



## Lack of appreciation, the relationship breaker...

One of the greatest factors in relationship breakdowns and conflict is the overwhelming feeling of being unappreciated. Women particularly tend to hold in their dissatisfaction to very high levels for sustained periods of time until they reach breaking point. Often their partners are caught by complete surprise when the relationship is on the rocks. Research into divorce cites that nearly half of all marriage breakdowns occur when women in their mid 40's reach the 'end of the line' and feel like they 'can't take it anymore'. These are not bad relationships falling apart from infidelity, abuse or destructive behaviours, it's the lack of validation and sense of appreciation that causes the breakdown. Please don't let the resentment of feeling unappreciated destroy your most precious relationships with people you love.

### How can you stop the 'unappreciated' syndrome?

Sometimes the place to begin solving the resentment and disappointment puzzle is to first reflect on this...

**"You're enough!"**

It's easy to become out of balance if you're under the misconception that you're not enough. This can stop people from speaking up when they need something, like a hug or a compliment or approval. It can also inhibit people from saying, "Hey, that's not okay. Please don't do that." It can even cause, 'pushing away' behaviour, when we come from a place of feeling 'less than', making us see the worst in a situation or another person.

### Reboot your own self-worth first...

Start this week by believing that you're enough and reach out when you're not getting your needs met. Share with people how much they mean to you (first) and let them know what you need from them. Don't let the resentment build to breaking point. Speak up early and help others right the balance in your relationships. You're worthy of love and connection. Accepting less than what you need hurts not only you but also the people who love you.

- ✓ Lack of appreciation, when left unattended, can cause relationship breakdown.
- ✓ You're enough!
- ✓ Speak up early when you're feeling unappreciated.

*"One of the best feelings in the world is knowing that both your presence and absence mean something to someone."*

Anonymous

Roxy loves helping women develop emotional resilience so that they can enjoy fulfilling and contented relationships, which survive the ups and downs of life. Having experienced the challenges of being a single parent, juggling being a mum and a practitioner, building a business or two and overcoming anxiety and post-natal depression, she has a vast knowledge of how to minimise the struggle and use practical strategies that really work!



**Roxy Lebsanft** Co-founder Bare Hands, Mother, G.Dip, Couns, B.HSc, Cert.IV TAE, Strategic Psychotherapist

**Bare Hands**  
Practical life strategies for women

Bare Hands is run by allied health professionals committed to helping women embrace positive change by providing access to practical education. To find out more give us a call, email us or visit [www.barehands.com.au](http://www.barehands.com.au)

©Bare Hands 2015