



NON- NEGOTIABLES OF A RELATIONSHIP/ MARRIAGE

Starting a committed relationship is a life-changing decision which should be arrived upon after careful consideration of self-values, passions, interests, and limitations followed by an honest assessment of the relationship both individuals share and the viability of formalising it under the institution of marriage. With a sharp uptick in divorce rates across the country and the growing disharmony among young couples, it is imperative that one takes a deeper look into their decision to get married and uses the opportunity to know more about themselves and lead with this knowledge and experience to make wiser choices.

What are non-negotiables?

Committing to a life with your significant other involves more than knowing your partner. It is a commitment that starts with the foundation of knowing yourself intimately.

While this pursuit encompasses many milestones involving revelations of self, one turning point is establishing a concrete value system.

Values are guideposts one relies on to navigate through life. They exist to give your life meaning and purpose. Translating these values to a framework of actions and decisions are your non-negotiables. Things you will not tolerate as they go against your values.

For example, if Family is a value you uphold, spending quality time every weekend is non-negotiable for you. You are not willing to accommodate anything else for the fear of missing out on quality family time.

In matters of marriage, the question of non-negotiables should come even before you say 'yes' to your partner. This is important and can help avoid a lot of hurt, distrust and frustration in the future. Placing your non-negotiable cards on the table before you put the promise of commitment gives you the opportunity to assess the compatibility of values which is often the basis of a long-lasting and healthy relationship.

What are some non-negotiables you should claim?

Commitment:

If you are looking for a long-term committed relationship with a clear intention to start a family, let your partner know. Couples get into relationships with different views on the commitment and validity of a relationship. If you are both not on the same page as to what you want and expect from the relationship, it is a major red flag.

Personal goals and desires:

If you see yourself building a career for yourself and want to give your career priority, you cannot be pressured into starting a family. Your career is non-negotiable.

Space:

You are one in the relationship but, this doesn't take away from the fact that you are individuals who like to do things in their own time and space. While it may seem trivial to communicate this to your partner, knowing this matters to you will help your partner understand the importance of giving and taking space.

Family Influence:

When you marry an individual, you marry into their respective families. Setting boundaries on what kind of say the family has helped the individuals in the relationship stay true to their commitment to each other. What can you take, what is tolerable and what is off-limits are conversations that are very necessary.

Usually, couples get into arguments after the fact which can be avoided if both of you lay down the ground rules for family involvement.

Digital do's and don'ts:

Your online presence and the lack of can play a significant role in how your partner perceives you, how he or she chooses to communicate with you and how there exists a thin line between personal space and public space that can often seem blurry. With social media being such a huge part of our lives today,

there is a growing need to lay down ground rules when it comes to what is acceptable and what is not based on your values. Here is a list of questions for you to ponder upon to help you come up with a list of digital non-negotiables that you may want to implement.

- Do you update your relationship status?
- How much do you share about your relationship on social media?
- Who do you follow?
- What pictures do you like or leave comments on?
- How do you navigate direct messages?
- Do you share your login information with your partner?
- How much time is spent on social media?

About me

Preeti Khare, a Transformation and a Relationship Coach. I am a Professionally Certified Coach (ICF-PCC) from the International Coach Federation, USA.

I love helping people learn how to create and sustain fulfilling relationships. To reduce future potential conflicts in their relationships. I have put together a program for young couples in relationships, confused whether to marry this person or not. I call it “**Happy Beginnings**”. This program offers a unique experience while learning how to prepare yourself for the most important decision of your life and leap forward in much more informed way.

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