

Mixed Emotions In A Relationship

****Navigating Mixed Emotions in a Relationship: Understanding the Complex Dance of Feelings**** **Mixed emotions in a relationship** are something almost everyone experiences at some point. Whether it's the thrill of new love combined with anxiety about the future, or the warmth of companionship tangled with occasional frustration, these contradictory feelings are part of what makes relationships so rich and, at times, confusing. Understanding and managing these complex emotions not only helps partners grow individually but also strengthens the bond they share.

What Are Mixed Emotions in a Relationship?

Mixed emotions refer to experiencing multiple, often conflicting feelings about a person or situation simultaneously. In the context of a relationship, it might look like feeling deeply connected to your partner while also feeling insecure, or loving someone yet feeling annoyed by their habits. These emotional blends are normal and often signal that a relationship is evolving or facing challenges.

Why Do Mixed Emotions Occur?

Relationships are dynamic and multifaceted. They involve vulnerability, expectations, past experiences, and personal growth. The emotional rollercoaster arises because: - ****Human**

complexity:** We are not one-dimensional beings; our feelings can be layered and complex. - **Changes and transitions:** As relationships move through stages—dating, commitment, cohabitation, marriage—feelings can fluctuate. - **Unresolved conflicts:** Lingered disagreements or misunderstandings can cause confusion and emotional ambivalence. - **External stressors:** Work pressure, family issues, or health problems can influence how we feel about our partners. These factors create a fertile ground for mixed emotions, making it essential to learn how to navigate them.

Recognizing Mixed Emotions in Your Relationship

Sometimes, mixed emotions can be subtle, while other times, they are glaringly obvious. Recognizing them is the first step toward addressing them constructively.

Common Signs You're Experiencing Mixed Emotions

- Feeling both love and irritation toward your partner in a short span of time. - Experiencing excitement about future plans but also fear or doubt. - Being attracted to your partner physically but feeling emotionally distant. - Having moments of deep connection followed by periods of withdrawal. - Struggling with loyalty to your relationship while being curious about others. These signs are natural but can be unsettling if not acknowledged. They often serve as an invitation to explore what's really going on beneath the surface.

The Impact of Mixed Emotions on Relationship Health

Mixed emotions can either act as a catalyst for growth or a source of tension. How partners respond to these feelings determines the trajectory of their relationship.

Positive Effects

- **Deeper understanding:** Working through conflicting emotions encourages open communication. - **Emotional resilience:** Facing complex feelings helps build patience and empathy. - **Strengthened intimacy:** Sharing vulnerabilities can bring partners closer.

Negative Effects

- **Miscommunication:** Confusion about feelings can lead to misunderstandings. - **Emotional distance:** Avoiding difficult emotions might cause partners to withdraw. - **Increased conflict:** Unaddressed ambivalence can escalate disagreements. Recognizing the dual nature of mixed emotions helps couples approach them with compassion rather than fear.

How to Manage Mixed Emotions in a Relationship

Managing these feelings requires intentional effort and emotional intelligence. Here are some practical strategies:

1. Practice Self-Awareness

Take time to reflect on what you're feeling and why. Journaling or meditation can be helpful tools to untangle complicated emotions.

2. Communicate Openly and Honestly

Share your feelings with your partner without blame or judgment. Using "I" statements (e.g., "I feel confused when...") fosters safer conversations.

3. Develop Empathy

Try to understand your partner's perspective. Mixed emotions often arise from unmet needs or fears that can be addressed with compassion.

4. Set Healthy Boundaries

Sometimes mixed emotions stem from feeling overwhelmed. Establishing boundaries around personal time and space can reduce emotional overload.

5. Seek Support if Needed

Couples therapy or individual counseling can provide guidance when emotions feel too tangled to handle alone.

Why Mixed Emotions Are Actually

a Sign of a Healthy Relationship

It might seem counterintuitive, but experiencing mixed emotions is often a sign that a relationship is real and evolving. Perfect harmony all the time isn't realistic or even desirable. Here's why: - **Growth requires discomfort:** Change and growth often stir up uncertainty and conflicting feelings. - **Depth over superficiality:** Complex emotions show that the relationship is meaningful and layered. - **Authenticity:** Feeling everything from love to frustration reflects genuine connection rather than idealized fantasy. Accepting mixed emotions as a natural part of relational life can reduce anxiety and promote healthier interactions.

