

Signs Of A Committed Relationship -  
How To Have A Fuller, Richer And More Satisfying Life. by LEO RYAN  
(健全な恋愛関係とは・・・？  
人生をもっと良くするにはどうすればいいのか？)

Signs of a committed relationship are obvious when you are wholeheartedly dedicated to your partnership, and plan to maintain it on an ongoing basis.

Your commitment is displayed in unmistakable ways that acts as a model for all those who wish to follow in your footsteps.

When one is aware of these signs of a committed relationship, it is impressive to observe the way they are manifested in the lives of people, who have chosen to be committed to each other.

The benefits you experience, stand out in the general excellence of the standard of your relationship, that contains all the traits of a healthy relationship.

There would be some debate about what would constitute this quality in a relationship, and you will find others having different views to mine.

Be that as it may be, I'm simply sharing with you what I have discovered over many years. It will be up to you to decide for yourself if these signs are what you are looking for in your own relationship.

The basis of any relationship to operate at its best, and hence to be able to demonstrate these signs in an authentic manner, is that each partner has equal status. That is, neither one ranks higher or lower than the other.

It is vital to establish this as being fundamental, because so many relationships are structured in such a way, where there is an imbalance between the partners, where one is subservient to the other, or less important.

Some would say these signs of a commitment can be evident with couples in these arrangements.

This seems doubtful as the outcomes of such relationships involves one partner being condescending or patronizing, or talking down to, or looking down on the other, who is compliant, dutiful and submissive.

It is unlikely the signs of a committed relationship could ever be

considered genuine  
in these circumstances.

It is now established, that equality between you is essential, and  
undisputed  
as a condition for a sincere relationship.

Having done so let us now go ahead and look at what we can identify as  
the signs of  
a committed relationship.

The first thing that would be obvious is that you show each other  
respect.  
You acknowledge each other. This is shown in lots of ways, not least of  
all,  
in the ways you interact.

You are showing the signs of a committed relationship, by interacting in  
such a way  
that shows you listen to each other. You are each there for the other,  
and able to say whatever you want, without any retaliation,  
such as being put down or ridiculed. There are no relationship  
communication problems.

The consequence of this is that other signs are apparent or obvious.  
There is an atmosphere of harmony, calm and goodwill.

Another clear sign of a committed relationship that you demonstrate,  
is where you share the responsibilities associated with living together,  
such as household chores, and parenting, where children are involved.  
These are carried out without any point scoring or feeling big-hearted.

As surveys consistently demonstrate, these responsibilities are  
invariably left to women.  
This can lead to an undercurrent of resentment and unfairness that  
pervades the household,  
leading to other relationship questions.

The alternative is, when you show the signs of a committed relationship  
and  
you are sharing, there is a sense of peace and ease, and you are able to  
relax and enjoy yourselves.

It means you are able to have a satisfying sexual relationship,  
whatever that may entail, as you are able to negotiate what each one  
wants,  
and there is no sense of owing or obligation, or a duty to be performed.

When you have all these signs of a committed relationship in place,  
it means you lead a much richer, fuller and satisfying life,  
that is not possible for couples who do not share these qualities.

Leo Ryan is a counselor with over twenty years experience in the field  
dealing primarily with relationships. He has given many talks, seminars  
and workshops on the subject, as well as being interviewed

by all sectors of the media about his work.

He is passionate about people having great relationships,  
and his website is dedicated to that purpose.

He is the author of the ebook "How to Have An Extraordinary  
Relationship".

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