

# Cupid's Weekly Round-Up: Being Your Own Person in a Couple



By Shannon Seibert

A growing misconception about relationships is that the partnership defines who you are as a person. First and foremost, you have to do what is best for *you* and be your own person. This doesn't mean you love your sweetheart any less; it just means that you know who you are individually. It takes two strong halves to equal a united whole, so we have pulled together these five articles from our partners to make your relationship stronger than ever:

**1. Don't marry your self-esteem to your man:** Basing your

happiness off of the circumstances of your relationship is just a ticking time bomb heading for the inevitable explosion. If you're in a foul mood the entire day because you and your man are disagreeing over where to put the new couch, there may be a deeper problem. A woman who creates her own happiness is beautiful, and a woman who shares her happiness with someone she loves is even more beautiful. (YourTango.com)

**2. Establish your independence:** Much like our favorite independent woman Kourtney Kardashian, you can be in a strong, loving relationship while holding your own. Kardashian is a spokesperson, model, and partner in numerous businesses apart from her man, but she still has the utmost love and respect for him. They are even expecting baby number three! (CelebrityBabyScoop.com)

**3. Focus on yourself:** Sure, we all know that inner beauty is just as important as outer beauty...but sometimes, we just want to feel pretty. Take some time to focus on your skincare and haircare rituals with these beauty tips from actress Amanda Seyfried. (GalTime.com)

**4. Have outside interests:** What is the point in coming home to tell your honey about your day when you spent the entire day doing everything together? Having separate interests is actually liberating in a relationship. It gives you an outlet to be your own person without having to take someone else's opinions into consideration. So embrace your passion! (YourTango.com)

**5. Don't wait on the approval from your loved ones:** Your friends and family are important to the decisions you make, but you can't give them the reigns and just ride their opinion wave. If you're happy in your relationship, don't let your pals and relatives make you feel otherwise. Be confident in your feelings and learn to trust yourself. (GalTime.com)

**How do you stay true to yourself when you're in a**

relationship? Share with us in the comments below.