

Mental Health Moment

Presented by the Counseling Department

Healthy Relationships

Teen Dating Violence Awareness Month

TRAITS OF A HEALTHY RELATIONSHIP

by Michelle Farris, LMFT

1 BALANCING THE NEEDS OF THE RELATIONSHIP WITH THE NEEDS FOR SELF-CARE

2 A WILLINGNESS TO COMMUNICATE WITHOUT BLAME AND STICK TO THE POINT

3 KNOWS WHEN TO TALK THINGS OUT AND WHEN TO WAIT UNTIL A BETTER TIME

4 PHYSICAL TOUCH AND AFFECTION THAT IS MUTUALLY ENJOYABLE

5 ABLE TO EXPRESS ANGER ASSERTIVELY WITHOUT BLAME OR MAKING THE OTHER PERSON WRONG

6 KNOW WHEN IT'S TIME TO SEEK OUTSIDE HELP

7 SUPPORT EACH OTHER WITHOUT HAVING TO FIX IT OR AGREE

8 RESPECT DIFFERENCES WITHOUT EXPRESSING JUDGMENT

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Did you know?

- * Having a healthy relationship can help you grow as you learn appropriate social skills with others including parents, peers, and teachers.
- * Relationships teach you about emotions, coping skills, and develops your emotional intelligence.
- * All teens find value in relationships as they enjoy intimacy, closeness, and time spent with their chosen person.
- * It is perfectly normal not to engage in romantic relationships in high school.
- * Relationship violence, anger, jealousy, and other toxic behaviors are not healthy aspects of a relationship

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EMOTIONAL INTELLIGENCE
ALLOWS US TO
RESPOND
INSTEAD OF REACT.

#hold

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Navigating Teen Life: Healthy Relationships:

https://youtu.be/yI_W5H6O4CY

HOW TO SPEAK LOVE LANGUAGE

WHICH LOVE LANGUAGE?	HOW TO COMMUNICATE	ACTIONS TO TAKE	THINGS TO AVOID
 WORDS OF AFFIRMATION	Encourage, affirm, appreciate, empathize. Listen actively.	Send an unexpected note, text, or card. Encourage genuinely and often.	Non-constructive criticism, not recognizing or appreciating effort.
 PHYSICAL TOUCH	Non-verbal - use body language and touch to emphasize love.	Hug, kiss, hold hands, show physical affection regularly. Make intimacy a thoughtful priority.	Physical neglect, long stints without intimacy, receiving affection coldly.
 RECEIVING GIFTS	Thoughtfulness, make your spouse a priority, speak purposefully.	Give thoughtful gifts and gestures. Small things matter in a big way. Express gratitude when receiving a gift.	Forgetting special occasions, unenthusiastic gift receiving.
 QUALITY TIME	Uninterrupted and focused conversations. One-on-one time is critical.	Create special moments together, take walks and do small things with your spouse. Weekend getaways are huge.	Distractions when spending time together. Long stints without one-on-one time.
 ACTS OF SERVICE	Use action phrases like "I'll help...". They want to know you're with them, partnered with them.	Do chores together or make them breakfast in bed. Go out of your way to help alleviate their daily workload.	Making the requests of others a higher priority, lacking follow-through on tasks big and small.



Sources: Dating Abuse Resources for Teens. (2019, April 12). Retrieved January 27, 2020, from <https://www.thehotline.org/2013/02/25/dating-abuse-resources-for-teens/> Office of Adolescent Health. (2019, March 25). Healthy Dating Relationships in Adolescence. Retrieved January 24, 2020, from <https://www.hhs.gov/ash/oah/adolescent-development/healthyrelationships/dating/index.html>

HOW TO SET HEALTHY BOUNDARIES

1.

**LET GO OF THE GUILT,
IT'S OKAY TO DO LESS.**

2.

**SAYING NO HELPS YOU
GET YOUR TIME BACK.**

3.

**KNOW WHAT YOU WANT
AND ASK FOR IT.**

4.

**LET OTHERS TAKE
CARE OF THEMSELVES.**

5.

**DON'T MAKE OTHERS
RESPONSIBLE FOR
YOUR HAPPINESS.**

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HEALTHY VS. UNHEALTHY RELATIONSHIPS



Healthy Love

- Allows for individuality
- Brings out partners' best qualities
- Accepts endings
- Experiences openness to change
- Invites growth in the partner
- Experiences true intimacy
- Finds pleasure in giving & receiving
- Does not try to change partner
- Does not try to control partner
- Accepts limitations of self & partner
- Does not seek unconditional love
- Has individual high self-esteem
- Trusts the memory of the partner
- Expresses feelings spontaneously
- Welcomes affection & closeness
- Believes in equality

Unhealthy Love

- Feelings consumed in the relationship
- Extremely afraid to let go
- Excessive fear of risk or change
- Little individual growth
- Few truly intimate experiences
- Playing mind games
- Trying to get something by giving
- Trying to change people
- Needing others to feel secure & happy
- Refusing to commit
- Repeatedly experience of negative feelings
- Being afraid of affection & closeness
- Cares with excessive detachment
- Frequent playing of "power games"
- Looking to others for self-worth

♡ "Soul-mates are people who bring out the best in you. They are not perfect but they are always perfect for you." - Unknown ♡

FRIENDSHIPS

Healthy

- ✓ Supportive
- ✓ Stands behind you
- ✓ Encourages you to grow
- ✓ Pushes you outside of your comfort zone
- ✓ Transparent and Honest

Unhealthy

- ✗ Blindly supportive
- ✗ Fights your battles for you
- ✗ Criticizes or judges
- ✗ Pressures you to do something you don't want to do
- ✗ Manipulative and Deceitful

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