Embracing Emotional Complexity Together

Couples who acknowledge and work through mixed feelings together tend to build stronger foundations. It encourages mutual vulnerability and fosters trust.

Tips to Cultivate Emotional Balance Amid Mixed Feelings

Finding equilibrium when emotions pull you in different directions isn't easy, but these tips can help:

1. **Pause before reacting:** Give yourself a moment to process feelings instead of responding impulsively.
2. **Focus on the present:** Avoid ruminating on past hurts or future anxieties.
3. **Practice gratitude:** Regularly remind yourself of your partner's

positive qualities.

4. **Engage in shared activities:** Doing things you both enjoy can reconnect you emotionally.
5. **Maintain individual interests:** Having your own hobbies and friendships supports emotional independence.

These habits create a stable environment where mixed emotions can be acknowledged without overwhelming the relationship.

Emotional Ambivalence vs. Relationship Doubts

It's important to differentiate between normal mixed emotions and deeper relationship doubts. While ambivalence involves holding conflicting feelings simultaneously, doubts often signal fundamental issues that may require serious reflection.

When to Reassess Your Relationship

- If mixed emotions consistently lead to unhappiness or resentment.
- If communication breaks down and problems remain unresolved.
- When one or both partners feel stuck or disconnected over a long period.
- If trust has been significantly damaged without repair.

Taking time to evaluate the relationship's health can prevent prolonged emotional distress and help make informed decisions. Mixed emotions in a relationship are a testament to the complexity of human connection. They remind us that love is rarely simple but always worth exploring. By embracing these feelings with openness and care, couples can deepen their understanding of themselves and each other, transforming emotional complexity into a source of strength.

Understanding Mixed Emotions in Relationships: A Comprehensive Guide to Emotional Complexity, Psychological Mechanisms, and Relational Mastery

Introduction: The Inevitability of Emotional Ambiguity in Human Connection

Mixed emotions in relationships are not a flaw—they are a fundamental feature of the human experience. Unlike the idealized notion of harmonious, conflict-free bonds, real-world partnerships thrive on emotional complexity, where love, frustration, insecurity, and joy coexist in dynamic tension. This article delves into the intricate psychological, neurobiological, and sociocultural dimensions of mixed emotions, offering a deep, evidence-based analysis of their causes, manifestations, and transformative potential. Whether you are a relationship counselor, a partner navigating emotional turbulence, or a researcher studying attachment dynamics, this guide provides a masterclass in understanding, managing, and leveraging emotional ambiguity to foster deeper intimacy and resilience.

Historical and Philosophical

Foundations of Emotional Complexity in Relationships

The recognition of mixed emotions in relationships predates modern psychology, rooted in centuries of philosophical inquiry and literary expression. Ancient Greek thinkers like Aristotle acknowledged the coexistence of conflicting virtues—courage intertwined with fear, love entwined with jealousy. Stoic philosophy emphasized the necessity of embracing emotional contradictions as part of rational self-mastery. In the East, Buddhist and Taoist traditions teach non-attachment while honoring the natural ebb and flow of human feelings, advocating mindful acceptance rather than suppression. Literature has long captured this duality. Shakespeare's *Romeo and Juliet* is not merely a tale of passionate love but one of conflicting desires—love and loyalty, desire and duty, passion and consequence. Similarly, modern psychological literature, from D.W. Winnicott's work on false self and real experience to John Bowlby's attachment theory, underscores that emotional ambivalence arises naturally from the interplay of attachment needs and individual differentiation. These historical perspectives validate that mixed emotions are not pathology but a signature of authentic, evolving relationships.

The Psychological and Neurobiological Mechanisms Underpinning Mixed Emotions

Mixed emotions emerge from the brain's intricate emotional architecture, primarily governed by the limbic system, prefrontal cortex, and neurotransmitter networks. The amygdala processes

immediate emotional reactions—fear, anger, joy—often in split-second responses to relational stimuli. Meanwhile, the prefrontal cortex regulates these impulses, enabling reflection, empathy, and contextual interpretation. When these systems interact, cognitive dissonance arises: the heart feels love, but the mind registers betrayal; the body reacts with affection, yet thoughts dwell on disappointment. Neurochemically, dopamine fuels reward and anticipation—driving

Mixed Emotions in a Relationship: Navigating the Complex Emotional Landscape **Mixed emotions in a relationship** are an intrinsic and often inevitable aspect of human connections. The coexistence of conflicting feelings—such as love intertwined with frustration, joy shadowed by doubt, or intimacy tinged with vulnerability—reflects the complexity of interpersonal dynamics. Understanding the nuances of these emotional paradoxes is crucial for maintaining healthy relationships and fostering emotional resilience.

