



DAY 7: THAT'S SO EF'ING ANNOYING!

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Sometimes there are things that are just plain annoying. Pet peeves can be deal breakers too. It could be anything from flatulence to body hair.

At this point, if you haven't realized that communication is key then perhaps the issue is not your partner but you.

Talk is not cheap. It's a price we pay for healthy relationships and peace of mind.

Recognizing what your pet peeves are is a great way to identify what triggers your ugly side. Personally I can't stand the sound of a leaky faucet so a boyfriend who gets up at 3am and forgets to turn it off will have me writing "REDRUM" on the bathroom mirror before I go to bed.

Sometimes a pet peeve is insight into a bigger issue with your relationship. It might shed light into the fact that you either don't want to be with that person or that you've changed and so has your needs.

If someone doesn't know that their snoring is disrupting your sleep, then you can't blame them for it. Be tactful and compassionate when addressing pet peeves with your significant other.

Knowing the difference between a pet peeve and a deal breaker can prevent awkward conversations and passive-aggressive behaviors.



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Take a few minutes to answer the following and reflect on your responses:

What ticks have your past boyfriends/girlfriends complained that you had?

How do you initiate confrontation? How do you handle being confronted with?

What are your most annoying pet peeves?

What are your deal breakers?



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