

# Mr/Mrs Right ...? Or Mr/Mrs Right Now?

by Dr Victoria Lukats MBBS MRCPsych MSc

**A quarter of Britain's adult population is now single.** With so many people out there looking for the love of their life, it's no surprise that newspapers and magazines bombard us with articles on relationships and dating. The advice they offer ranges from commonsense to confusing to contradictory...

Maybe that's why some people feel that dating is just too much bother and feel destined to remain single. In fact, a recent survey found that 34% of Britain's singles would prefer to remain on their own – although 44% still remained optimistic, saying they'd be happy to meet the love of their life if the right person came along.

**With this first newsletter from PARSHIP.co.uk I am starting to take a look at what can (and should) make the difference between a quick fling and a long-term relationship.**

Relationships are by definition complex, but that doesn't mean that they need to feel complicated or difficult. Broadly, a relationship falls into three initial stages:

1. the stage of meeting someone - and that very quick decision about whether we feel an instant attraction
2. the stage of dating and getting to know someone
3. the formation of an emotional attachment and hopefully a lasting relationship

## **Instant attraction vs long-term compatibility**

We all know how it feels to be instantly attracted to someone. That kind of instinctive response is important for the vast majority of people when forming a relationship, and it's naïve to think otherwise.

However, it is also important to remember that people who are in long-term relationships rarely cite physical appearance when asked why their relationship is successful. What's more, when questions are asked about the breakdown of relationships, looks are cited even more rarely...

It seems that what really matters in successful relationships is **compatibility**, based primarily upon **personality traits**.

## **So how do we find someone with whom we are truly compatible?**

First of all, we need to understand our own personalities and emotional needs.

The true complexity of a relationship emerges when we start getting to know someone and develop a degree of emotional closeness. But even before that, we might get certain clues as to how compatible we really are... Likes, dislikes and interests might be a start, but of more fundamental importance are our attitudes to friends, family, people and the world around us.



We can gain the first clues from the way someone thinks, feels and talks about people and relationships. But ultimately it's our own responses that tell us about someone. This happens when we can answer the question: ***how does this person make me feel?***

**Dr Victoria Lukats MBBS MRCPsych MSc works as a psychiatrist.**

**If you want to meet the love of your life, visit [www.parship.co.uk](http://www.parship.co.uk) and take PARSHIP's free compatibility profiling test.**

\*Any reader questions that appear in the PARSHIP.co.uk newsletter will do so anonymously. Unfortunately, PARSHIP.co.uk and Dr Victoria Lukats cannot enter into personal correspondence on relationship issues raised by readers.

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