

# Relationship-Counselling

## Judging Your Partner



Very few people in relationship appreciate every aspect of their partner's personality.

When people realise that there are aspects of their partner they are less than enchanted by, they often question their choice of partner. Many couples assume that the relationship cannot continue because the differences seem too great.

In fact, these differences can help achieve a relationship which is more exciting and passionate.

We have all heard the old truism that opposites attract. Whether this is true or not, the ways in which we are different from each other in relationship can provide opportunities to challenge ourselves and grow.

Most of us, however, simply experience differences as 'difficulties' - problems in the relationship. Usually these are expressed as judgements of the other person.

### Taking steps to help your relationship

The ideas raised here are explored in greater depth in publications available on this website, as well as courses.

In particular, you might like to read the following Ebook: **Relationship Essentials** by Paul Gale-Baker.

Go to [relationship-counselling.com.au](http://relationship-counselling.com.au) and select the Resources section. You will find information about the books.

You will also find courses in relationship skills, enrichment and intimacy in the Courses section of this website.

You can also sign up to receive Tip Sheet Updates as they are published.

I also offer individual sessions.

*Paul Gale-Baker*

# TIP SHEET 4

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‘Irresponsible’, ‘selfish’, ‘controlling’, ‘emotional’, ‘lazy’ are just some of the common, *judgemental* words that couples use about each other. Of course, often we don’t actually say the words - but we certainly think them!

Judging our partner in this way is a normal part of relationship. We do it as naturally as breathing. The problem is that it lays the groundwork for arguments and disagreements which can become serious and divisive. Over time, judging some aspects of our partner’s personality can mean we lose sight of what we originally appreciated about them.

One way to get a perspective on these differences is to remind ourselves that nothing is absolute. That is, no quality is all good - or all bad. Take, for example, someone who is always responsible about tidying up around the house. They will see this as a positive quality. If their partner is less tidy, they will see him or her as

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untidy or ‘a slob’ - a negative quality. However, if you look at the situation from the point of view of the partner, they might see themselves as able to relax and enjoy life - a positive quality - and their partner as uptight and unable to relax - a negative quality.

In fact, neither is good nor bad. Being tidy is useful. Being unable to stop tidying is not. Our job is to be able to see both the upside and the downside of each quality and choose to suit the situation. By all means be tidy when that works, but don’t forget to smell the roses when the occasion demands. Of course, the other person can heed the parallel advice!

When a couple grapple constructively with this issue of difference, they give themselves the opportunity and the permission to have more options in how they behave and relate to each other.

*Paul Gale-Baker*

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Paul is a highly qualified and experienced counsellor and therapist in private practice in the suburb of Ivanhoe, Melbourne, Australia.

He is an internationally recognised teacher of the Voice Dialogue method



and Director of Voice Dialogue Australia, which provides training for counselling professionals, as well as courses in relationship and personal growth for members of the public. He speaks publicly and writes on issues of relationship.

# TIP SHEET 4

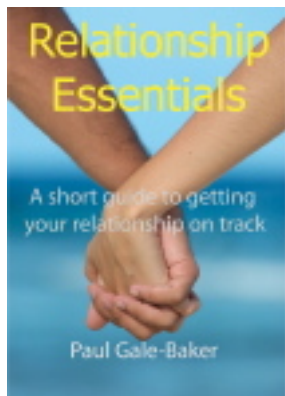
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Appointments can be made with Paul by going to the web site, by emailing paul@relationship-counselling.com.au, or by calling (03) 9444 7427 or 0408 733 683. The practice is located in Ivanhoe, Melbourne, Australia. Sessions are arranged by booking only.

*Please note:*

*The content of this Tip Sheet is intended for informational purposes only. It is not intended to replace counselling and therapy. If you or your relationship are in need of help, I strongly recommend that you see a qualified professional.*

## **Relationship Essentials**



Want to understand what is wrong with your relationship but don't know where to begin?

Perhaps you can see the problems, but don't know what to do about them.

This condensed guide will help you put your relationship on a sound footing. It reveals the major causes of relationship problems which cause pain and dissatisfaction in relationship.

Through clear writing, examples and exercises, it will help you resolve relationship difficulties and put your relationship on track. [Click here to buy this book.](#)