



Care and consideration should come from both sides of a cracked relationship, writes TARNYA DAVIS.

IN THE Japanese tradition of kintsugi, broken vases are repaired using a gold inflected lacquer and displayed as precious works of art. The important reflection is that when something is broken or flawed, it isn't deemed worthless but instead in Japanese culture it holds its own special beauty.

Similarly, although the message in society is that relationships should always be easy, there is value in the relationship that is at times fractured but also able to be repaired.

Difficulties in our relationships are unavoidable, with minor offences caused at times without intent, and at times major ruptures as well to our trust and safety. Yet, the real skill of a relationship and our ability to connect is in our ability to repair.

Ruptures are inevitable, but it's our ability to notice, respond and repair that can determine the beauty of a relationship.

Repair can take different forms. It can be as simple as an apology. For some, an apology is difficult because of the vulnerability required in admitting a flaw themselves.

I have been working with a woman whose husband had an affair, which she feels she can manage to forgive. Yet, his inability to apologise or talk about or even acknowledge her pain feels too much to bear.

Similarly, the offended partner can sometimes learn to be vulnerable enough to consider the message their partner may be trying, with the best intentions, to send them.

Just as the size of the crack in the vase does not determine its value, so, too, it may not be the rupture itself but each partner's ability to repair the cracks that can determine the likelihood a vase will continue to not only function, but to be beautiful.