

RELATIONSHIPS

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How Does Your Relationship Rate?

- I feel that my partner treats me with respect.
- We do not physically hurt or physically threaten one another.
- Our conflicts do not include insults, name-calling or verbal abuse.
- Problems do not divide us or pit us against each other.
- When we talk, I feel listened to and understood.

Can you answer “yes” to all of these questions? If not, maybe you should consider talking about your relationship to an experienced, professional counselor at StressCare Behavioral Health EAP.

Relationship Tips

- **Be faithful.**
- **Forgive each other.**
- **Think before you speak.**
- **Schedule a weekly or monthly “date”.**
- **Find things you enjoy doing together.**

STAYING TOGETHER

Talk - Listen - Compromise

All couples have arguments. The main conflicts jeopardizing relationships revolve around money, physical intimacy, parenting, and in-laws. **But why are some couples able to work through these conflicts while others can be potentially torn apart?** There are many answers, but one way that successful couples deal with their differences is through a combination of honest expression, clear communication and compromise.

TALK OPENLY

In the first stages of romance, we are caught up in the euphoria of early love. We think our partner can do no wrong. Over time however, reality sets in and each person realizes that our views or habits are different from the other’s. This may be hard to accept, but **learning to talk about these differences openly, without accusation or blame, can be productive.**

COMMUNICATE CLEARLY

Practice clear communication. Instead of jumping to conclusions about what you thought you heard, repeat back what your partner just said to be sure you really understood it.

Use “I” statements instead of “You” statements, which sound accusatory. **Focus on your feelings, rather than what the other person did. No one can argue with your feelings.** Avoid asking “why” questions, which also sound accusatory and can put your partner on the defensive.

LEARN TO COMPROMISE

Through clear communication, you can establish what is or is not important to you and your partner, and then decide on compromises accordingly. **In a healthy relationship, both partners are able to compromise some of the time.**

Source: Parley International,
Kopy Kit-Reproducible Resources

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