



Learn How To Deal With Obsession In A Relationship

How to deal with an obsessive partner?



Use "I" statements such as "I am feeling this way" or "I want you to.." instead of saying "our" or "us."



Ask the reason behind their insecurities and assure them they shouldn't worry about it.



Clarify your boundaries and firmly state the behaviors that are unacceptable and inappropriate.

How to deal with your obsession?



Sit in a quiet place and analyze the underlying reasons behind your obsession.



Talk with a friend or therapist in case of insecurities or doubts.



Have an open conversation with your partner about what is bothering you and listen to how they feel to have a mutual understanding.