

# 10 Deadly Relationship Mistakes That Cause Breakups

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In this report, I am going to show you 10 deadly relationship mistakes that cause breakups.

This free report is the tenth report in a series of reports that I am writing as a small “thank you” for my loyal newsletter readers.

Previous free reports include:

*The Frog Syndrome*

*How To Cure Your Fear Of Women*

*How To Change Other People’s Image Of You*

*How To Become A Smart Flirter*

*Common Dating Blindspots And How To Avoid Them*

*How To Overcome Your Breakup*

12 Deadly Dating Mistakes

*Dating Mistakes From Readers: Volume 1*

*A Short Guide To Having Great Conversations*

Archived copies of these old reports are available to paid members of my *Smart Dating Course* in the members’ area. Some may also be available on Dating Support Center at: <http://www.datingsupportcenter.com>

With that said, here are the ten mistakes that you should avoid making in a romantic relationship:

## Mistake #1 – Pushing Your Partner

One of the quickest ways to kill attraction in a relationship is by pushing your partner.

This includes:

- 1) Showing much more affection towards your partner than he or she does towards you.
- 2) Trying to advance and take the relationship to the next level when your partner does not share the same vision.
- 3) Forcing or manipulating your partner to change.
- 4) Being “too” eager about the relationship.
- 5) Acting needy.
- 6) Acting jealous.
- 7) Trying to control or manipulate your partner into loving you.
- 8) Begging, crying, or throwing tantrums to make your partner stay with you or be nice to you.
- 9) Not giving your partner enough room in the relationship.
- 10) Trying to keep your partner by “proving” to them how much you care.

Remember the *Push and Pull* rule from my *Smart Dating Course*. The more you push a person, the more you push them away.

If you have been pushing your partner too much in the past, then it's time to stop and give the relationship some space.

Instead of pushing your partner away from you, try to PULL BACK and see they react.

If you pull back from a person while they still have a certain amount of attraction and "romantic respect" for you, they WILL freak out and give you more attention.

You can THEN work on your relationship problems.

## **Mistake #2 – Trying To Change Your Partner**

Some of the most common emails that I get every day are questions such as,

“Marius, my boyfriend still won't marry me after 11 years. What should I do?”

Or...

“Marius. My girlfriend won't stop flirting with other guys even though we've been together for 6 months. She says she's just a natural flirt. How can I change her?”

Here's my usual response: Don't bother to.

You know the old says, “Take me as I am?”

It's very true. In a relationship, you shouldn't expect to change your partner much. Because chances are, you won't be able to.

As I've mentioned many times in my various publications, the “character” or a person is something you cannot change easily. Trying to change your partner will only

bring anger and resentment. Take your partner the way they are. If you can't stand them without changing them, then you need to look for someone new!

### **Mistake #3 – Letting The Chemistry Die**

A common myth I hear all the time is that passion and attraction always turn into commitment and friendship over time.

I strongly disagree.

After years of experience of working with couples around the world, I can tell you that in every relationship that lasts, there's always a certain amount of passion and attraction.

Even though the passion may not be as strong as when the couple first met, there will STILL be attraction and chemistry...

Without this chemistry, a relationship will quickly turn into nothing more but a "friendship". When that happens, the passion will die, the relationship will become hollow, and both parties will be more tempted to look for "fun" outside the relationship.

Here's what I believe in: The couple that plays is the couple that stays.

It doesn't matter how long you've been together with a person, be it months, years, or decades. If you want a healthy relationship, you must NOT become lazy and let the romance die. You have to keep it going.

With that said, here are a few ways to romance your partner:

- 1) Have a candlelight dinner.

- 2) Go star or moon gazing.
- 3) Compliment your partner in front of other people.
- 4) Hug and your partner when they come home.
- 5) Give your partner a terrific massage.
- 6) Surprise your partner by doing their chores without asking. Use the free time to snuggle.
- 7) Have a picnic.
- 8) Flirt with your partner and be playful.

Spend time to have fun with your partner every week, no matter how busy or stressed you may be!

#### **Mistake #4 – Settling Into A Routine Too Quickly**

If you would like a relationship to last, then something you should always remember is to not settle into a routine too quickly.

