



Ways To Overcome **Bitterness** In A *Relationship*



Introspect and try to understand if it is your partner you resent or an external factor influencing your behavior and emotions towards your partner.

Be honest about your feelings, acknowledge what you don't like about your partner, and help them understand why your outburst occurred.



Don't assume it is their fault all the time. Try to empathize and understand the intention behind their actions and learn to forgive when necessary.

Keep your expectations realistic and set boundaries to avoid unnecessary disappointment and pressure. Distribute the chores equally and abide by the rules.



Learn how to say what you want from your partner so that they understand you and be patient with each other while you work on your relationship.