Differences in thoughts, feelings, values are accepted, respected and valued.

Accept Differences

Accept Differences

Embrace Change

Personal change makes relationship interesting & supports partner’s growth.

Maturity

Times of distance, irritation, trouble are opportunities to grow.

Curiosity

Interest in partner’s job, activities, quality of life.

Special

Unique connection not ruled by views of others.

WE-ness

See yourself as part of a couple, with shared goals, values, interests.

Shared Time

Share work & play activities, thoughts, feelings, emotions.

Shared Power

Equal say in the relationship.

Commitment

Commit to care about your partner, relationship, yourself.

Positive Fighting

Build skills to positively negotiate through disagreements.

Intimacy

Express emotional warmth, connectedness, unconditional love in words & actions with openness and integrity.

Trust

Confidence in reliability of your partner & yourself.

Personal Time

Independence & privacy.

Humor & Fun

Room for nurturing & comfortable fun, playfulness, humor.

Consume Mate Love

Intimacy + Passion + Commitment

Romantic Love

Passion + Intimacy

Fatuous Love

Passion + Commitment

Empty Love

Commitment

Liking

Intimacy

Communicate

Speak up assertively. Listen carefully, empathically, nonjudgmentally. Resolve & learn instead of avoiding conflicts.

Intimacy

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Intimacy

Express emotional warmth, connectedness, unconditional love in words & actions with openness and integrity.

Intimacy

Confidence in reliability of your partner & yourself.

Intimacy

Independence & privacy.

Intimacy

Share work & play activities, thoughts, feelings, emotions.

Intimacy

Unique connection not ruled by views of others.

Intimacy

Room for nurturing & comfortable fun, playfulness, humor.
Unhealthy Relationships

Emotional / Psychological
Jealousy, possessiveness, controlling, verbal put-downs, name-calling, criticism, intimidation, threats

Physical
Pushing, shoving, slapping, pulling hair, hitting, punching, threatening with weapons, physically confining

Sexual
Any sexual relations without consent, touching, humiliating sexual activity, coercion, rape.

Substance
Substance abuse alters consciousness. You are dealing with the substance, not your partner when under influence

Maladaptive Communication

Criticism
Verbally attacking personality or character

Contempt
Attacking sense of self with an intent to insult or abuse.

Defensiveness
Victimizing yourself to ward off a perceived attack & reverse the blame.

Stonewalling
Withdrawing to avoid conflict & coney disapproval, distance, & separation

IF THIS SOUNDS FAMILIAR, YOUR RELATIONSHIP MAY BE UNHEALTHY OR ABUSIVE. TALK TO SOMEONE TO HELP YOU DECIDE.

FOR QUESTIONS ABOUT HEALTHY RELATIONSHIPS, OR TO SCHEDULE AN APPOINTMENT WITH A COUNSELOR, CALL COUNSELING & PSYCHOLOGICAL SERVICES 858-534-3755.