

## **A Subtle Sign Of Control No One Warns You About: Not Being Willing To Work On The Relationship**

Today's podcast is about a subtle sign of control no one warns you about: not being willing to work on the relationship.

Imagine being in a relationship, & everything seems perfect at first. But, as time goes on, you start to notice your partner isn't willing to work on the relationship or address any problems. If you mention problems, he or she always starts a fight. They know their behavior hurts you, but they refuse to change. They even make excuses for their actions, deny any wrongdoing, & minimize the harm they've caused. All of these are red flags that indicate someone expects to be in control of the relationship.

This behavior has a significant impact on your emotional well being. Being in a relationship where your needs are constantly put on the back burner (if they even make it onto the stove at all!) & invalidated are detrimental to your self esteem.

Instead of addressing issues or concerns, controlling partners sweep problems under the rug, start fights & avoid taking responsibility for their part in any problems.

A partner who consistently avoids working on the relationship creates a situation where they hold all the control. They dictate the terms of the relationship, & their partner is left feeling powerless & voiceless.

The refusal to work on the relationship also leads to unresolved conflict. Without open communication & a willingness to address problems, the relationship becomes stagnant & filled with tension. This naturally creates a toxic environment

Another subtle sign of this control is when the partner consistently excuses or denies their harmful behavior. They downplay the impact of their actions, dismissing their partner's feelings & invalidating their pain. This gaslighting is extremely manipulative & aims to make a person doubt their own reality.

Excusing or denying their behavior allows a partner like this to maintain control over the relationship. By refusing to acknowledge the harm they've caused, they avoid taking responsibility & are able to continue their controlling behavior without consequence.

Minimizing harm done reinforces the belief that the needs & pain of others are insignificant. Toxic partners want those in relationship with them to believe that having needs means they're demanding or, "too much". However, having needs is normal & healthy in any relationship. You deserve to have your needs met & to feel validated in your emotions!

In a healthy relationship, both partners should have an equal amount of space & be able to depend on each other. When someone expects to be in control of the

relationship, they want your needs to be on the back burner, prioritize their own desires & expect you to be ok with it.

Controlling individuals want you to believe that depending on another person is a sign of weakness. They discourage those in relationship with them from seeking support or leaning on them for emotional support as a way to exert their control over the relationship & prevent healthy dependencies.

Humans are made to need & serve each other. God designed relationships to be a partnership where both individuals rely on each other for support, love, & understanding. No one, including their parents, children, or even themselves, should come before one's spouse. Only God should come before one's spouse!

Recognizing when someone is unwilling to work on the relationship, excuses or denies their behavior, minimizes the pain they inflict, & expects others to put their needs on the back burner are all clear indicators that they desire control. It's normal & healthy to have needs, & you should never feel guilty for taking up space in a relationship. You deserve to be heard, validated, & supported.

Thank you for listening to my podcast!