



DR. KAFAYAT KEHINDE LAMIDI

GLOBAL SELF-EDUCATION PLATFORM

Romantic Relationship: Challenges, Causes, & Coping Codes

Who Is To Blame?

These are direct causes. As couple, the **man and woman** are known to each other and can recognise some immediate issues ahead of time ('You Always').

Internal
Within Control

External

Either Outside or Within Control

These are indirect causes.
Friend/Family/Fans

Remote
Beyond Control



**Relationship
Crash
Causes**

These are less obvious causes. They occur further in the past or further away. These sequence of events are based on **fate** (kadara) **and destiny** (akosile).

Activity 1: 3 Groups Sitting Arrangement

Group A	Group B	Group C
Man	Woman	Parents Family Social

4-5 members in a group.

In each group, list 5 reasons for your responses.

Relationship Challenges vs. Consequences

Challenges

- Human Intentions
- Life Expectations

Consequences

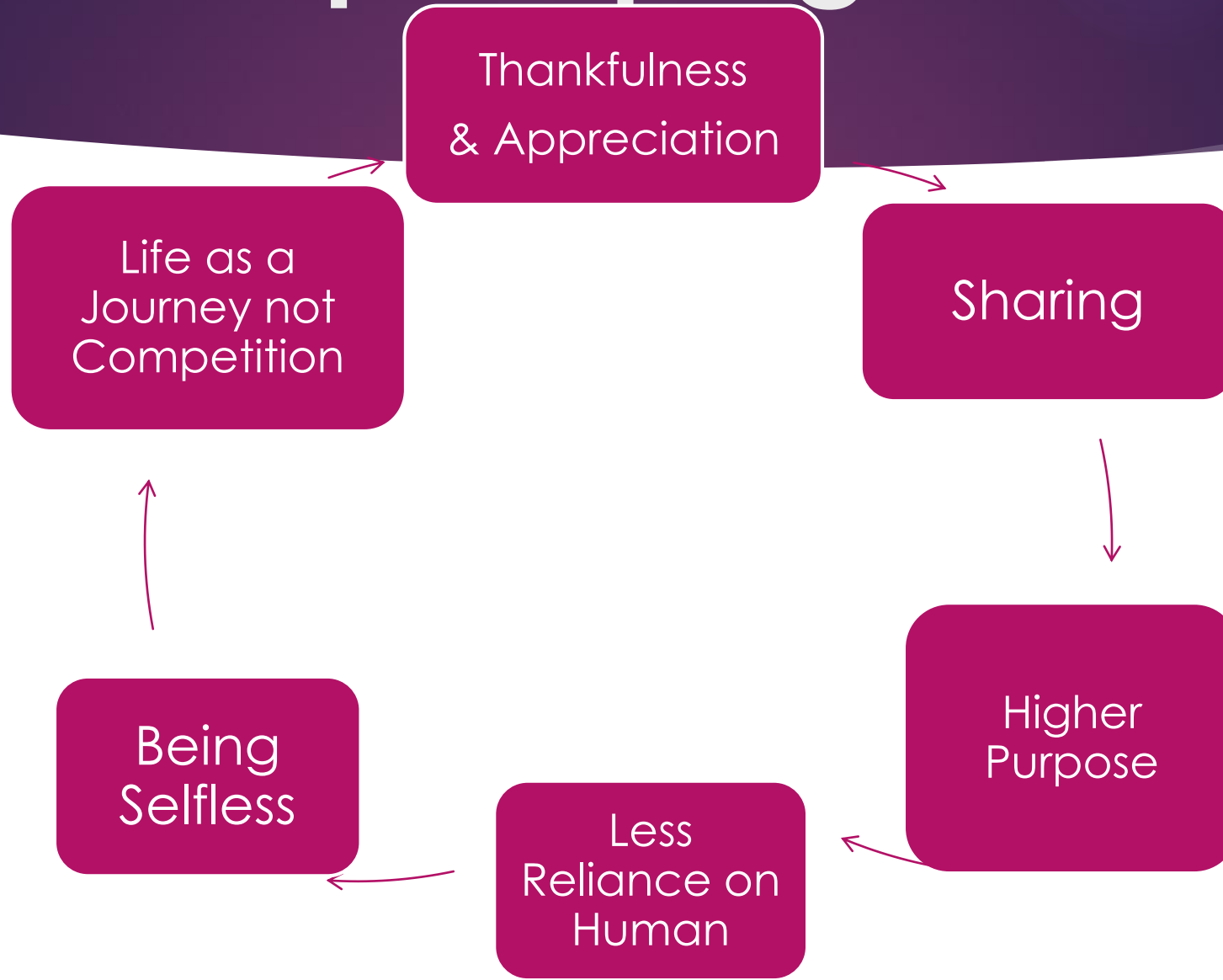
- Anxiety/Mental Distress/Health Breakdown
- Separation/Divorce

