



HEALTHY RELATIONSHIPS

Relationships are a necessary part of healthy living, but there is no such thing as a perfect relationship. Relationships, from acquaintances to romances, have the potential to enrich our lives and add to our enjoyment of life. However, these same relationships can cause discomfort, and sometimes even cause harm. Each relationship takes work and is most likely a combination of both healthy and unhealthy characteristics. However, unhealthy relationships will exhibit negative characteristics more frequently and cause you stress and pressure that is hard to avoid. This tension is unhealthy for both members of the relationship and may lead to problems in other areas of your life.

While in a healthy relationship you:

- Take care of yourself and have good self-esteem independent of your relationship
- Maintain and respect each other's individuality
- Maintain relationships with friends and family
- Have activities apart from one another
- Are able to express yourselves to one another without fear of consequences
- Are able to feel secure and comfortable
- Allow and encourage other relationships
- Take interest in one another's activities
- Do not worry about violence in the relationship
- Trust each other and be honest with each other
- Have the option of privacy
- Have respect for sexual boundaries
- Resolve conflict fairly.

While in an unhealthy relationship you:

- Put one person before the other by neglecting yourself or your partner
- Feel pressure to change who you are
- Feel worried when you try to disagree
- Feel pressure to quit activities you enjoy
- Pressure the other person into agreeing with you
- Notice one of you has to justify your actions
- Have a lack of privacy
- Notice arguments are not settled fairly
- Experience yelling or physical violence
- Attempt to control or manipulate each other
- Notice your partner attempts to control you
- Do not make time to spend with one another
- Have no common friends
- Have a lack of respect
- Notice an unequal control of resources

If you think your relationship is unhealthy, it is important for you to consider your safety now. Even though you cannot change your partner, you can make changes in your own life to stay safe. Consider leaving your partner before the abuse gets worse. You have options to help you.



CAPSA 308 W. 1000 N . Logan 435-753-2500

National Domestic Violence Hotline 1-800-799-7233



Just because a relationship ends doesn't mean two people have stopped loving each other. It only means they have stopped hurting each other.



RELATIONSHIP BUILDING ACTIVITIES

Schedule Fun

Make a list of 15 activities that you enjoy engaging in with your significant other. Make sure some of the activities cost little to no money. Exchange lists. Put some of these activities into your schedule.

Encouragement Lists

Both you and your significant other make a list of 10 things the other person can do to encourage you. Exchange lists. Consistently do what's on their list.

Question Jar

Put some relationship building questions in a jar, pick a question, and answer that question. Sign up for our newsletter and you will receive a free PDF of 50 of our favorite questions so you can make your own jar.

Exercise Together

As the saying goes, "a couple that works out together, stays together." Actually, I don't know if this is true, but what I do know is that exercise is great for your mindset and sense of wellbeing – traits that are part of a healthy relationship.

Learn about Healthy Relationships

You can read books on the subject together. You can attend a weekend retreat. You can see a counselor for a relational check up. Opportunities to learn about having a healthy relationship abound if you look for them.

Admiration Lists

Write down 15 things you admire, appreciate, or are thankful for related to your spouse. Write down the details. Exchange lists.

Set Goals Together

You can start by setting goals for the next 6 months together in 7 different life areas: health, social, intellectual, spiritual, financial, family, and career. Agree upon one goal in each area. Post these goals on your fridge.

Volunteer

Find a cause you both believe in and schedule time to serve. This could be through your church or a local charity. Getting your eyes off yourself and onto the needs of others is always a good thing.

Make a Budget

Yes, this can actually build your marriage. If you aren't married, then do a mock budget. To have a successful budget requires BOTH individuals. Creating a budget and sticking to it requires teamwork at a whole new level.