A quick way to kill the excitement in your relationship and be well on your way to a breakup (or infidelity) is by settling into a boring routine by doing things such as:

- Always doing the same things for dates.
- Always going to the same restaurants.
- Always going to the same places.
- Always meeting on a certain day at a certain time...week after week.
- Always saying the same things to your partner.

- Always *doing* the same things *to* your partner.

Etc, etc, etc. You get the idea!

As tempting it may be to settle down and stay within your comfort zone so that you never have to take any risks with your partner, try to keep things exciting so that there are times when you don't know what will happen on a date because you "have never been there" before. Try to keep things fresh and exciting and do something "new" at least once a month.

Your relationship may depend on it!

Here are some ideas:

- 1) Try to go to different places for dates.
- 2) Go to different restaurants and try different foods. Don't order the same dish every time.
- 3) Don't always meet on the same days of the week at the same time.
- 4) Be playful and continue to be a challenge.
- 5) Don't take your partner for granted.
- 6) Be creative when you make out.
- 7) Have little surprises.

Keep things exciting, and you won't be able to keep yourselves off each other. Keep things the same all the time, and eventually the chemistry will drop and the relationship will die.

## Mistake #5 – Being Addicted To Emotional Highs and Lows

While it is true that you do not want to keep things too boring in a relationship, at the same time you want to make sure you and your partner are not chasing after what I call “emotional highs and lows”.

Here are a couple of questions for you:

Do you breakup and get back together often?

Do you often “cry together?”

Do you fight all the time and then have wild makeup sex?

Do you try to manipulate each other?

Do you both carry a lot of emotions in the relationship?

Is there a lot of drama in your relationship?

If you have answered “yes” to any of these questions, then I want you to think about the kind of long-term goals that you have for your relationship. For example, do you want to eventually settle down and raise a family?

Then think about if your partner DOES really share the same goals and vision. Be honest. If the person is not thinking about settling down right now, don’t think that they will change. Remember: you are not *counting* for the person to change. You’re looking for what’s available right now. Also, never mind what the person has said or promised. Remember the action compass from my *Smart Dating Course*. It does not matter what a people say – only what they do. So if your partner keeps talking about settling down and raising a family when they’re not

working on their own problem, they're all talk and no action. In other words, they don't really fit into your future.

Finally, if you don't share the same goals for a relationship, think about why you're in the relationship in the first place. Examine your feelings and see if you're getting any emotional payoffs. (Do you actually *enjoy* the drama even though you *say* you hate it? Do you like the attention? Do you think it's what being in love is about?)

If you are, then decide which is more important to you – your goals or your emotional payoffs.

If you enjoy the thrills of your relationship and that's all you ever want in life, keep enjoying it. I have nothing against it.

Have fun. Maybe you'll even end up as a guest on *The Jerry Springer Show* one day.

But if your goals that aren't really congruent with the emotional payoffs you're getting right now, then I suggest you do some thinking because you've got a decision to make.

At the end of the day, you have to decide which is more important to you – satisfying your emotional thrills, or building a future.

## **Mistake #6 – Not Drawing Clear Boundaries**

Do you know why some people would just start walking all over their partners or lovers?

Well...

Do you know why people lie, cheat, rob, and do other horrible things?

It's because they know they *\*can\**.

Bullies look for people they KNOW they can bully.

Robbers rob people who look like they are easy to rob. Many self-defense experts stress that if you can look into the eyes of a potential attacker without showing fear, they will often stop and run away.

Heck, many soldiers in third world countries are probably killing innocent people right now because they know they "can".

Sounds crazy? For years, psychologists have shown that people will often do "bad" things if they *know* they can get away with it. In many studies, innocent little children have stolen candy when they thought nobody was watching, and adults have taken money from a dropped wallet before taking it to a lost and found box because they figured the lost and found system would be anonymous anyway.

A more recent study has shown that having just a poster of a pair of eyes on the wall is enough to stop people from committing these naughty acts because they *feel* they are being watched. In other words, this has been hard-wired into our genetics – we behave ourselves when our brains think there are consequences...and misbehave when our brains think we *can* misbehave.

In a relationship, it is natural for a couple to test each other's boundaries to see what they can "get away" with.