The Nature of Mixed Emotions in Romantic Partnerships

Relationships are rarely characterized by a single, unchanging emotional state. Instead, partners often experience a spectrum of feelings that can appear contradictory. For instance, it is common for individuals to feel both deep affection and occasional resentment toward their significant other. These mixed emotions are not necessarily indicative of dysfunction; rather, they highlight the multifaceted nature of human bonding. Psychological research suggests that the presence of mixed emotions can serve adaptive functions. Experiencing ambivalence allows individuals to process complex situations more thoroughly and develop a more balanced perspective on their relationships. However, when mixed emotions

become overwhelming or persistent, they may contribute to relational dissatisfaction or instability.

Emotional Ambivalence: Definition and Implications

Emotional ambivalence refers to the simultaneous experience of opposing emotions toward the same object or person. In the context of intimate relationships, this might manifest as feeling both attraction and irritation toward a partner. According to studies published in the *Journal of Social and Personal Relationships*, emotional ambivalence is common and can reflect a realistic appraisal of relationship dynamics. Ambivalence can motivate constructive behaviors, such as initiating conversations to resolve conflicts or renegotiating relational boundaries. Conversely, if left unaddressed, it might lead to emotional confusion, decreased commitment, or communication breakdowns.

Common Sources of Mixed Emotions in a Relationship

Several factors contribute to the emergence of mixed emotions between partners. Identifying these sources can help individuals and couples navigate their feelings more effectively.

Unmet Expectations and Disillusionment

When expectations about a partner or the relationship go unmet, individuals may feel disappointment alongside affection. The idealization phase of a relationship often gives way to a more

realistic understanding, which can trigger ambivalent emotions. For example, discovering differences in values or lifestyles might cause internal conflict between love and frustration.

Stress and External Pressures

External factors such as financial strain, work stress, or family conflicts can exacerbate emotional complexity within a relationship. The stress experienced individually or collectively can lead to mixed feelings—partners may feel supportive and connected but also irritable or overwhelmed.

Personal Insecurities and Attachment Styles

Attachment theory provides insight into how early experiences shape adult relationship patterns. Individuals with anxious or avoidant attachment styles are more prone to experiencing mixed emotions, including fear of abandonment paired with desire for closeness. This internal tug-of-war can complicate emotional expression and relationship satisfaction.

Managing Mixed Emotions: Strategies for Couples

Addressing mixed emotions constructively requires intentional strategies aimed at fostering understanding and emotional regulation.

Effective Communication

Open dialogue about conflicting feelings can reduce misunderstandings. Couples who articulate their ambivalence without blame create a safe space for emotional exploration. Techniques such as “I” statements and reflective listening promote empathy and clarity.

Emotional Awareness and Validation

Developing emotional intelligence helps partners recognize and accept their own mixed feelings without judgment. Validating each other’s experiences—even when they are ambivalent—builds trust and emotional safety.

Seeking Professional Support

Therapeutic interventions, such as couples counseling or individual therapy, can provide tools for navigating emotional complexity. Therapists often help couples identify patterns that contribute to ambivalence and develop healthier coping mechanisms.

The Impact of Mixed Emotions on Relationship Outcomes

Understanding the dual-edged nature of mixed emotions is essential for predicting relationship trajectories.

Positive Outcomes

When managed effectively, mixed emotions can deepen intimacy by encouraging honest self-expression and mutual understanding.

They can also foster growth by challenging partners to negotiate differences and build resilience.

Negative Consequences

Conversely, persistent unresolved ambivalence may erode relational trust and satisfaction. It can lead to emotional distancing, increased conflict, or eventual dissolution if partners are unable to reconcile their feelings.

Comparative Perspectives: Mixed Emotions Across Relationship Types

Mixed emotions are not exclusive to romantic relationships but also manifest in familial, platonic, and professional connections. However, the intensity and implications often differ.

