 TriHealth

Healthy Relationships

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We provide:

- Assessment
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- Work/life services
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Definition of a Relationship:

- A state of connectedness between people that consists of affection, communication, and mutual understanding
- A central component of the human experience, as we are emotionally interdependent with others
- The way that we satisfy our inherent needs for belonging and emotional attachment
- Positive connections that convey comfort, cheer, solace, and humor in our lives




What Makes a Healthy Relationship?

- Friendship and Respect
- Intimacy
- Commitment and Trust
- Good Communication
- Conflict Resolution
- Shared Time Together
- Interdependence





1. Friendship and Respect


- A foundation of genuine affection and enjoyment for each other
- Knowing each other's habits, likes, dislikes, personal quirks, and hopes and dreams
- Enjoying each other's company, conversation, interests, stories, sense of humor, and silence
- Developing rituals, vocabulary, and habits, that are unique to the relationship and express affection for each other
- Even in the heat of an argument, not forgetting the affection towards the other person



"Friendship is Born at that Moment When One Person Says to Another: "You Too? I thought I was the Only One."



-- C. S. Lewis



2. Intimacy

- Feeling emotionally connected with each other
- Talking honestly about each other's beliefs and values, in order to grow closer
- Having a shared meaning for the relationship
- Being able to be yourself around the other, with no awkwardness or pretensions
- It can be intensely felt, through passion, or subtly, through shared jokes, or in finishing each other's sentences



The Seven Levels of Intimacy

1. Clichés
2. Facts
3. Opinions
4. Hopes and Dreams
5. Feelings
6. Faults, Fears, and Failures
7. Legitimate Needs



Intimacy

- The challenge in developing intimacy is being vulnerable to another person and risking rejection.
- It is a process of acceptance and growing closer, of accepting each person's differences
- At the deepest intimacy, we can reveal our fears without fear of judgement.
- As the deepest needs are shared, each person is able to accept the gift of being loved.



The Key Components of Active Listening

Acknowledging and validating the other person

- Listening starts with genuinely listening without interruption
- Being patient that the person needs to say the information "their way" and may not always "just get to the point." interruption
- Listening for their point of view, and why they feel the way they feel, instead of rushing to "refute their argument"

Intuitive Listening

- Listening for the person's cultural values & beliefs
- Finding the commonalities
- Asking further questions to clarify



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5. Conflict Resolution Skills

- Understanding that conflict is a natural and normal part of all relationships.
- There is a shared style of addressing and resolving conflicts in a constructive way
- Openly discussing issues that are painful, difficult, or contentious in way that strengthens the relationship
- Choosing the battles: distinguishing between "solvable" and "unsolvable" problems
- Use of "fair fighting techniques" when in conflict



Rules of "Fair Fighting"

- Using "soft start-ups," easing into the issue rather than attacking
- Choosing one issue at a time
- Making "I statements"
- Avoiding exaggerations
- Not "keeping score"
- Being careful not to bring others into the argument
- Trying to understand the other person's view
- Not attacking or berating the other person
- Working towards a solution, including compromise
- Agree to a code word for a time out



Rules of "Fair Fighting"

TECHNIQUE	ORIGINAL COMMENT	RENOVATED COMMENT
I STATEMENT	"You're always interrupting me! I really hate that!"	"When you interrupt me, I feel disrespected, like my thoughts don't matter."
	"You're so selfish!"	"When you take the last doughnut without asking first, I feel ignored . . . and hungry!"
REFRAMING	"You have a real attitude problem."	"You seem very unhappy with this situation right now."
	"You're a real control freak."	It seems like it's very important to you that I do things your way."
SELF DISCLOSURE	"You're always interrupting me! I really hate that!"	"I sometimes interrupt people a lot, and I know I have to watch that in myself."
OPEN-ENDED QUESTIONS	"Do you understand what I'm saying?"	Could you tell me what you understood regarding what I was saying?"

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6. Shared Time Together

- Pursuing shared interests and activities together
- Shared time includes a hobby, organization, sport, or activity that you both have in common, "alone time" to enjoy each other's company, and/or a partnership in an activity.
- Shared time can be date nights or outside activities, or they can be low-key activities like running errands together, doing chores together, watching movies at home, or taking walks together.



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7. Interdependence

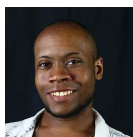
- A good relationship has "wings" as well as "roots," in order to give new experiences and opportunities to grow
- Interests independent of the partner allows each person to keep their identity in a relationship
- When one person continues to cultivate their own friends, family, and social activities, they are freeing the other person to pursue theirs .
- That allows each individual to bring self-fulfillment, and bring excitement and energy back home to the relationship.



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Our Relationship With Ourselves

- There are needs only we can fill in ourselves, such as self-esteem, inner peace and self-satisfaction.
- Because relationships are emotionally demanding, we need to be well-equipped with strong feelings of self-worth, an ability to give emotionally.
- The best way to be in an emotionally healthy relationship is to be equally secure, balanced, and open to intimacy.
- Tools like meditation, counseling, self-help materials and feedback can help us strengthen our relationship with ourselves.



A Support Network

- A cultivated network friendships, colleagues, acquaintances, and social groups
- It brings interests, excitement and different viewpoints into our primary relationship
- It imparts the secure feeling that we belong to a community of people who value us.
- It allows us a fertile ground in which to share, increasing our joys and dividing our sorrows.
- It helps us cope with the problems of daily life and in going through difficult life transitions.



Ten Steps to Nurturing a Relationship

1. Establish common goals.
2. Set aside time to discuss your goals in the relationship, and re-evaluate them regularly.
3. Remember that sexuality is an important part of a relationship, but it is not the only way to express affection and intimacy.



Ten Steps to Nurturing a Relationship

- 4. Explore new interests and activities with each other.
- 5. Schedule "date nights" to reconnect.
- 6. Schedule "fights," rather than letting them erupt.

- 7. Remember how important playfulness is to a relationship, and to intimacy. Laugh together at least once a day.



Ten Steps to Nurturing a Relationship

- 8. Not giving up in the face of major challenges.
- 9. Keeping the romance and excitement in the relationship.
- 10. Obtaining marital counseling at any early signs of problems.



Conclusion

With knowledge and understanding we can strengthen the quality of our relationship.