Yes, even you. You just don't notice it because it's natural to you.

For example, women will often subconsciously do silly things to see what kind of reaction they get from a guy. That's part of courtship. If the guy doesn't give the

woman a wimpy response, her attraction will go up because she knows he has respect for himself.

Guys also do the same thing. At the beginning of the courtship, he will often keep pushing to see how far she will go sexually. If she is too easy, he'll think she's a slut.

As the relationship progresses, the man will try to dominate the woman with his manly ways, and the woman will try to control the man in a subtle, feminine manner.

So how do you deal with this? It's simple. Draw clear boundaries about what you will and *will not* accept. Let it be known if your partner has crossed a line. If your partner crosses it again, then give an even bigger reaction and let your feelings be heard. Don't just sit there and take it. And if you feel your partner has absolutely no respect for your boundaries at all, then it's time to leave.

Ironically, this will actually help strengthen the relationship because your partner still stop taking you for granted!

## **Mistake #7 - Not Having a Life Outside Your Relationship**

If you don't have much of a life outside your relationship, I have some bad news for you:

I can guarantee that sooner or later you will not have a relationship either.

A healthy relationship requires space. Without individual lives, it won't have enough space to grow.

If your partner has a life and you don't, eventually your partner will leave you for someone who does have a life.

If you have a life and your partner doesn't, eventually you will feel resentment because your partner will be constantly trying to get you to stay in the house too.

If neither of you have a life, then you'll both be stuck in the house with each other. Tension will raise and eventually you'll fight over everything and *anything*. It may seem fun at the beginning because you're getting an emotional payoff. But eventually it will kill the relationship.

I have seen it happen...many times.

So...

What are your dreams? What are your ambitions? Who are your friends? What is your purpose? Make sure you don't lose sight of these things while you're in a relationship!

Or you're going to find yourself single (and still be without a life) sooner or later!

## **Mistake #8 – Cheating On Your Partner...Or Letting Your Partner Cheat On You**

Infidelity is a very common reason for breakups.

Once you've committed to a relationship, you should think twice before you have an affair with that cutie-pie at work.

If you feel tempted to cheat, then remind yourself that you've already in a relationship. And if you still feel like you "must" go after the new guy or girl, then ask yourself WHY you are still in a relationship with your current partner in the first place. (Maybe you should breakup with your partner!)

And if your partner is the one who cheated, then you should follow my two-strike rule.

In my experience as a dating coach, there are some rare occasions when a person does “repent”, reform, and never cheat again.

But unfortunately, most of the time, it will happen again, again, and again!

It’s sad, but true.

Remember what causes in the first place according to the *Smart Dating Course*: Low attraction and a lack of character.

Everybody is prone to cheating given the right amount of temptation. It’s just that some men and women have a higher “threshold for cheating” than others due to their good character.

For example, for some men, it may take just a “slut” at a party to get him to have a quickie in the bathroom behind his girlfriend’s back. With other men, it may take a supermodel on a faraway island. And of course, there are some guys who will never, never cheat. Ever.

Similarly, some women may never cheat, while with some other women it may take only a couple of drinks before they are ready to drop their pants for the first guy who hits on them.

It all depends on your partner’s character and how much they care about you.

And this is why a person who has cheated once before will often cheat again.

If you want to forgive your partner for cheating, then **MAKE SURE** you follow my two-strike rule.

If your partner cheats on you once, you can forgive them once.

But if they EVER cheat on you again...then it's time to cut them lose. Just remember: you have already made a mistake the FIRST time by taking them back and letting them cheat on you again...

Making a mistake once is acceptable.

Making a mistake twice is also acceptable...  
Consider it as a good lesson...

But making a mistake three times...

IT'S NOT ACCEPTABLE AT ALL!

## **Mistake #9 – Acting Jealous**

Jealousy IS the green-horned devil when it comes to relationships.

If you're the jealous type, then you really need to learn to control your jealousy. Or one day you *will* push your partner over the edge.

Here are a few tips on how to deal with your jealousy:

- 1) Understand that jealousy is a form of insecurity. Admit that the problem may be on your end, but not on your partner's end.
- 2) Communicate with your partner without accusing them: "It made me uncomfortable to see you with that woman" instead of "why did you talk to that woman?"

