

# BUILDING BETTER RELATIONSHIPS

People who successfully build intimate relationships with friends and/or a significant other experience countless benefits.

Healthy relationships are proven to help you live longer, deal with stress and depression better, be healthier, and have a more fulfilling, richer life.

Practice these skills to become closer to others...



1

## **BE YOURSELF.**

Don't try to relate to others by acting like you think they would want/expect you to. Being real from the start gives each person a chance to see if they can be comfortable with each other's beliefs, interests, looks, and lifestyle.

2

## **COMMUNICATE WELL.**

- Use "I" statements when talking to others about your thoughts or feelings. This promotes ownership of what you are saying, which establishes a strong, direct position.
- Self disclose at a slow, but steady rate. This is the art of sharing your private thoughts and feelings with people you trust. Revealing too much too soon can cause the speaker to feel overly vulnerable and the listener to feel uncomfortable and obligated to reciprocate. Take your time. You can increase your rate of sharing as you get to know the person better.
- Ask for what you need/want. Others cannot read your mind, so limit your expectation that the other person should be able to guess what you prefer out of their affection for you. The best chance of receiving what you want is to speak up and ask for it.
- Ask for what others need/want. Don't make assumptions. Misunderstandings can arise from acting on what you guess your friend/partner wants.
- Give both of you permission to peacefully refuse each other's requests at times.

3

## **RESOLVE CONFLICTS.**

Take the relationship from "my way/your way" to "our way" through negotiation and compromise. Start the problem solving by listening to and respecting each other's point of view. Allow time for each to speak their mind without interruption. Conflicts are more easily addressed when both people participate in the solution instead of one person dominating the decision making process. Aim for a balance of power.

4

## **RECIPROGATE.**

Give equal importance to the feelings, interests, and needs of each person in the relationship. Develop the skill of both giving and receiving emotional support. Remember to take care of and respect yourself so you can do the same for another.

5

## **ENJOY EACH OTHER.**

Take time to do things you enjoy together and make good humor and fun a part of your regular schedule.

