

# THE IMPORTANCE OF RELATIONSHIPS!

*No man is an island, entire of itself...John Donne*

## WHAT TO KNOW!

- ❖ Relationships allow us to identify who we are and who we want to be as we receive feedback from others about ourselves
- ❖ Having a strong social network is a buffer against both physical and mental illness
- ❖ Relationships can vary from being casual to being very deep, intimate, and long lasting
- ❖ Research has shown that people with strong social relationships are happier and healthier and live longer
- ❖ Low social support is associated with a variety of health problems including depression, high blood pressure, and lower immune system functioning
- ❖ People have a basic need for affiliation and having relationships allows one to feel important, loved, respected, and connected
- ❖ In times of difficulty or distress, relationships allow you to feel that you are **not** going through it alone and that you are cared for by others
- ❖ Relationships also allow you to have impact on others and be remembered by them; there can be great joy in giving to and helping others
- ❖ Conflicts occur naturally in relationships and it takes good communication to resolve problems and build stronger bonds
- ❖ Unhealthy relationships can lead to codependency, being controlled, being abused, feeling humiliated, and victimization of one sort or another
- ❖ Healthy relationships require mutual trust and respect, the ability to admit that one is wrong, the ability to apologize, and the ability to forgive
- ❖ While social media has allowed people to have instant and diverse relationships, there is a downside of depression when unfriended, not responded to, or rejected
- ❖ Social media also allows for the opportunity to have false relationships, enmeshed relationships, and addictive relationships
- ❖ While relationships have a great opportunity to enrich one's life, be cautious about false and fake online connections

## WHAT TO DO!

- ❖ In building and maintaining friendships, communication without hurting the other is necessary so that conflicts and disagreements can be resolved
- ❖ Show respect for each other by allowing the other to talk; recognize that what they are saying is important and has value to them
- ❖ Being willing to compromise is more important than needing to be right
- ❖ Admit your mistakes and apologize for them
- ❖ Do not intentionally be hurtful when angry
- ❖ Offer encouragement and try to make your friend or partner a better person
- ❖ Respect the privacy of another and do not show distrust by snooping on them
- ❖ You do not have to win every disagreement because if you always win, your partner always loses and then you both ultimately lose
- ❖ Set and maintain your boundaries in order to be respected by others
- ❖ Seek professional help if you think you are unable to have meaningful relationships

## WE CAN HELP!

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

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