




# DATING & ROMANTIC RELATIONSHIPS GUIDE

This guide explores Relationships & Dating through advice from adults in the MPS community, focusing on friendships, emotional well-being, and romantic relationships. It also includes insights on reproductive health, based on questions asked to three members of the MPS community.


## Meet the Community Voices

**Eloise** | MPS IVa  
 United Kingdom

**Ella** | MPS IVa  
 United Kingdom

**Niklas** | MPS II  
 Switzerland

## 1. Dating & Relationships

 What has your experience of dating with MPS been like?	
<b>Eloise</b>	I've found that conversations often start naturally through practical needs and develop over time. Openness and curiosity from others have helped build trust.
<b>Ella</b>	In my experience, conversations usually begin in a practical way and then gradually deepen as trust builds through openness and mutual understanding.
<b>Niklas</b>	I approach dating with honesty and confidence. I believe that being open about my MPS from the beginning is essential.

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**"Conversations often begin through practical needs and naturally develop over time."**

*-Eloise / Ella*



**Did you find it difficult to talk about your condition with someone you were interested in?**

<b>Eloise</b>	I haven't found it difficult, as it often comes up naturally.
<b>Ella</b>	I've had a similar experience — it tends to unfold gradually in conversation.
<b>Niklas</b>	I don't find it difficult. I'm open about my condition from early on in relationships.



**How do you approach conversations about MPS early on in a relationship?**

<b>Eloise</b>	I usually explain it more deeply only if I'm asked, after an initial natural conversation.
<b>Ella</b>	I start with practical context and then share more when it feels appropriate.
<b>Niklas</b>	I'm direct and open from the start, as I value transparency.

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## What qualities do you look for in a partner, and why?

<b>Eloise</b>	I look for loyalty, empathy, understanding, and someone who looks beyond physical appearance. I also need a partner who is supportive of my physical assistance needs.
<b>Ella</b>	I look for empathy, loyalty, understanding, and practical support, as well as acceptance.
<b>Niklas</b>	For me, acceptance is the most important quality, along with someone who understands MPS without unrealistic expectations



## What advice would you give to someone with MPS who feels nervous about dating?

<b>Eloise</b>	I would say don't fear dating. If someone dismisses you because of disability, they're not the right person.
<b>Ella</b>	I feel the same — don't fear dating, and remember that rejection is not a reflection of your worth.
<b>Niklas</b>	I would say be open, communicate honestly, and trust that the right person will come along.

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## How do you balance independence and support in a relationship?

<b>Eloise</b>	I balance independence and support through mutual care, shared values, and practical adjustments.
<b>Ella</b>	I do this through mutual care, shared interests, and thoughtful adjustments.
<b>Niklas</b>	I'm highly independent, so balance in this area hasn't been a challenge for me.

## 2. Emotional Well-being



## How has MPS affected your self-confidence or self-image in relationships?

<b>Eloise</b>	At first, I thought relationships might not be possible for me, but a supportive relationship helped improve my self-worth.
<b>Ella</b>	I've had a similar experience — early self-doubt has improved through relationships.
<b>Niklas</b>	MPS has not negatively affected my self-confidence.

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**What strategies have helped you deal with rejection or misunderstanding?**

<b>Eloise</b>	I focus on self-care, hobbies, and personal interests.
<b>Ella</b>	I do the same — self-care and activities that fulfil me help a lot.
<b>Niklas</b>	I stay optimistic and trust that the right person will come along.



**How do you look after your emotional health when friendships or relationships are difficult?**

<b>Eloise</b>	I focus on hobbies and personal interests to support my emotional well-being.
<b>Ella</b>	I rely on grounding myself through hobbies and self-care.





**What has helped you build resilience and self-worth?**


<b>Eloise</b>	Supportive relationships and better self-understanding have helped me build resilience.
<b>Ella</b>	Personal growth and supportive relationships have been key for me.
<b>Niklas</b>	Open communication has helped me build resilience, especially through my marriage.

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## 3. Advice for Others

 What do you wish others understood better about being in a relationship with someone with MPS?	
<b>Eloise</b>	I wish people understood that relationships are not a burden and that people with MPS can have normal, fulfilling relationships.
<b>Ella</b>	I do the same — self-care and activities that fulfil me help a lot.
<b>Niklas</b>	I believe relationships with MPS are simply relationships.

 What's one piece of advice you would give to younger people with MPS about relationships?	
<b>Eloise</b>	I would say build your self-worth, understand your options, and take opportunities as they come.
<b>Ella</b>	I would say don't fear dating and remember that rejection is not your worth.
<b>Niklas</b>	I would say communicate openly and honestly.

 Can you share a positive experience or success story?	
<b>Niklas</b>	I've been married for four years, and it has been a successful and fulfilling relationship.

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## 4. Reproductive & Sexual Health



**What information or resources would you have liked when you were younger?**

<b>Eloise</b>	I would have liked more tailored information on menstruation, smear tests, intimacy, and body differences.
<b>Ella</b>	I felt there was a lack of accessible, tailored information as well.



**How do you feel about sexual health discussions with professionals?**

<b>Eloise</b>	I find it depends on the professional — respectful and informed ones make it much easier.
<b>Ella</b>	I've had a similar experience — good healthcare professionals make a big difference.



**What advice about intimacy and sexual health would you give?**

<b>Eloise</b>	I've learned that intimacy may require adaptations, and penetrative sex is not the only option.
<b>Ella</b>	I agree — adaptations and alternatives are completely valid.
<b>Niklas</b>	I believe communication, patience, and exploring options without pressure are important.

## 5. Family Planning & Genetic Counselling



### How do you approach family planning?

<b>Eloise</b>	I identify as childfree, based on personal choice and physical factors.
<b>Ella</b>	I'm also childfree, for both personal and physical reasons.
<b>Niklas</b>	I approach family planning through open discussions early in relationships, guided by medical advice.



### What about genetic counselling?

<b>Eloise</b>	I think genetic counselling is very important, although access can be difficult.
<b>Ella</b>	I also see it as important, especially for rare conditions.
<b>Niklas</b>	I see it as essential, and I attended sessions together with my wife for clarity and shared decision-making.



**"People should make decisions based on what feels right for them."**

*-Niklas*



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## What advice would you give about parenthood?

<b>Eloise</b>	I believe parenthood is a choice, and alternatives like adoption or fostering are valid.
<b>Ella</b>	I agree — I think it's important to explore all options if parenthood is something someone wants.
<b>Niklas</b>	I believe decisions should be based on what feels right personally, not external expectations.



**Relationships are not defined by  
MPS — they are defined by  
honesty, connection, and mutual  
understanding.**



## Closing Statement

These reflections from adults in the MPS community show that while experiences may differ, honesty, communication, and self-acceptance are central to building relationships. Their voices highlight that connection and understanding matter more than diagnosis, and that meaningful relationships are possible in many forms.