# Article information:

If You and Your Partner Can't Agree on This, It's Time to Break Up
<https://bestlifeonline.com/news-breakup-relationship/>

# Article summary:

1. Licensed clinical psychologist Andrea Bonior, PhD, explains that if you and your partner can't agree on what the problems are in the relationship, it may be time to break up.

2. Nancy Colier, LCSW, suggests letting go of assigning blame and instead focusing on naming the problems and being open about areas of the relationship that need work.

3. Amanda Lopez, a licensed marriage and family therapist, recommends self-control when arguing with your partner and focusing on their positive qualities.

# Article rating:

Appears well balanced: The article presents the information in a reliable and balanced way, without biases and prejudices. The claims made in the article are well supported and, where applicable, all sides of the argument are given opportunity to present their point of view. The article appears trustworthy and reliable.

# Article analysis:

The article is generally reliable and trustworthy as it provides insights from experts such as licensed clinical psychologist Andrea Bonior, PhD; Nancy Colier, LCSW; and Amanda Lopez, a licensed marriage and family therapist. The article does not appear to have any biases or one-sided reporting as it presents both sides of the argument equally. It also provides evidence for its claims by citing experts in the field who provide advice on how to approach disagreements in relationships. Additionally, there are no missing points of consideration or missing evidence for the claims made in the article.

The article does not appear to have any promotional content or partiality as it focuses solely on providing advice from experts on how to handle disagreements in relationships. Furthermore, possible risks are noted throughout the article such as resorting to name-calling during an argument which can damage a relationship's dynamic.

In conclusion, this article is reliable and trustworthy as it provides insights from experts in the field while avoiding any potential biases or one-sided reporting.

# Topics for further research:

* Healthy communication in relationships
* Conflict resolution strategies
* Dealing with anger in relationships
* Managing disagreements in relationships
* Relationship counseling
* Relationship advice from experts

# Report location:

<https://www.fullpicture.app/item/426d9f2135f2f23912c5afdc419a5481>