

APPRECIATING YOUR PARTNER'S PERSONALITY

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Do you ever find yourself getting annoyed with your partner's personality? The ironic thing is that the traits that start to annoy you are often the same ones that drew you to each other initially. Personality traits tend to stay consistent over one's life, which means trying to change them is not the best use of anyone's time or energy! What's more useful? Learn to appreciate your partner's personality and manage your differences in positive ways.

Compliment them.

If there's an aspect of their personality that sometimes irks you, flip your [perspective](#) and think of the positive sides of that trait. Then give them a nice compliment. Be specific (*and genuine!*) For example, if your partner is a homebody and prefers fewer social events than you, the flip side might be that they have a knack for making time at home together peaceful and relaxing. You might say, "You're so good at prioritizing quality time at home. You make it a sanctuary for our family, and it means a lot."

Keep a sense of humor.

This applies to how you react to them, as well as to yourself! If you occasionally find parts of your partner's personality to be irritating, well guess what – they probably experience the same with you. It's all good! It simply comes with the territory of knowing someone well. So don't take yourselves too seriously. Make up a funny name for your bossy side or start an inside joke about taking an hour to leave social gatherings. Allowing each other to be completely themselves is one of the ways we can show and feel love.

Brag on them.

Have you ever noticed how talking to a third party about your partner can sometimes give you a refreshed perspective? It can help you see things more objectively and appreciate traits that you might be overlooking or taking for granted. Maybe you're talking with friends, and the topic at hand makes you realize your spouse is observant and thoughtful. Don't keep the thought to yourself, gush over them a bit – even in their presence!

Understand your similarities.

We usually think of the differences as the main source of conflict but being very similar in certain ways can also cause some friction. For example, if you're both very stubborn or competitive, you might let arguments go on too long or have trouble apologizing. If you both dislike change, you might be prone to complacency or have a hard time being flexible when you need to be. Being [aware](#) of how your similarities might cause imbalance in certain areas of your relationship can help you avoid letting it go too far.

Our individual personalities are not only the foundation of who we are, they are also a huge part of what makes a relationship work. Over time, familiarity can create friction as different aspects of our partner's personality interact with our own. Differences don't have to be detrimental. They have the potential to make you a great team! Learn to see the differences and similarities in a positive light and appreciate each other for who you are. It will help your relationship continue to grow.