

RELATIONSHIP PROBLEMS AND THEIR SOLUTIONS

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The article deals with relationship problems in modern world and the process of building trust between people.

Relations in the modern world differ from those that existed centuries ago and even those that were literally fifteen to twenty years ago. What influences our relations? How do we choose a partner? How do we treat each other? Cambridge Dictionary defines relations as «the way in which two or more people feel and behave towards each other» or «the family connection between people» [1]. We choose each other not by chance - we meet only those who already exist in our subconscious. Sigmund Freud [2].

How do we choose one person among a thousand? Whether we want it or not, we create the image of the ideal person on the subconscious. These ideals are based on images from books, favorite movie characters, even on the example of our parents. And our main problem is that we blindly believe in this ideal. We tend to forget that there is no ideal person. Each of us has advantages and disadvantages, and it is very important to remember this.

"We are never so helpless in the face of suffering, than when we love", – Sigmund Freud says [2].

"Any her decision has the right to life. She is a person with her own goals, her thoughts. If she decided to be mine, then this is excellent and there can be no jealousy, for this is a firm decision. But I realized that if she suddenly decides to leave, then I will not be disappointed or upset. Since she decided so, it means it's better, more convenient, more comfortable for her. And I will only be glad that she feels good, " – my friend once said. I was pleasantly surprised, because I share his opinion. I have often faced situations where both partners demanded from each impossible things. My parents, my relatives, many people who are older than me, perceive the relationship differently. I'll never understand those girls who are dreaming about marriage. As a rule, such girls are ready to close their eyes to any antics of their husbands, in order not to be alone. I think this is wrong. I believe that in relations it is very important to respect a partner, it is important to give him freedom. It is important not to forget that he has his own wishes. And I wanted to know how people understand relations.

I asked a questions: "What is the relationship for you?", "How do you imagine an ideal relationship?", "What should I pay attention to?" And that's what I got:

Liza: "For me, the ideal relationship is a relationship in which both people develop simultaneously. In which there is no restriction of personal space. This is passion. How can a relationship be without the desire of its second half?

Often I had to deal with the fact that relations limited my freedom, did not allow me to go further, did not allow me to breathe".

Misha: "Reading novels in my childhood, watching adult relationships and their problems in adolescence, I decided to adhere to several principles in the relationship:

1. Trust.

When you choose a partner, you definitely need to be aware that from now on, complete trust is established between you.

2. In relationships, there is always someone at the helm.

This statement does not mean that one partner is suppressed. As a rule a man is the head. Nevertheless both hold responsibilities. To follow your man and at the same time be his support is not the easiest task.

3. Staying in a relationship while you are confident and you have real feelings "

Kate: "Happiness is when one wants to work in the morning, and in the evening—at home. So that's is the feeling, when you are waiting for someone, or someone is waiting for you - the most wonderful thing!"

Relationships are primarily a job where it is very important not to lose yourself and not to harm another.

Harmony, respect and love are very important in relationships. Relations are impossible without quarrels, because all people are different, someone is patient, someone is hot-tempered. But the main thing is not to cross the line, just calm down, do not forget, you love each other, this is the most important thing! You still need to be able to talk, to discuss problems, to listen and to hear each other. It is also important to have personal space in any relations. You need some time to stay alone and sort thoughts out.

Vadim: "Each of us sooner or later comes to the point when a person appears in our life, which becomes an impressive part of life. This can happen as once, forever, and several times, until you realize that this is your story. There is a feeling that every new story is a chapter or, more correctly, a book. You read it and do not know what awaits you at the end. It grabs you and it's not known how long it will last. With each new line you get acquainted with it and learn more and more. It can simply please you or touch you, or it can bring something magical. And when you read the last chapter, the final word, you understand that you do not want to let it out of your hands, you want this story to be close to you all your life. Or maybe it's another novel, a drama that you put back on the shelf and forget ... "

For me, the ideal relationship is the ability to accept a person as he is; this is freedom, respect, patience. It is important to meet your partner and support each other. But at the same time you do not have to agree with each other's thoughts, because each of us makes mistakes, and it's important to help your partner find the right way.

If you read on the Internet frequently asked questions about the problems in the relationship, then we get the following list:

1. You spend all the time together, leaving no space for your own individual growth.

2. You don't like their parents (or viceversa).
3. You or they feel misunderstood.
4. You don't tolerate their vices.
5. You feel you're giving away too much (and getting back too little).
6. You feel suffocated about living together [3].

And I can suggest the following solutions:

1. Always remember that you are not the center of the universe and your partner should not be near you twenty-four by seven. You should be able to spend time apart. This will help you to learn yourself better, to discover something new for yourself.

2. Always talk. Say when you like something, and be sure to say if you do not like something. Talking is the solution to almost all problems, remember this.

3. If you do not like parents or friends of your partner, then you should always keep in mind that you have a relationship with him, and not with his relatives or friends. Do not give up on the person if you feel good with him just because his mother dislikes you.

Relations are a well-coordinated work of both. As many people - as many opinions. And if each person is unique, then the relations between two different people are also unique.

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