

# Successful Relationships Need Healthy Boundaries

Successful intimate relationships are built from a strong foundation of trust, communication, and respect. For this foundation to exist it is important that each partner recognizes they are their own person within the relationship and not overly reliant on each other for their psychological and emotional needs. They can share a strong emotional connection while still respecting each other's boundaries. This is known as an "interdependent relationship".

Issues often arise in relationships that are referred to as dependent, co-dependent, or counter-dependent because of the unhealthy beliefs couples hold.

In a dependent relationship, the message being communicated in most interactions is: ***"I need you; you are responsible for my happiness."***

In a co-dependent relationship, the message is: ***"I need you to need me. I am responsible for your happiness."***

And in a counter-dependent relationship, the is: ***"I do not need you, I need no one"***.

Dependent, codependent, and counter-dependent relationships originate from childhood where it was difficult for children to develop healthy boundaries with their primary caretakers. The good news is that couples can work together at repairing each other boundaries by learning tools of communication and practicing them.

In a healthy inter-dependent relationship, the message becomes:

***"I am responsible for my happiness, and you are responsible for your happiness and at the same time we can work together to be present and meet each other's physical and emotional needs in appropriate and meaningful ways."***

It is possible to have different and even opposite views and still respect and appreciate each other as individuals. In an interdependent relationship, you are no longer trying to change each other. You appreciate your partner for whom they are without feeling the need to compromise their beliefs or values to make the relationship work.

You turn to each other for anything and appreciate your life together, but also realize the importance of having relationships outside of your own (with family, friends, hobbies, etc.) and you do not rely on each other for the feeling of self-worth.

In short, if you are in an interdependent relationship, you have or experience the following with your partner:

You actively listen during conversations with each other because you are sincerely interested in your partner's thoughts, feelings, and experiences.

**You take time for personal interests.**

**You feel safe being vulnerable with each other**

**You both have a healthy level of self-esteem**

**You take responsibility for your own behaviors**

**You communicate well with each other**

**Your relationship has healthy boundaries**

**You can turn to each other for good and bad**

## 2 Day Intensive Couple's Retreat

### 12 Hours, 8 Sessions

Find the answers you are looking for.  
Learn practical tools for dissolving conflicts.  
Learn how to be your partner's best friend &  
healer. Escape isolation and start living in  
connection.

**Schedule Today!**

Sign up for a 2-day Intensive, 2 consecutive days of 6-hour long session with a one-hour lunch time break. Followed by eight 90 - minute sessions taken once a week or every 2 weeks twice a month, alternatively Sundays and Mondays or Wednesdays and Thursdays:

Call to schedule an appointment today.

**(216) 503 3400**

Mindful Relating, LLC  
www.mindful-relating.com  
kareenlcaputo@gmail.com