Love Life Journey



Very rare for couple not to run into a few bumps in the road.

Relationship Coping Codes



Relationship Coping Codes

Thankfulness & Appreciation

- Who has never experienced issues in life?

Sharing

- Mutual Rights- If there is no love with whom are we going to share?

Remembering Our Higher Purpose

- What are we taking to our graves?

Relationship Coping Codes

Less Reliance on Human

- Humans are visitors- people come into our lives temporarily and they will go at some point.

Being Selfless

- Is relationship a trade by barter?
- Review & reframe your intentions and expectations

Solutions: Accountability/Responsibility/Right

Accountability

Whether it works in your favour or not, let's apply the coping codes to re-instate love in our homes

Responsibility

STOP pointing fingers & START taking responsibility for our actions and behaviour

Mutual Right

Let's share unconditionally.
Let's love and live in peace for happiness and good health to rein.

Concluding Remark

▶ <https://quran.com/4/14>

Quote: Q4 v14 Surah An-Nisaa

▶ ‘And whoever disobeys Allah and His Messenger (*Wa man Yasin Allaha Wa Rosullahu*) and transgresses His limits (*Wayatahada Hududahu*) - He will put him into the Fire to abide eternally therein, and he will have a humiliating punishment’ (*Yudikhiru Naran Koridan Fihaa Walahu Hasabun Munyinu*).

Music:

▶ **My wife** (Ayami 3.20-6-30) <https://www.youtube.com/watch?v=BJypmDdkhpk>

▶ **Poverty Life** (Ayetalaka 9.20-11.30) <https://www.youtube.com/watch?v=RDjzRu61gvg>

GLOBAL SELF-EDUCATION PLATFORM: GSEP MISSION, VISION, & VALUES

GSEP Values

Innovative/Creative/Community
Impact: *Change & Transformation*

Mission

EMPOWERING the world through free online
EDUCATION.

Vision

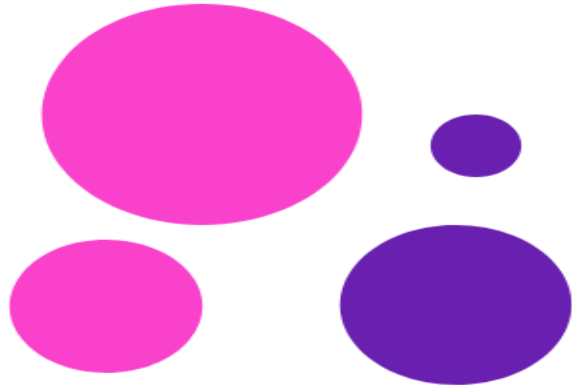
Your trusted global platform to advancing self-
education principles and practices.

Reaching Out
Globally: *Sharing
Spirit*

Getting Things
Done: *Accountability*

Making Things Happen: *Responsibility*

Making Knowledge Work: *Resilience*



GSEP Connections

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