

Healthy Relationships

Relationships provide some of our most joyful and painful experiences, yet most of us would be unable to exist without them.

Further complicating relationships is the fact that the demands of everyday life often contribute to the development of unhealthy patterns of behavior toward those we love.

So, take a few moments to review our tips for a healthy relationship. As you consider them, think about how it would feel to have your partner follow these tips. Then, consider sharing the tips with your partner and making a mutual commitment to practice them.

And remember...
the little things count!

- 👉 Set time aside on a weekly basis to talk and spend time together.
- 👉 Cuddle.
- 👉 Look at old pictures together, especially those of fun times.
- 👉 Hold hands.
- 👉 Laugh and play together.
- 👉 Demonstrate affection in words and deeds.

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Employee Assistance Program

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Tips for a Healthy Relationship

Effectively Communicate

- 👉 Don't just talk ... *Remember to Listen.*
- 👉 Let your partner talk without interruptions.
- 👉 State your needs, feelings and thoughts clearly, not aggressively.
- 👉 Name calling or blaming is ineffective. Attack the problem, not the person.
- 👉 Frame your statements the same way you would like your partner to speak to you.
- 👉 Don't discuss personal issues in public.

Respect Your Partner

- 👉 Remember your partner's feelings; never say anything meant only to hurt.
- 👉 Admit when you are wrong and apologize.
- 👉 Don't let the familiarity of your relationship lull you into taking your partner for granted.
- 👉 Make joint decisions that respect your partner's opinion, even when it differs from yours.
- 👉 Show interest in what your partner values.
- 👉 Openly support and stick up for your partner.

Resolve Conflict

- 👉 Focus on solutions, not problems.
- 👉 Discuss issues when neither of you is angry, tired or distracted.
- 👉 Put the past behind you. You cannot change it but you can learn from it.
- 👉 Discuss the good with the bad.
- 👉 Try to end on a positive note.