

Relationship Capacity

It occurred to me that our relationships cannot grow further or deeper than our partner's capacity for relationship.

I feel it's important to sit with this thought, even though it's painful, because it informs how and what we continue to invest in the relationship.

I know it's not "cut and dried", and every relationship has its own capacity, but a great deal of distress comes from unrealised or unrealistic expectations (in any situation in life), and sometimes it's kinder to ourselves (and possibly to our partners too) if we can adjust these, and seek meaningful connection and experiences through other avenues or ventures.

Carol Grigg, June 2016