

Is a Stressful Relationship Taking its Toll on Your Physical and Mental Health? - Jasrin Singh



Delhi, India Aug 2, 2022 ([IssueWire.com](https://www.issuewire.com)) - Jasrin Singh is about accepting our fundamental vulnerability as much as she is about making quantum leaps. To know more visit <https://jasrinsingh.com/about-jasrin/>

As humans, we have three fundamental ego needs – **1. Safety, 2. Relationships 3. Self-esteem.** Without fulfilling these needs, it is difficult to serve a higher purpose in life. Here we touch upon the subject of a meaningful relationship. A happy and healthy relationship can contribute greatly to our well-being and set us on a path to greatness. An unhappy relationship, however, can sabotage our potential and sap us energetically. Napoleon Hill, in his book – Think and Grow Rich, writes that choosing the wrong mate is one of the key causes of failure in life. Having been in unhealthy relationships in the past, I can vouch for the effect it can have on your desires and motivation to succeed. Relationships can be soothing in times of distress and struggle. They console us when we are shaken and broken from the inside. Our happiness, celebrations, moods, and important decisions in life are largely influenced by our relationships. And yet, relationships themselves are sometimes more complex than the most difficult riddle we get to solve. Relationships demand hard work, perseverance, patience, care, attention, and more. Happy relationships shimmer and leave a visible glow in your personality whereas shattered, complex relationships may leave you down and emotionally crippled.

You May Need a Relationship Coach

Each relationship has many subtleties and complexities. You may need a relationship or a life coach if you:

- Are looking for ways to recharge or improve your current relationship
- Would like to make a decision about staying or leaving
- Would like to seek and be ready to welcome a new healthy relationship
- Want to find a way to exit a relationship peacefully
- Want an unbiased, honest listening ear to help you come out of your relationship crisis

Do you have any confusion, doubt, or question about your current relationship?

I've seen so much unnecessary suffering in relationships and ironically a big reason behind all that is a serious lack of self-awareness, our own needs, unmet expectations- spoken and unspoken, along with a lack of understanding and empathy towards our partner's needs and expectations. Having observed the turbulence that broken and unrewarding relationships cause, I created a specific practice around Relationship Coaching.

Who Can Benefit from Relationship Coaching?

Relationship coaching can benefit both singles and couples. Are you seeking a rewarding, fulfilling, and ideal relationship? Or would you like to work on your current relationship to improve communication flow and have greater intimacy? Do you wish to resolve conflicts peacefully? Countless couples and individuals have already benefitted from [Relationship Coaching](#) and now it is your turn to ward off negativity, melancholy, annoyance, anger, and irritation from your relationship and invite happiness, positivity, love, passion, and compassion into it. I facilitate your journey to discover ways to enjoy an ideal relationship with your current partner or find a perfect soul mate who understands you better and with whom you can enjoy life more.

I follow a unique process for effective and result-oriented Relationship Coaching. Through this process, you will:

- Establish contexts and needs through written and oral assessments
- Understand the cornerstones of a healthy relationship
- Learn to communicate effectively, to reduce suppressed resentment
- Recognize your own and your partner's needs and desires for emotional intimacy
- Be open to bids for connection from your partner
- Understand the role of friendship which plays a vital role in a healthy partnership
- Learn effective ways to manage conflict in a relationship
- Differentiate between your inner child and adult self's needs
- Manage your inner child by self-soothing and self-awareness
- Establish a higher purpose for your relationship

Benefits of Relationship Coaching Renewed energy and reinstated the purpose of the relationship

Going through boredom and tiredness in your relationship? You are not alone. We all sail in the same boat. It is not so uncommon to feel so. With relationship coaching, however, you can recharge your current relationship and regain excitement and curiosity about your companion and improve your

relationship's future.

The open flow of communication

Communication is the key! Healthy communication is essential for a healthy relationship. Our coaching sessions reinforce the need for open communication between partners. We focus on understanding the importance of expressing calmly when in need of support or help and when distressed.

Live as an Empowered Individual with Compassion and Empathy for Self and Your Partner

Healthy relationships cannot blossom or grow sans compassion and empathy for self and each other. Learning to set healthy boundaries and allow space for yourself and your partner, is important for a healthy relationship. Understand the difference and need for loving self, loving the other person, and receiving love from the other. Coaching can help you to be comfortable being on your own and thus enjoy time with your partner even more.

Caring for Your Own Inner Child and That of Your Partner Too

Remember we all have an inner child, which is an integral part of our soul essence. In a relationship, you learn to care for your own inner child, and not ignore the inner child of your loved one. At the same time, learning to differentiate between the needs and desires of the inner child versus your adult self.

There are several other aspects that need your attention and care for you to be able to enjoy a fulfilling, happy, and healthy relationship. If you would like to effortlessly explore all these aspects and give a new lease of life to a lifeless relationship or add zing to the relationship that is just sprouting, then you can reach out to [Jasrin](#) for some relationship coaching.



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