



Ten Stupid Things Couples Do to Mess Up Their Relationships

Dr. Laura Schlessinger

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1. Stupid Secrets

Withholding important information for fear of rejection

2. Stupid Egotism

Asking not what you can do for the relationship but only what the relationship can do for you

3. Stupid Pettiness

Making a big deal out of the small stuff

4. Stupid Power

Always trying to be in control

5. Stupid Priorities

Consuming all your time and energies with work, hobbies, errands, and chores instead of focusing on your relationship

6. Stupid Happiness

Seeking stimulation and assurance from all the wrong places to satisfy the immature need to feel good

7. Stupid Excuses

Not being accountable for bad behavior

8. Stupid Liaisons

Not letting go of negative attachments to friends and relatives who are damaging to your relationship

9. Stupid Mismatch

Not knowing when to leave and cut your losses

10. Stupid Breakups

Disconnection for all the wrong reasons

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