

# A Big Relationship Error

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## SUMMARY

*Judging others' behaviors based on our own standards is a common mistake in relationships, leading to self-absorption and misunderstanding. Instead of imposing our expectations on others, we should accept their individuality and approach their actions with compassion.*

- *Many people mistakenly judge others' actions through the lens of their own behavior.*
- *This judgmental attitude reflects self-absorption and a lack of understanding of others' unique experiences.*
- *Everyone has their own history, challenges, and mental health issues that influence their behavior.*
- *A healthier approach involves radically accepting others as they are.*
- *Letting go of expectations about how others should behave is crucial.*
- *Cultivating compassion for others' struggles, even if we can't fully understand them, is important for healthy relationships.*

one of the biggest mistakes I see people making in relationships all kinds of relationships is to judge the other person's behaviors or actions based on ours so we say things like I can't believe she would do that I would never do that or how could he treat me like that it's inconceivable for me to do that to any human being this is a fundamental error we make because in doing that we are in our own way being a

little bit self-absorbed and narcissistic because we are acting as if everyone should behave according to our standards not realizing that everyone comes with their own history with their own baggage with their own mental diseases or ill health or or anxieties they have their own issues we cannot base their behaviors on ours we cannot compare they're two different energy systems that have been in the making for decades so a better approach when you

don't understand another's behaviors or you're so hurt by another's behaviors is to number one radically accept that they are who they are number two let go of your expectations that they should be different number three try to have compassion that maybe they are struggling with something that you can't become compassionate about but it still exists right