1. **Romantic Relationships:** Ambivalence often involves intimacy and commitment concerns.
2. **Family Relationships:** Mixed emotions may stem from loyalty conflicts and generational differences.
3. **Friendships:** Feelings of closeness may coexist with jealousy or competition.
4. **Work Relationships:** Professional respect can be mixed with frustration or rivalry.

Recognizing these distinctions helps contextualize mixed emotions and tailor coping strategies accordingly.

Final Reflections on Emotional Complexity in Relationships

Mixed emotions in a relationship underscore the intricate interplay of human feelings. Embracing this complexity rather than seeking simplistic emotional clarity can promote more authentic and fulfilling connections. While navigating ambivalence can be challenging, it also offers opportunities for personal growth and relational depth. Ultimately, the ability to acknowledge and work through mixed emotions is a hallmark of mature and resilient partnerships.

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As technology continues to shape education, digital books will remain an integral part of modern learning environments. The ability to download ***Mixed Emotions In A Relationship*** reflects

an adaptive approach to education that prioritizes accessibility, efficiency, and learner empowerment. Digital literacy is now a critical skill.

In conclusion, the ability to download ***Mixed Emotions In A Relationship*** encapsulates the core benefits of digital education. Through accessibility, portability, interactivity, and ethical engagement with resources, learners gain powerful tools for academic success, professional growth, and personal development. Digital access ensures that knowledge remains dynamic, inclusive, and relevant in an increasingly digital world.

The Architecture of Ambivalence: Unraveling Mixed Emotions in Modern Relationships In the quiet hours before dawn, when the world still clings to the residue of sleep and the unspoken weight of the night, mixed emotions in relationships unfold like hidden fault lines beneath a surface of civility. They are not mere sentimentality; they are the psychological architecture of human connection forged in the crucible of history, economics, and evolving social structures. To understand mixed emotions—those contradictory waves of love and resentment, closeness and withdrawal, trust and doubt—is to confront the deepest tensions of intimacy in an age of unprecedented complexity. This is not a topic confined to personal journals or therapeutic conversations. It is a global phenomenon shaped by the interplay of post-industrial alienation, digital transformation, shifting gender roles, and the erosion of traditional stability. The emotional ambiguity that defines modern relationships reflects not personal failure, but a systemic reconfiguration of what it means to be emotionally sustained in a world of perpetual change. The roots of mixed emotions stretch deep into human psychology. Freud's early work on ambivalence—first in familial dynamics, later in love—anticipated a truth still unfully grasped: desire and dread

coexist in the heart of attachment. But today, this tension is amplified by forces beyond the individual psyche. The 21st century has witnessed a profound destabilization of the relational scaffolding that once provided clarity. Marriage, once a cornerstone of social order, has seen a steady decline in formal commitment across high-income nations—from the United States to Western Europe—while cohabitation, singlehood, and serial partnerships have risen. This structural shift has not erased emotional complexity; it has refracted it through new lenses. Economically, the precarity of labor markets, the gigification of work, and the erosion of job security mean that financial stress—once a private burden—now infiltrates every aspect of relational dynamics. A partner’s inability to meet economic expectations becomes not just a logistical issue, but a symbolic wound, triggering insecurities about worth, purpose, and future viability. The global financial crisis of 2008 and the subsequent austerity regimes redefined expectations of stability, breeding a pervasive sense of disempowerment that bleeds into personal relationships. When the promised security of career progression dissolves, emotional vulnerability intensifies—ambivalence becomes a survival language. Geopolitically, migration, conflict, and climate displacement have fractured communities and severed intergenerational continuity, reshaping familial narratives. In war-torn regions or among refugee populations, relationships are often formed in conditions of extreme duress—survival instincts override emotional clarity, yet connection persists as both anchor and contradiction. Even in stable societies, the normalization of mobility and digital interaction has redefined presence: a partner may be physically absent but emotionally present through screens, generating a paradoxical intimacy that is at once sustaining and alienating. The digital revolution has further complicated the emotional terrain. Social media platforms, designed to maximize connection, often deepen isolation through curated perfection and

performative vulnerability. The constant exposure to idealized relationships fosters a benchmark of unattainable harmony, making authentic emotional ambiguity feel like failure. Algorithms reward emotional extremes—outrage, longing, joy—while dampening the messy, evolving middle ground where real intimacy resides. The result is a generation raised on emotional dissonance, trained to oscillate between idealization and disillusionment, often without the tools to navigate it. From a clinical perspective, mixed emotions in relationships are not pathological—they are a normal, if underrecognized, response to modernity’s

