

# How to Handle a Clingy Partner in a Relationship



By April Littleton

Wanting to be around your love on a regular basis is perfectly normal, but sometimes individuals can get a little out of control with their feelings and end up smothering their boyfriends/girlfriends. Clingy behavior can result in a bad breakup. If you're in a similar situation right now, Cupid has some advice:

- 1. Set some rules:** When it comes to your space and privacy, set some boundaries for your partner to follow. Having your significant other follow ground rules and vice versa will keep your relationship running smoothly.

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**2. Spend time apart:** Don't play along with your partner's little game. You don't have to spend every waking minute with your boyfriend/girlfriend out of fear of upsetting them. They need to learn how to trust in you, your relationship and let go of all other insecurities if they want to maintain a relationship with you. You had your own life before you met your significant other, and it's guaranteed they had the same before meeting you. Continue to spend time with your friends and family and carry on with your day-to-day schedule.

**3. Express your concerns:** If you see any red flags in your relationship, let your partner your worries and concerns. Don't let your honey continue to carry on with behavior you don't condone it. If you feel smothered or you can't seem to get a moment alone for yourself, sit your significant other down and tell them how you're feeling. If they continue on with their excessive, controlling behavior, you might need to start thinking about ending the relationship.

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**4. Listen to their fears:** Most companions resort to clingy behavior out of fearing of losing their partner. Sometimes, they could be still holding on to old feelings from past relationships or they might just have a problem with jealousy. Whatever the case may be in your situation, help your significant other feel at ease by listening to their issues. Talking it out and reassuring your commitment to the relationship might help with the problem the two of you are facing together.

**5: Make an effort to bond:** All your partner may be looking for is some attention from you. Make an effort to spend some time with him/her if the two of you haven't really been seeing each other on a regular basis. Spend the day doing some of your honey's favorite activities, and end the evening by doing some

of yours. The time you spend together might cure your significant other's need to cling to you so tightly.

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**6. Call it quits:** If you've tried everything and your partner is still showing signs of clinginess, the issue might be more serious than you think and you should think about ending the relationship. Your love could be dealing with bigger problems than the ones he/she is letting on, so it would be a good idea to take a step back from the relationship until they can figure out what they'll need in order to feel secure with the person they love.

**How did you handle a clingy partner in a relationship? Share your experience below.**