

How To Cultivate Independence In Relationships

When it comes to relationships, independence has always been a moot point for couples. A deep sense of trust between the two parties does create a natural environment for them to feel free and accommodative to each other's needs, allowing them to flourish individually and as a unit.

While we stay at home and social distance ourselves for the time being, it is useful to see how you and your partner are coping with the situation - especially if you're already living together. This is where a clash in personalities may come into play. What happens if one is a meticulous planner, having already scheduled her whole day ahead of time? And the other prefers to go with the flow? This leaves room for the disruption of plans, misunderstandings and miscommunication.

Of course, there is also the reverse problem. Difficulties may also rise if both you and your partner are just *too* similar. Imagine if both have individually sorted your days out, and then discover that they clash or they leave no room for the both of you to have time together. And if the both of you are taking it easy, you may not thrive, or push each other to get things done.

Compromise.

That's it; that's the secret. There are no ifs and buts about it, as it is solely a matter of creating a balance between independence and maintaining a stable relationship. The scales may tip in favour of one at times, but we should be striving towards a constantly harmonious fairness between the two.

How Do We Maintain Our Independence?

Here are some tangible practices which can be implemented to support the desirable balance between your independent needs, and a healthy degree of reliance on your partner.

Set Your Own Goals

While there are shared goals in every relationship, covering what you want to do *together* as a couple, it is very important to maintain your personal goals as well. These can involve a broad range of targets and achievements you have set for yourself - be it financial (reaching

your savings target), educational (complete that [online course](#)) or something for your own personal development, such as a fitness goal.

Do not let your relationship hinder your goals, or use it as an excuse to not achieve them. It is extremely helpful to discuss these personal goals with your partner, as who better to share your personal pursuits with than your loved one? You two may even motivate each other by holding each other accountable for what we want to accomplish - support and keep each other on track.

Work Towards Your Personal Interests

We all have that one idea (or a few) floating around in the back of our minds - why stop chasing your dreams now?

It could be something simple as a hobby - learn the guitar chords to your favourite song, bake that gorgeous cake you saw on a TV show, sit yourself down and write a novel. This means directing your focus to something other than your partner, which fosters a healthy space for the both of you to undergo self-development.

On the plus side, this also creates another avenue for mutual support and motivation, thus strengthening the very loving foundation of your relationship. Both of you will feel a lot better after encouraging each other to work towards your personal interests.

Handle Your Own Finances

A couple's finances are typically pooled together, given the shared resources between the both of you. What about personal spending - who bears the cost?

It is definitely a romantic gesture to treat your partner to something special every now and then. But it may be useful to keep your finances wholly separate, especially when it comes to your own belongings and priorities. This allows for a significant degree of financial independence, giving you the responsibility of managing and balancing your own expenditure.

Just remember to uphold the transparency when it comes to delicate matter of spending and saving! It is commonly said that [a tracker](#), or a sort of system at hand to monitor finances, comes in handy here.

Remember Your Alone Time

The key to self-care is often yourself.

Careers and external commitments take up a hefty bit of our schedules, and that is why we have to slow things down for our own sake. While it is tempting to run in your partner's arms when some free time has opened up, having time for simple moments alone with yourself are important.

Take the time to carve out some much-needed moments for yourself, whether it's doing something you enjoy doing or doing nothing at all. Read a book, catch up on your favourite show, or simply sit outside and bask in nature.

No matter what you do, take a breather, and it will help you refocus! Remember to have this conversation with your partner too - a big part of being in a mature relationship involves knowing when you can be together, and when you should make time for yourself.

Socialise Within Your Own Circles

Try your best to balance your individual social lives and your time together as a couple. Too much of one spells an unhealthy and imbalanced relationship.

This allows for your own personal networks to grow, and leaves you with enough space and time for people outside of your relationship. This includes the people we ought to keep close to us as we get older and busier - namely our family members.

Making the time to take a trip to your parents' or sibling's house goes a long way in maintaining a stable relationship, even if without your partner. This provides extra support for you and your partner, knowing that the both of you have others looking out for you two as well.

Parting Words

Every relationship is different, and each person definitely has their own needs to fulfil, in terms of achieving personal growth and maintaining a happy relationship. Simple habits, such as the ones outlined above, can then go a long way in creating a stable foundation for a healthy relationship, ensuring that the both of you will continue to grow together.