

How to Have a Relationship with Yourself



Maybe you've never been to rehab and maybe you've never been accused of assault while in aforementioned rehab, but you must know what it's like to be in over your head. You know what it's like to nearly have a panic attack when things are going wrong. We've all made mistakes, and we've all grimaced at the fact that life is not turning out the way we wanted. Once you reach that point of regret and self-awareness, you'll hopefully come to one solid conclusion: before you can move on to your next relationship, you must work on yourself.

But how do you do it? There's no internal switch that makes you focus on personal development. You have to find the motivation within yourself! Perhaps your inspiration comes from the desire to be with someone special, but many of us aren't in the right place to meet that person, yet. If you don't have your most basic issues analyzed and set on the road to recovery, then how do you expect any relationship (romantic, friendly, or familial) to work out? Self-improvement—a relationship with yourself—must come before all others.

Since leaving rehab, 24-year-old actress, Lindsay Lohan, has been busy. In fact, she can teach us a few lessons. Several sources for celebrity news refer to her as “newly sober.”

1: Once personal development begins, you get a clean slate: In this context, every day can be the first day of your journey to self-improvement. The best part about unlimited fresh starts is that you have numerous chances to succeed.

2: You need an overarching goal: Figure out what you're

working towards, and never forget it. In Lohan's case, staying sober might be her main objective along with sub-goals, possibly including a shoe line or a successful movie in the future. Maybe she's even keeping her eye out for a new and healthy relationship.

The paparazzi have been keeping a close eye on Lohan. Their pictures allow us and the rest of the world to speculate about whether she's on the right path.

3: Only value the advice of people who truly know and care for you: Those who don't have your best interest at heart should be ignored. Lindsay Lohan should stay focused on herself and those close to her.

You might have minor issues to work on, or you may need to completely restructure your life. That said, you no longer have to worry about your answer to the question, "Are you seeing anyone?" Now, you can hold your head up high and say, "No. I'm just working on a relationship with myself."