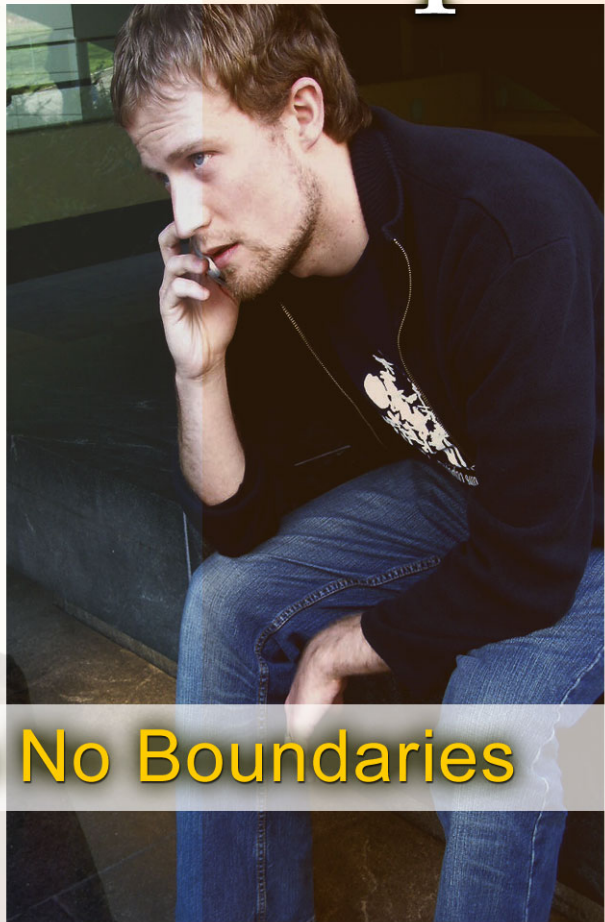
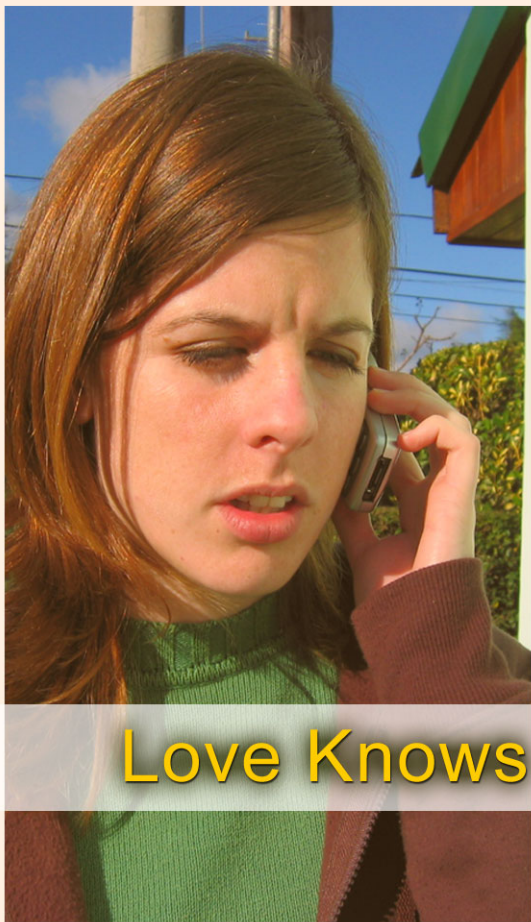


# Surviving *Long Distance* Relationships



Love Knows No Boundaries

# **Surviving Long Distance Relationships**

Long distance relationships are never easy, but they are not impossible either. A lot of people have been so caught up with the idea of “physical proximity” in relationships that when they encounter somebody who says “I’m in a long distance relationship”, the initial reaction becomes a “dark-shadowed” face along with the words “Get out now, it won’t work!”

## ***What about long distance relationships?***

This negative response of “it does not work” is probably the biggest dilemma that faces long distance relationships. These days, most people just don’t believe in the words “soulmates” and “true love” anymore, given the all-embracing scenarios of divorce, remarriage, and affairs. The confidence about “forever and for always” just seems to have vanished into fairy tale books that one can only read about but no longer for reality.

Here’s the catch, for those people in long distance relationships, you can take a deep breath and smile, because “it DOES work!” According to countless people who are into or have been in long distance relationships and now together, attest to long distance relationships working and worth it.

However, long distance relationships are not for everybody, it takes something really strong and special to survive the distance, the longing, the missing, the anxiousness of being together, the frustration of not being able to instantly share the happiness or sadness of each others day, and a lot of other things that would add on to the pressure of being apart. Nonetheless, long distance relationships are NOT unworkable, as they say “if there’s a will, especially where there’s love, there’s always a way” .

