

# 4 THINGS THAT HAPPEN WHEN YOU STOP TRYING TO CHANGE EACH OTHER

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Licking your elbow, herding cats, & nailing Jell-o to a wall are all a waste of time & effort. Add *changing your spouse's personality* to the list.

Here's the thing: your personality doesn't really change. It tends to stay stable over time, which makes sense. It's what makes you, *you*. Sure, certain facets might modulate slightly from adolescence into adulthood or as you gain life experience and perspective, but by and large – personality stays the same.

Most of us know this, logically. But we're human, and we inevitably find ourselves wishing our partner was a little less this or a little more that. We get annoyed and frustrated. However, when you shift to a mindset of acceptance, some positive things happen in your relationship.

## **You appreciate each other more.**

When you divert your energy away from attempting to change aspects of your partner's personality, you have more available to notice, (re)discover, and appreciate their many positive traits. There's a reason that you fell in love with them in the first place, right? Putting those rose-colored glasses back on helps reset your perspective. Instead of focusing on how they seem to run on their own time, you take in how they are always present in the moment. Feeling and expressing this appreciation kicks off a cyclical response that emanates throughout your interactions.

## **You learn to leverage your differences.**

When you stop seeing each other's traits as a challenge to overcome and instead as a way to be stronger together, you can make beneficial adjustments in other areas of your relationship. Maybe you adjust your roles and responsibilities to better suit your strengths. Perhaps you're better able to work together as parents. Ultimately, working with your differences can help you become a more capable, and harmonious couple.

## **Your satisfaction gets a boost.**

The desire to change aspects of your spouse's personality is rooted in an expectation that they should or shouldn't be a certain way. When we feel like our partner isn't living up to those expectations, it can cause conflict and resentment. It stands to reason then, that letting go of those expectations (or keeping them more realistic) will help you be less critical, cut down on fights, and feel more satisfied in your relationship overall.

## **You grow together.**

When you stop focusing on each other's perceived flaws, it feels like a weight lifted. Think about it: when you feel judged or criticized, you go into defensive mode. When you feel wholly accepted and appreciated, you're more apt to be vulnerable with each other about your own inner struggles. Talking to and supporting each other in self-reflection is a game-changer when it comes to experiencing personal growth throughout your relationship.