That is what we call reality setting in ...

They did not make those marriage vows for nothing: for better or worse, for richer or poorer, in sickness and in health ... These things really do play a role. Isn't it better to experience life in all its richness? Aren't the best friends tested "deur om 'n sakkie sout saam op te eet?"

We are not complete unless we experience the duality of life, in all its dreadfulness as well as all its splendour. When we have bad times, we appreciate the good times more, and if we are aware that the good times may not last forever, it keeps us humble. Would we build character if things always went well for us? No, we would become selfish, egotistical, horrible people.

Yes, we need both the good and the bad times to make sense of this wonderful life. We need to stay centred and humbly grateful for both. When times are tough, it inevitably builds our character and makes better people of us. Are we not rewarded with

a pearl of a relationship when we have withstood a tough test and come out together at the other end?

So beware when you are infatuated and only see the good side of your partner. Try to remember that he/she is a person who has a good side and a bad side. **THERE IS NOBODY WHO IS ONLY GOOD, AND THERE IS NOBODY WHO IS ONLY BAD,** we all have both good and bad character and personality traits in our make-up, and that is reality. In all probability, you will **RESENT** the person you were once infatuated with, once you realise that person is not all you thought he/she was, and that they perhaps do not live up to your expectations. **After infatuation has cooled down, you have a chance to get to know your partner properly.** It is then that the lesson of your being together can be learned. We are all here to grow and evolve, and it is through our “rubbing against each other” that it happens. As they say in Afrikaans: “Yster slyp yster, vriende vorm mekaar.” Whether the relationship lasts or is only for a season, appreciate your partner for what you can learn from him/her.