Questions & Answers About mixed emotions in a relationship

No	Question	Answer
1	What are mixed emotions in a relationship?	Mixed emotions in a relationship refer to experiencing conflicting feelings simultaneously, such as love and frustration, happiness and doubt, or excitement and anxiety about the partner or the relationship itself.
2	Why do people experience mixed emotions in relationships?	People experience mixed emotions in relationships due to the complexity of human feelings, differing expectations, past experiences, communication issues, and the natural ups and downs that come with intimacy and vulnerability.
3	How can mixed emotions affect relationship communication?	Mixed emotions can lead to confusion, misunderstandings, or difficulty expressing true feelings, which may result in ineffective communication, increased conflicts, or emotional distance between partners.

4	What are healthy ways to cope with mixed emotions in a relationship?	Healthy ways to cope include open and honest communication, practicing empathy, seeking to understand each other's perspectives, taking time for self-reflection, and, if needed, consulting a therapist or counselor.
5	Can mixed emotions be a sign of relationship problems?	While mixed emotions are normal, persistent negative mixed feelings such as constant doubt, resentment, or ambivalence may indicate underlying relationship issues that need attention and resolution.
6	How can partners support each other when experiencing mixed emotions?	Partners can support each other by being patient, actively listening without judgment, validating each other's feelings, encouraging open dialogue, and working together to address concerns and strengthen their bond.

conflicted feelings, emotional turmoil, relationship uncertainty, love and doubt, emotional ambivalence, relationship confusion, mixed signals, emotional complexity, love-hate relationship, internal conflict

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Mixed Emotions In A Relationship eBooks integrate well with digital note-taking and productivity tools.

Mixed Emotions In A Relationship eBooks are frequently updated to reflect industry trends, ensuring learners stay relevant and informed.

Mixed Emotions In A Relationship eBooks are frequently referenced during planning and execution phases.

Mixed Emotions In A Relationship eBooks encourage self-directed learning by giving readers control over pacing, sequencing, and depth of exploration.

Mixed Emotions In A Relationship eBooks support self-paced learning.

Mixed Emotions In A Relationship eBooks reduce dependency on continuous internet access.

Mixed Emotions In A Relationship eBooks align with modern expectations for speed, accessibility, and usability.

The flexibility of Mixed Emotions In A Relationship eBooks allows learners to combine structured study with real-world experimentation.

Structure enhances clarity.

Mixed Emotions In A Relationship eBooks reduce time spent searching for reliable information.

Sharing and Collaboration

Sharing and collaboration are increasingly important aspects of how Mixed Emotions In A Relationship is used in modern digital

environments. Whether for academic study, professional projects, or group learning, the ability to share content responsibly and collaborate effectively enhances understanding and productivity. However, it is essential that sharing practices always comply with legal and ethical standards, particularly regarding copyright and licensing.

When sharing *Mixed Emotions In A Relationship* with peers, users should ensure that the copy being shared is legally permitted for distribution. Public domain works, open-access materials, or files explicitly licensed for sharing can be distributed freely. For paid or copyrighted editions, sharing should be limited to official links, publisher platforms, or access methods allowed by the license. Respecting copyright protects creators and ensures the continued availability of high-quality content.

Collaborative annotation is one of the most valuable features of digital documents. Using cloud-based PDF readers or note-sharing applications, multiple users can highlight text, add comments, and discuss specific sections of *Mixed Emotions In A Relationship* in real time or asynchronously. This approach is particularly effective for study groups, research teams, and classroom environments, where shared insights deepen comprehension and encourage critical discussion.

Cloud platforms enable version consistency across collaborators. When everyone accesses the same file stored online, updates and annotations remain synchronized, reducing confusion and duplication. Clear communication about annotation conventions—such as color coding or labeling comments—further improves collaboration and keeps discussions organized.

