LORA

My relationships are to a large extent affected by my mental issues, which can be difficult. I'm a person that thinks just too much, and when I am in a bad mood, I get touchy. When I got a message that was not completely crystal clear, I used to think about what all it can mean and what not. And then, others around me paid for that because there were misunderstandings and quarrels. My relationships were affected by my really gloomy mental state in which I felt that nothing's worth. In such moments, I wasn't able to communicate with others around me at all, which didn't bring anything good to my relationships.

Now, I'm able to approach my relationships and myself, too, better. Experiences gained in romantic relationships were particularly useful to me, and later, I applied these in other relationships as well. A lot of them were those clichés that everybody advises you, and we mostly say to ourselves that it's nonsense. But they aren't nonsense. For example, that one shouldn't get angry about silly things or be stubbornly insistent. On top of that, it isn't good to deal with some things under the pressure of your emotions, and it's better to take a break to calm down.

Not only thanks to my personal experience but also thanks to therapy, my issues influence my relationships much less. When a person is willing to reflect on oneself and the given situation, they may find out something new about themselves, for example, what they want or need from a relationship. In relationships, for me, it was fundamental to find a way how I can tell others that I am going through hard times and at the same time communicate what I need at the moment. Because for me, the most fundamental thing in relationships is mutual respect and understanding.