

HOW TO HAVE SUCCESSFUL RELATIONSHIPS!

*When you're down and troubled and you need some loving care
And nothing, nothing is going right... close your eyes and think of me
And soon I will be there to brighten up even your darkest night...Carole King*

WHAT TO KNOW!

- ❖ Relationships like anything else need to grow; work and nurturance are key elements in growing a relationship
- ❖ Ensure that the other person feels important and do not take each other for granted
- ❖ Keep your ego in check and do not try to change the other person
- ❖ Mutual Trust, Respect, Communication, and Commitment are vital in maintaining any relationship
- ❖ True trust is the ability to count on your partner, to know that they are there for you, that they “have your back”, and that they will not hurt you
- ❖ Respect means having a high regard for the other person and not treating them in hurtful or deprecating ways even if they disagree with you
- ❖ Communication may be difficult but it is necessary: it allows for partners to be on the same team by clearing up misunderstandings, misperceptions, conflicts, etc.
- ❖ Communication can also show respect for one’s ideas and also allows for the building and strengthening of relationships
- ❖ According to Dr. John Gottman, contempt or disrespect by either or both partners is the best predictor of divorce
- ❖ The ability to resolve conflicts is also one of the strongest predictors of successful relationships
- ❖ Many arguments can be resolved by separating the person from the issue and recognizing that one partner is not intentionally trying to hurt the other
- ❖ When resolving conflicts, be open and honest and say what you really mean; choose words that are not aggressive, hurtful, or disrespectful
- ❖ Set clear and firm boundaries so that each partner can take responsibility for their own feelings and actions and not the others

WHAT TO DO!

- ❖ Make the relationship important and think in terms of “we” not “me”
- ❖ Create safety in order to be able to verbally express hurts, fears, and anger
- ❖ Work on being friends and not just partners
- ❖ Be kind to each other and treat and take personal responsibility; apologize with sincerity when wrong or hurtful
- ❖ Make positive statements at least five times as many as negative ones
- ❖ Express positive affection through smiling, hugging, touching, and just being more thoughtful
- ❖ Seek professional help if you are unable to establish or maintain successful relationships

WE CAN HELP!

Call us at **954 755-2885** or email us at DrKimmel@KimmelPsychology.com

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