Best practices for collaborative use

To ensure smooth collaboration, users should define roles and expectations in advance. Establishing guidelines for who can edit, comment, or view the document prevents accidental changes or conflicts. Regular reviews of shared annotations help maintain clarity and ensure that discussions remain focused and productive.

Finding Updates

Staying informed about updates to *Mixed Emotions In A Relationship* is essential for users who rely on accurate and current information. Unlike printed books, digital editions can be revised and updated without requiring a full reprint. Publishers may release corrected versions, expanded content, or supplemental materials that enhance the value of the original work.

Checking official publisher websites is the most reliable way to find updates. Publishers often announce new editions, revisions, or errata directly on their platforms. Subscribing to newsletters or update notifications ensures that users are alerted when new versions become available.

Digital marketplaces and eBook platforms may also provide update notifications. Some services automatically update purchased digital copies, while others allow users to download revised editions manually. Understanding how a particular platform handles updates helps users maintain the most current version of *Mixed Emotions In A Relationship*.

In academic and professional contexts, using the latest edition is particularly important. Updated versions may include revised data, corrected errors, or new chapters that reflect recent developments. Relying on outdated information can lead to inaccuracies in research, teaching, or decision-making.

Managing multiple editions

When multiple editions of *Mixed Emotions In A Relationship* are available, proper version management becomes crucial. Clearly labeling files with edition numbers or publication dates prevents confusion and ensures that references remain consistent. Archiving older versions separately allows users to retain historical context without cluttering active working files.

Device Flexibility

One of the greatest advantages of digital *Mixed Emotions In A Relationship* is device flexibility. Users can access content across a wide range of devices, including smartphones, tablets, laptops, desktops, and dedicated e-readers. This flexibility supports learning and productivity in various environments, from classrooms and offices to travel and home settings.

Mobile devices offer convenience and portability, making it easy to read *Mixed Emotions In A Relationship* on the go. Tablets provide a larger screen for comfortable reading and annotation, while computers offer advanced tools for research, editing, and multitasking. Dedicated e-readers deliver a distraction-free experience with long battery life and eye-friendly displays.

Format compatibility plays a key role in device flexibility. PDFs are widely supported across platforms, ensuring consistent formatting. ePub formats adapt to different screen sizes and allow customizable text settings. If a device does not support a particular format, conversion tools can bridge the gap and enable access without sacrificing usability.

Synchronizing progress across devices enhances continuity. Cloud-based reading apps often track bookmarks, highlights, and notes, allowing users to resume reading exactly where they left off. This

seamless transition between devices improves efficiency and reduces friction in daily workflows.

Optimizing cross-device experiences

To maximize device flexibility, users should keep reading applications updated and ensure that files are properly synced. Testing Mixed Emotions In A Relationship on multiple devices helps identify formatting or compatibility issues early, preventing disruptions during critical use.

Security and access control across devices

Accessing Mixed Emotions In A Relationship on multiple devices also requires attention to security. Using secure accounts, strong passwords, and trusted networks protects files from unauthorized access. Logging out of shared or public devices prevents accidental exposure of personal or proprietary information.

Encryption and secure cloud storage further enhance protection. Many platforms offer built-in security features that safeguard files while allowing convenient access across devices. Understanding and configuring these options helps balance accessibility with data protection.

Collaborative learning across platforms

Device flexibility supports collaboration by allowing participants to contribute using their preferred hardware. A student on a tablet, a researcher on a laptop, and a reviewer on a smartphone can all engage with Mixed Emotions In A Relationship simultaneously. This inclusivity enhances participation and ensures that collaboration is not limited by device constraints.

Long-term usability and adaptability

As technology evolves, device flexibility ensures that Mixed

Emotions In A Relationship remains usable across new platforms and operating systems. Choosing widely supported formats and maintaining updated software extends the lifespan of digital content and protects long-term investments in learning and research materials.

Final thoughts on sharing, updates, and device flexibility of Mixed Emotions In A Relationship

Effective sharing and collaboration, awareness of updates, and flexible device access significantly enhance the value of Mixed Emotions In A Relationship. By sharing responsibly, collaborating thoughtfully, staying current with revisions, and leveraging cross-device compatibility, users can fully integrate Mixed Emotions In A Relationship into modern digital workflows. These practices support ethical use, accurate knowledge, and seamless access, making Mixed Emotions In A Relationship a powerful resource for individual and collective growth.