

Healthy Functional Relationships

Clear The Land

- Abstinence from dysfunctional behaviors, not from relationships -Big Bang relationship .
- If there is emotional, physical, or sexual abuse -relationship separation is necessary.

Lay The Foundation

- Communication -get to know them first .talking and listening
- With Yourself-Know what you are thinking,, feeling, and doing.
- With Partner-Know what they are thinking feeling and doing
- care about yourself and care about your partner -you do not want to get into another abusive relationship.

Healthy Relationship

Build the Stories

- Casual contact no commitment no obligations.
- companionship doing things together ,activity more important than the person .
- friendship-being with the person more important than the activity.
- Romantic Love- Passion, sexuality, commitment.
- Committed Love- All relationships are conditional relationships. All relationships grow when you say yes I will spend the evening with you , I will listen to your problems , I will invest money with you, I will Make Love to you, I will have children with you

Add The Roof

- Relationships should nurture and support us, not drain us and hurt us .
- Healthy people Know the strengths and the weaknesses of having relationships.
- They know the value of asking for help. They know the importance of setting boundaries. They are willing to try to have a positive loving relationship .
- All relationships take time to build. No relationship can last if you are not willing to admit when you are weak and vulnerable. Relationships are not always fun and easy. If the relationship is not good for you then you must choose to leave.