

## **When you feel alone in a relationship**

Loneliness has become an increasing problem in our relationships today. In fact, if you are living in a marriage without receiving love or being able to express heartfelt thoughts and feelings, you struggle to have a meaningful relationship. Heartache and loneliness results from disappointment of not having your dreams fulfilled by the most important people in your life. Everyone yearns and desires in a relationship: to be loved, accepted, respected, and appreciated by another person. However, when you don't receive those desires your dreams can be crushed. It would be natural to dream of having these basic human desires met by your mate, but disappointing to have those dreams crushed because your mate is incapable of fulfilling them.

When you live with a mate that is either unavailable to meet your emotional needs or unable to communicate positive, tender emotions, you are living with common and subtle forms of disrespect that have often been misunderstood and are devastating problems that can be hard to identify. Most of the time, the unemotional mate is unaware of his or her lack of emotions, which leaves the other mate struggling to get emotional needs met. When you live without the opportunity to communicate what is in your heart and mind, you will not feel loved, respected, and accepted. When your thoughts and feelings are not allowed or accepted, you do not feel loved or respected as a person and you begin to question your own self-worth. How worthy you feel about yourself is often related to how your feelings are received from the important people in your life. The relationship can blossom or be shattered by your partner's response to the emotions you express. You may desire love, acceptance, and meaningful conversation. The feelings generated by the burdens and treasured moments in your life are meant to be shared, not hidden away where they lose their meaning. Having a tender moment happen in your life is only half the significance. Sharing the tender moment is the other half. Sharing life's difficulties with someone is how burdens become lighter and healing takes place.

The question is not, how you change your mate, but rather why are you allowing yourself to be so lonely. I am not advocating leaving anyone, just the opposite, I want you to learn about your own value and stand up for what you need in a radical way. People that exist in a lonely relationship typically were raised in lonely or unaffectionate home with caregivers that did not know how to love. As a consequence, you are conditioned to living with the same thing. Your job now is to work on your own issues to stand up to what you are still being handed. Seek professional counseling with a counselor that has experience with identifying issues regarding lack of love from childhood and how to literally transform your heart from lack to love. This is an excerpt from the book, *When Your Mate Has Emotionally Checked Out* by Craig Miller.

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