

Dating Advice: 3 Ways to Know If Your Relationship Is Worth Saving



By Tori Autumn

There comes a time in many relationships when tensions flare up, underlying resentment starts to rise, and overall trust is broken. You start to question if the relationship in question is worth saving. Is there a long-term commitment coming down the line? It can be extremely tough to know if the person you're with is the one for you.

In this [dating advice](#), find out if your relationship is worth saving.

1. Evaluate the way you both bounce back from arguments.

How you handle the storm when things go haywire can speak volumes to how you interact with each other moving forward. When you both need to cool off, do you find yourself still resenting your partner after a few weeks have gone by? Is your partner open to having normal conversations after the argument or does he/she avoid the topic and pretend like it didn't happen? And, most importantly, how do you feel overall after having a bad day with your partner? When you evaluate your reactions to both small and big arguments, this will bring you one step closer to understanding if the person you're with is the right one for you.

Related Link: [Alternatives to Couples Therapy: Save Your Relationship and Love Life](#)

2. The chemistry is still there.

A good sign that your relationship is strong is that whenever you see your partner, it still feels good. Being with the person who makes you happy can feel new and fresh. Whether you've been together for one year or 10 years, you're both able to continue the romance, laughter, chemistry, and overall great company.

The important thing to remember about chemistry is that you should pay attention to the consistent behaviors and the reactions you're both expecting. For example, if your ideas of keeping the romance alive are going out on dates, watching comedies, planning trips/activities together, etc., you should make sure your partner is open to the things that make you happy. This should go both ways. This way, you won't feel like you're putting in more effort than your S.O.

Related Link: [Expert Dating Advice: Why Can't I Seem to Find The One?](#)

3. You still feel safe communicating yourself.

On a scale of 1-10 with 10 being the highest, how much trust do you have in your relationship? Trust can take the form of communicating your issues, happiness, frustrations, loyalty or emotional security. If your relationship went through a rough patch, and you can both find the strength to sit down and have those meaningful talks, this is one of the most common ways of knowing a little tension is something your partnership will survive.

All in all, you'll know if this relationship is worth saving if this is something you both really want. Take a step each day to think about if your life has changed for the better since you've been with your partner. And if so, be open to trying out new ways to keep the relationship going!

Tori Autumn is a certified relationship coach, blogger, and author. Her coaching business is named Tori Autumn Coaching and her website is tautumncoaching.com.