

MAKING RELATIONSHIPS STRONGER!

Treasure your relationships, not your possessions... Anthony J. D'Angelo

WHAT TO KNOW!

- ❖ Relationships are like investments; the more you put into it, the more you get out of it
- ❖ A good relationship improves your outlook on life and can improve your health
- ❖ The foundation of healthy, working relationships is mutual trust and respect (MT&R)
- ❖ A hallmark of good relationships is the ability to overcome conflict and not be afraid to discuss issues without fear of retaliation or needing to be right
- ❖ Avoid needing to win in relationships as having a winner also means having a loser
- ❖ Direct and honest communication is critical so that fears, needs, angers, and misunderstandings can be expressed to build trust and strengthen bonds
- ❖ Bonds can also be strengthened through nonverbal cues such as body language, eye contact, touching, and facial expressions
- ❖ Spending time together on a regular basis, finding enjoyable activities to do together, and having adventures together keep relationships exciting and interesting
- ❖ It's important to maintain independent identities and interests to bring stimulation into the relationship since no one can meet all their partner's needs
- ❖ In your relationship, practice honesty, communication, trust, respect, compromise, forgiveness, and patience
- ❖ View yourselves as a team working and living together and blending your differences into the relationship
- ❖ Work hard in maintaining closeness and intimacy; do not confuse sex with love or with everything being ok
- ❖ Some relationships go stale when people do not remain engaged with each other and take each other for granted
- ❖ Apologies can go a long way as they are a recognition that your partner's feelings have been hurt and that you take responsibility for your words and actions
- ❖ If fights do occur, fight fairly and don't try to hurt your partner; accept responsibility for your part, admit when you are wrong, and search for a compromise
- ❖ Use I-statements to express your thoughts and opinions rather than you-statements which blames your partner and creates defensiveness
- ❖ Work to make each other better people
- ❖ Surround yourselves with others who have good relationships
- ❖ Changes will occur over time inside or outside the relationship and deciding how to meet these changes together will enhance the relationship

WHAT TO DO!

- ❖ Recognize that relationships involve teamwork and need to be built with patience, perseverance, trust, respect, and honest communication
- ❖ Be willing to negotiate and compromise on your wants and needs
- ❖ Do not expect your partner to meet all your needs; maintain your own identity
- ❖ Try to see things from your partner's point of view for a win-win outcome
- ❖ Be willing to forgive your partner...and your self
- ❖ Maintain intimacy, sexual activity, adventure, and spontaneity in your relationship
- ❖ Work to bring out the best in yourself and your partner
- ❖ Seek professional help early if you have relationship problems that you cannot resolve

WE CAN HELP!

Call us at **954 755-2885** or email us at [**DrKimmel@KimmelPsychology.com**](mailto:DrKimmel@KimmelPsychology.com)

Joel I. Kimmel, Ph.D. P.A. and Associates
5571 N University Drive, Suite 101
Coral Springs FL 33067