

A woman with long dark hair, wearing a long, flowing blue dress, stands in a field at sunset. She is looking to the left, and her hair is blowing in the wind. The background shows a line of trees and hills under a warm, golden sky. A pink rectangular box is overlaid on the right side of the image, containing the title text.

10 Things Alpha Women Need In A Relationship

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Alpha women portray strength of mind and independence in every sense of the word. Accustomed to taking charge, they can intimidate some people. Alpha women are confident and ambitious and unafraid to tell people what is what. That kind of power can be off-putting for some partners who are either overly competitive with the Alpha woman or too submissive. So how can a true Alpha woman maintain a strong and healthy relationship?

10 THINGS ALPHA WOMEN NEED IN A RELATIONSHIP:

1. THEY NEED TO BE CHALLENGED

A partner to an Alpha woman needs to be able to hold his own. The Alpha woman needs someone to compete with, yet someone who is secure enough in their abilities to be gracious in victory and a good sport in defeat.

2. THEY NEED TRUST

They need to know that what they tell you in confidence will stay in that relationship vault. An Alpha woman needs to feel the allowance to be vulnerable and let their guard down once in a while. They need to trust someone not to stab them in the back for personal gain.

3. THEY NEED RESPECT

The Alpha woman needs her partner to respect her decisions and not second-guess them at every turn. It is okay to challenge her before the decision is made, but not afterward. She needs her space and boundaries respected as well. This includes not being lied to for whatever reason. She respects someone who doesn't belittle her when she is angry or put her on a pedestal she will fall off of eventually.

4. THEY NEED THEIR INDEPENDENCE

They need to be able to enjoy their personal passions and their friends. Alpha women don't need a clingy person who can't survive for a few hours without them. They want someone like them who also has a life outside of the relationship.

5. THEY NEED SOMEONE WHO CAN KEEP UP

Alpha women have things they have to do and they know no one is going to do those things for them. They are moving at a high speed, time-efficient and booked solid almost 24/7. Someone who can hang with them and their high-pressure, high-intensity environment is what they are looking for.

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6. THEY NEED AN EQUAL PARTNER

Someone who is an equal partner; someone who carries their own weight in the relationship – this is who Alpha women will respect. They need someone who has their own opinions, and who has their ego in a healthy place. In other words, they need someone to walk with them, not behind them or in front of them. Their partner doesn't need to have the same opinions, hobbies, or friends as they do. Alpha women respect a partner who is a complete and self-sufficient person on their own.

7. THEY NEED TO LAUGH

Like many people, Alpha women love someone who can make them laugh and lighten the mood in their often stressful and high-pressure lives. They need someone who can bring a smile to their face, who can tease them and be teased in return without hurt feelings on either side.

8. THEY NEED TO BE CALLED OUT WHEN NECESSARY

This one is challenging, but Alpha women need someone who is strong and secure enough to call them out on their bullsh*t. Someone to remind them that they are not perfect and that they can, in fact, make mistakes from time to time. Everyone needs their ego checked occasionally, and the Alpha woman is no exception. **Their power and personality makes it necessary to have someone who will reign them in a bit when they go off the rails.**

9. THEY NEED SOMEONE WHO IS INFORMED

In order to be all of these things, a partner of an Alpha woman should be informed about things from current events to esoteric knowledge. They need to be able to have an intelligent conversation with the Alpha woman and express ideas on her level. In the age of social media and information bubbles, it is important for the partner of an Alpha woman to have a well-tuned bullsh*t detector.

10. THEY NEED SOMEONE WITH TACT

Most importantly, they need someone with tact, someone who knows when to have that intense talk about something important and when to let it go. They need someone who can handle their moods and emotions without ruffling feathers. **An Alpha woman needs someone who is thoughtful and sensitive enough to pick up on how she is feeling and broach difficult subjects in private.**