

Expert Dating Advice: How To Have Tough Talks With Your Partner



By Tori Autumn

At some point, many people have to say, “We need to talk,” to their partner, a phrase that could affect the relationship moving forward. Some examples of sensitive topics include [moving in](#), talking about [marriage](#), having children, being committed, financial responsibilities, arguments with family members, unresolved conflict, or the decision to separate.

How to make that tough talk with your partner easier!

Ultimately, the reason why you shouldn't be afraid to have tough talks with your partner is that having uncomfortable conversations test the strength of a long-term relationship.

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Here are some tips for nailing those difficult talks:

1. Make the Setting a Place You Feel Most Comfortable

The setting of the conversation sets the tone and could make a difference for how you both begin and end the talk. You can find a spot with little to no distractions, get there a little earlier so that you can feel relaxed, and have a general outline (mentally or written down) of the main points you want to talk about.

2. Practice Detaching From the Outcome

You are responsible for what you say, but you can't control how someone will react to what you've said. One of the biggest reasons why we delay tough talks is because we allow the fear of thinking our partner will get upset or change the way they feel about us to hold us back.

However, deciding to not have the needed conversation that you want keeps your true feelings on the back-burner. Instead of focusing on what goes wrong, the goals to be understood and to understand your partner should take priority.

In an [interview actor Will Smith](#)'s wife, Jada Pinkett-Smith talks about how she felt drained after hitting a wall in her marriage while trying to juggle her family's multiple careers. After admitting this, she said, "I just knew with the kind of

love that Will and I share – which is beyond romantic love – that we could transform our union and figure out how to re-create what we had.” She went on to say that she believed she and Will had the tools to keep a healthy relationship and family together.

If you know your partner pretty well, the outcome of the conversation was probably going to happen eventually, but speaking up about what’s on your heart now gives you both the accountability to move forward accordingly.

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3. Give Your Partner the Opportunity to Express His/Her Feelings

After you’re done speaking, let your partner get his/her time to react and say how they feel. This time is as equally important as when you led the conversation, so be fully present and listen, rather than speak defensively.

Tough talks do not necessarily get easier over time, but the way to have them is to start with lighter conversations and gradually move up into more honest conversations. Deciding to push past the awkwardness will give you the opportunity to express yourself and see how your partner really feels.

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Expert Dating Advice: Three Reasons Why My Worst Relationship Brought Me to My Best Relationship



By [Tori Autumn](#)

Over the course of a year and a half, the previous relationship I was in affected me mentally and emotionally. It kept me in a lot of stress, anxiety, and embarrassment. I felt like I became a different person to my friends, family, and even co-workers; however, if I hadn't gotten in that drama-

filled relationship, I wouldn't have appreciated the current relationship I'm in.

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1. Going through something publicly gave me strength to move forward. After letting my friends and family know for the tenth time that I was ready to leave this guy for good, it felt as if a weight was lifted from my shoulders and I was ready to accept healthy love in my life.

My public breakup seems most similar to R&B singer Ciara. Back in 2014, Ciara called off the engagement with her fiancé, rapper Future, after he was hit with cheating allegations. The [celebrity couple](#) was constantly in the headlines for their son's custody battle.

Things did get better for Ciara. Following the tumultuous breakup, she was seen with Seahawks' Quarterback Russell Wilson at the White House Correspondents' Dinner in April 2015. The new couple married June 2016 and then welcomed their daughter in April 2017.

Like Ciara, I have found success with my new love. When I entered into this new relationship, I knew it was for me because it was a better reflection of who I was, who I am, and who I need.

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2. My values in a relationship changed. At first, it made sense to be with my ex. We clicked personality-wise and he was the kind of guy I was used to.

Similarly, Ciara might have felt comfortable dating someone in her industry. With her career as an R&B singer, she had dated rapper Bow Wow before falling for rapper Future, having a child with him, and getting engaged to him.

When I first met the guy I'm in a relationship with now, he was nothing like I was used to. Similar to Russell Wilson, my boyfriend had just gotten out of a serious relationship but knew exactly what he wanted out of life. From the start, there weren't any mind games and I started valuing positive mindset, encouragement, and long-term commitment.

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3. Instead of regretting love, I started to feel the power of celebrating it. Ci-Ci and Russell quickly became known as #RelationshipGoals because of their open love for each other, their successful careers, drama-free living, and how happy the pair became together.

Instead of complaining about my ex, I became happier knowing that there was no drama in my relationship and that it was a constant reminder of how things can change for the better. I became ready for this relationship when I realized I wanted to change certain behaviors, old ways of thinking that no longer served me, and that I wanted serious commitment.

I always find Ciara and Russell's love story to be interesting in particular because at first the public's view of Russell Wilson's persona was that he was corny, soft, and the polar opposite of Ciara and the men we've seen her with in the past. However, the public also began to see Ciara change as a person for the better and saw the love for the two grow stronger because of that. The power of love is real when you can learn from your past mistakes, be open to accepting new love, and stand in the new values you want for yourself.

How have you used harmful relationships to inspire growth?

Share your advice below!