## ***Surviving long distance relationships***

You don't choose who to love and who not to love, it's always about finally finding that one person you hope to share your life with, care for, and have that growing love through the years. When you find that person, distance won't really matter. Geographically speaking, distance is just the difference between oceans and mountains, roads and bridges, kilometers and miles, but can always be crossed, traveled, and reached.

Even today's advance technologies have blessed long distance relationships with the means of bridging distance gaps through easy and practical ways of communications such as emails, internet chats, pc video cams, and more. Although nothing can replace the person actually being there, these technologies make long distance relationships a little easier to bear, scraping off some of the relationship pressures, as well as giving the opportunity for constant communication.

So how does one survive long distance relationships? Apart from unvarying communication and the fact that you truly love each other, two important words will make up a big part of your relationship, TRUST and HONESTY. These two words are the key foundations to fruitful long distance relationship, without which the relationship is bound to be doomed. Take one from the other and the relationship will go crumbling down. Besides these given facts, there are certain things that one can do to cope with long distance relationships:

***Agree and lay down a set of expectations and rules.*** Knowing how much commitment the both of you is willing to put into the relationship, as well as the amount of loyalty one would be ready to give and receive, is very important. Making it understandable that none of you will be dating other people as long as the romantic relationship exists clears the air of doubt, concern, and worries. Being apart is hard enough to let future mistakes and misunderstandings get the better of your relationship.

Never feel scared of telling your partner your needs and wants; you ought to have the opportunity of speaking from your heart, in the same way that your partner deserves to know the truth and decide if they can provide it.

***Have a light at the end of the tunnel.*** With all long distance relationships, knowing when all the waiting will end and both of you would be together for good, will balance the frustration of being apart. It is always good to talk about and agree on who is going to relocate and when, as this takes the pressure off the subject and puts some sort of deadline for the “long-term togetherness”.

After all, not being able to envision when everything will be normal for both of you, is like not being able to see success in your relationship. It's like believing in something yet knowing it's not there, so the best way is to set an aim to when the entire wait comes to a close and the “together-forever” begins. Then, most importantly, work together for the realization of that aim.

***Share as much with each other as possible.*** Keeping each other up to date with events that happen or new friendships with people in your personal life is an excellent way to keep the relationship healthy and alive. Remember, long distance relationships do not mean no longer sharing things that your partner can't see or literally know about, or things that you would deem unimportant to him. This in fact are the things that will make you feel both secured and satisfied.

Give importance to how many times in a week you stay in touch, having a stronger and loving bond in long distance relationships, entails hearing from one another frequently, leaving no room for that “little green monster” of doubt and jealousy to begin a spark of paranoia about anything.

***Keep the romance alive.*** It may not be possible for both of you to physically be romantic towards each other, but both of you can still do romantic acts for each other that will maintain happiness in the romance department. This can be done through sending love poems and letters, or having

gifts and flowers delivered, or even sending a self-video with a message of love. This will help remind how much the both of you think about and love one another, which can attain more sparks and excitement of seeing each other again.

***Arrange to see each other occasionally.*** Planning a reunion will play a big part in maintaining enthusiasm in your relationship. The satisfaction of being able to touch and see each other from time to time is very important. It gives the both of you the chance to catch up and share each other's life in the flesh, as well as share intimate and physical activities together to fulfill and meet both loving needs.

Without re-uniting now and again will only injure the long distance relationship one has, so if either of you is not willing to visit the other from time to time, then this is a big issue to think about. Long distance relationships do work, but with each others eagerness of wanting to be with the other whenever given the chance.

These are just a few things to keep in mind to keep long distance relationships in full flow, happy, and healthy. Surviving long distance relationships is not a question without answers; there is always something the both of you can do to make it happen if you put your heart and mind into it. Like any relationship, it always takes two to tango; moving together as one with the beat of the music, or in this case the beat of the heart, leads to a grand finale of much rewarded applause.

### ***The waiting time***

For people in love and in a relationship, particularly long distance relationships, waiting time to be together can be one of the most difficult things to deal with. It can trigger impatience, frustration, depression, and the feeling of giving up. However, one should always look at the brighter side of things; waiting time can be hard but it can also be a wonderful learning experience period.

Think of it as a way of strengthening your relationship, through making you aware of the true value of being together. The distance apart can make you feel and remember how much it can be hurting to be apart and how much your partner means so much to you, so that when you reunite, you never take each others presence for granted.