- 3) Write it down in a journal whenever you feel jealous. Then go back to it a few days later and see if the outcome was as bad as you thought it would be.
- 4) Challenge your jealous thoughts. For example, say to yourself, "Yes, he did talk to my girlfriend, but I have no evidence that he wants to steal her. This is my insecurity trying to take control and it won't help my relationship." Focus on what is *really* happening, not what you *perceive* to be happening
- 5) Set clear rules and boundaries. For example, she can go out for lunch with guys, but she has to pay for herself.

If your partner is the one who's jealous...then you should think about how bad the problem is.

If your partner a normal person who gets jealous every once in awhile, then you don't have too much to worry about. In fact, it's good to see your partner a bit jealous every now and then.

When it happens, you can just "defuse" their jealousy by teasing them playfully. For example, if your girlfriend calls a woman a bitch after the woman talks to you at a party, just say something like, "Nah. She's not a bitch. She just has good taste. And so do you." Then give her a kiss.

Problem solved.

But if your partner has a "chronic" jealousy problem, then you're in trouble.

Don't forget that a person's jealousy usually comes from insecurity. This is why EVERYONE gets jealous every once in awhile...because nobody is perfect and we all do have our own insecurities.

So if your partner is VERY jealous ALL THE TIME, it's a sign they are very insecure...

And guess what?

Insecurity means low self-esteem, and low self-esteem means BAD CHARACTER.

If you're a student of the *Smart Dating Course*, then you should know what bad character means...

FIND ANOTHER PERSON!

I have said this a thousand times and I will say it again:

Remember that you cannot change a person's character.

"Take me as I am" is my motto when it comes to relationship. If you try to play therapist, it's going to kill the relationship.

The other alternative, of course, is to learn to "tolerate" their jealousy. But let me warn you now: as time goes on, it will get harder and harder, and you'll probably be in for a very rough ride.

You have been warned!

## **Mistake #10 – Not Compromising**

As a couple, you should be flexible and compromise for each other. In order for the relationship to remain healthy and strong, you must both learn to compromise from time to time.

If you aren't willing to be flexible, it means you are either not mature enough to be in a serious relationship (flaw in your character) or you just don't like the person enough to compromise. The same goes for your partner.

Here are two ways to compromise:

- 1) Find the middle ground. Take the "average" between your differences and meet each other half way.
- 2) Alternate. You compromise this time, your partner compromises next time.

If you do choose the second way, remember that it should be "balanced" over time. Even if one side is pushier than the other, both parties should make just about the same amount of compromises over time. If one party constantly gives in, there'll be a power imbalance, which will lead to a loss of romantic respect and eventually a loss of attraction.

### **Bonus Mistake – Not Knowing What You're Doing Wrong**

Of course, a deadly mistake that causes a lot of breakups is not knowing you're doing something wrong.

For example, you could think you're "showing affection" for your partner when you're actually pushing them away.

Of you could think you're flirting...when you're actually not.

This is where a dating and relationships coach like me comes in. With the years of experience I have as a dating coach and the thousands of cases I've worked on, I have seen just about every possible dating or relationship scenario in the world.

If you are currently involved in a “rough” relationship or if you would simply like to improve your relationship and take things to the next level, then you should **download my new *Smart Relationships Course* at:**

<http://www.smartrelationshipscourse.com>

If you have an ex-girlfriend or ex-boyfriend that you would like to get back together with, then I highly recommend you to download my *Reverse Your Breakup* ebook at:

<http://www.reverseyourbreakup.com>

It will show you how to fix your relationship or get your ex back – step by step.

Lastly, if you are a man who’s looking for a girl, then sign up for my *Smart Dating Course* at:

<http://www.datebeautifulwomen.com/ebook.html>

If you’re reading this report, chances are you have been reading my newsletter for awhile. You’ve read all my free reports. You know I answer all my emails personally. You know I’m the real deal. You know what I teach *works*. So go ahead and let me show you the real *secrets* to dating and relationships.

Once you’ve seen the course, you’ll wish you had downloaded it a long time ago! Just think about what you could have done by now if you *did* have the course...(Hint: Stop wasting time and get it now if you think it is useful to you!)

- Marius Panzarella