A lot of failures of conventional relationships is because couples who have been together for some time, lose the significance and true meaning of togetherness in their relationship, being proudly confident that love will continue to flourish without taking continuous care of it, thereby taking the others presence and love for granted. This often results to one of the parties being unhappy, which becomes the source of failure in relationships.

So for those people in long distance relationships, never consider the waiting time as an “obstacle” but instead, look at it as a “motivation” and “inspiration” that your relationship will work because you have gained a great true experience of what togetherness really means.

### ***Long distance relationships as a reason for big decision making***

How many people have chosen to be with their partners in another place over a great career in their own location? Or how many long distance relationship couples have made big decisions about their life, mostly the other giving up something and the other compromising to make it happen? Every one has to, in one point in their lives, make a big decision that would determine their happiness, and making a big decision in the name of long distance relationships is not an exception as well.

The fact that long distance relationships are not easy because of the great span of space in between them, make future big decisions such as “who will follow who” inevitable. Let’s face it; it is not always uncomplicated to leave ones life behind to join your partner, the mixed feelings of why it has to be you who would have relocate at the same time the feeling of really wanting to be with the person you

love, becomes a disturbing issue. That is why, it is very important to discuss this important matter with your partner.

Talking about and balancing each others advantage and disadvantages on big decisions such as relocations is a very vital part of long distance relationships. This will also determine a great part of your relationship success when you're together. Remember, regrets and bitterness caused by not fully talking about ones views and points on big decisions can be a black shadow hanging over you once you're together.

Nevertheless, if both of you really love and care for each other, you will always come to a full understanding and compromise about big decisions in your relationship, and will learn to look beyond personal sacrifices and see the beauty of the love these sacrifices have built around your long distance relationship. You will find that you have not only created a stronger and powerful bond together but you have at last found that one important aspect in your life, a partner for life.

### ***Should one keep or continue a long distance relationship?***

The answer to this question all depends on how happy and how strongly the long distance relationship means to you. Relationships are meant to keep both people justly happy even in certain turn of events that may sometimes have the influence to decide the couples' fate.

These "turn of events" may be in the form of the man being assigned across the country because of promotion and the woman is doing fine in her own career or vice versa, or young lovers about to end up in different colleges in separate states, cities, or continents. Soon the question of should we or should we not keep a long distance relationship becomes an unavoidable subject that seriously needs an answer.

There are three possible options for the situation: first, the couple can continue remaining faithful to each other; second, they can decide to see other people and observe what happens; or third, they can go their separate ways and call it “quits”. Whatever the option the couple chooses, the most important thing to remember is ‘what will work best for both and not just one’. Again, talking about it and airing out each others side becomes the best way to clear things up and find solutions. Learn by heart that real affection for one another will always decide the relationship’s fate.

So finally, it all comes down once again to the BIG question “do long distance relationships really work?”

***Do long distance relationships really work?***

Again, long distance relationships are NOT IMPOSSIBLE, they are NOT UNWORKABLE, and they DO WORK. However, as have been pointed out, it’s not for everyone either. It’s not an easy relationship to be in, and most couples who are into long distance relationships face a really big challenge not only from being apart, but also from the “in-betweens” of the relationship distance.

If one chooses to be in a long distance relationship then be “really” in it; don’t give it just one fourth or one half of you, give it your whole heart and mind. Do it for the right reasons and stand your ground. Be ready to make sacrifices, as it will be needed. Never be discouraged with what people say and people think about your relationship. Know by heart that more than anybody else; it is you who discern and feel the happiness, the importance, and the true meaning of what you have.

Be emotionally ready with a lot of things to come. Like any relationship, long distance relationships will have its ups and downs, it will have its sunshine and rain, it will have its good days and bad days, but with the right amount of affection, effort, and attention in both sides, it can and it will survive any obstacles that it will be challenged with.

As long as the both of you remember that most important “reason” on why you chose to do this long distance relationship in the first place, combined with constantly letting each other know about your personal life, keeping in touch, seeing each other whenever the opportunity allows, and trusting and being honest with each other at all times, then your long distance relationship can be one of the most happy and triumphant relationships that can ever exist. It doesn’t matter whether near or far, the both of you will be satisfied, contented, and secured until that day of “re-uniting-for-good” comes.

Finally, always bear in mind that in relationships, even with those who have the conventional “seeing-each-other-everyday” relationship, does not guarantee success either; it’s always a matter of how the both of you take care and handle your relationship. It’s all about what you’re willing to give and what you’re ready to accept. With this in mind, you will know that distance is just distance, and if you look at a map, even two separate poles can be beside each other when you fold-in what’s in between them.

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