



# ALL ABOUT US

When we met:

Where: \_\_\_\_\_

## Our Favorite Foods

● \_\_\_\_\_  
● \_\_\_\_\_  
● \_\_\_\_\_

## Our songs

● \_\_\_\_\_  
● \_\_\_\_\_  
● \_\_\_\_\_

If we won a million dollars, what would we do with it?

## Words that describe us.

● \_\_\_\_\_  
● \_\_\_\_\_  
● \_\_\_\_\_

## In our spare time we like to.

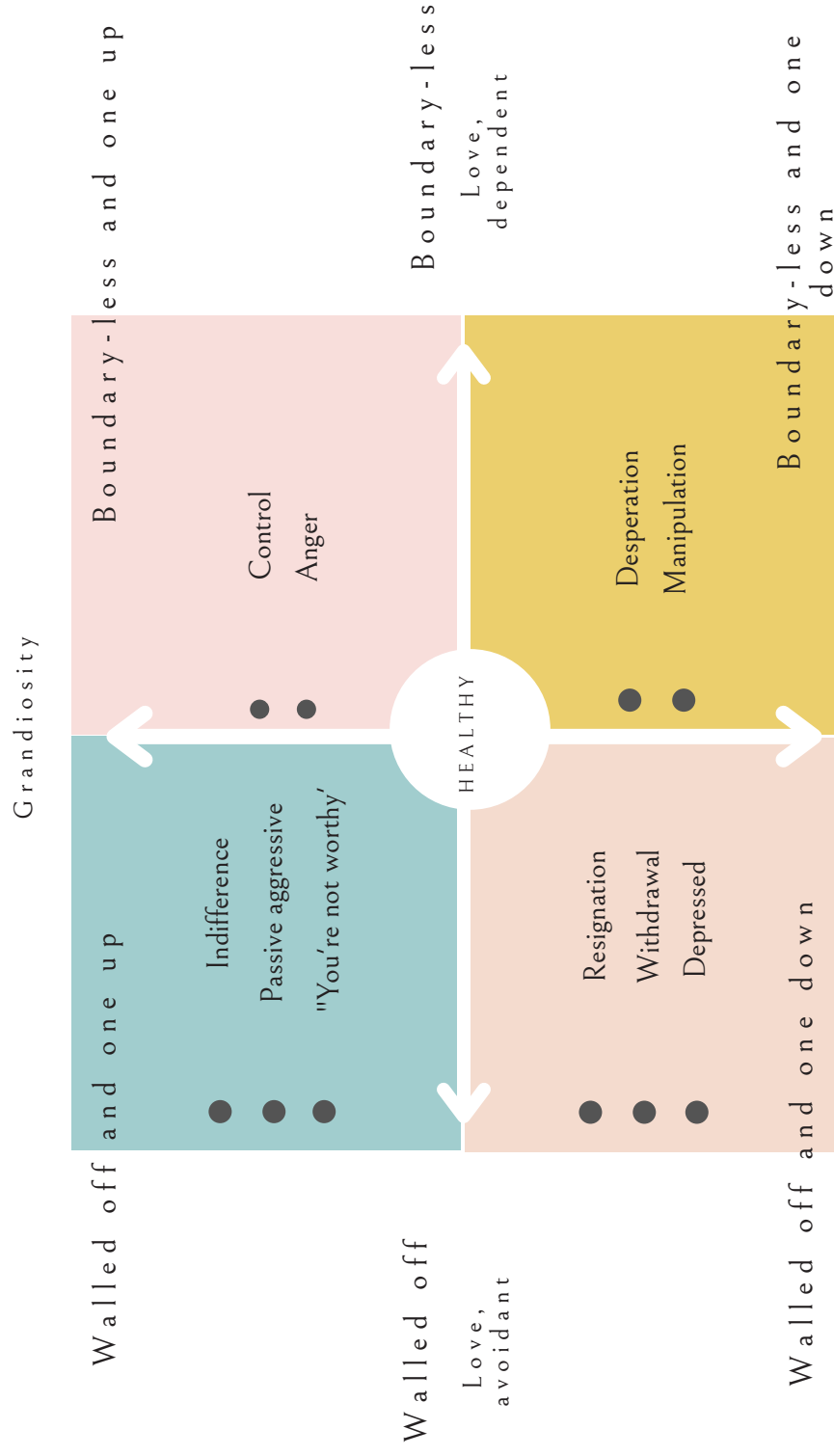
● \_\_\_\_\_  
● \_\_\_\_\_  
● \_\_\_\_\_

A QUOTE THAT INSPIRES US IS.



# THE RELATIONSHIP GRID

The Relationship Grid was developed as a way to visualize where your primary maladaptive relationship style trends. No matter where you fall on The Relationship Grid, we should aim for the middle ground between extremes.



Shame

@counselorcronan



# HEALTHY RELATIONSHIPS

A relationship can be defined as a close connection between two people; it is how two or more people are connected. A relationship can be positive or negative, intimate or platonic, meaning it can be romantic or friendship based. There are four basic types of relationships: family, friendships, acquaintances, and romantic relationships. Relationships are a big part of our life; having many healthy relationships will help your mental well-being.

## HEALTHY

## UNHEALTHY

COMPLIMENTS



CRITICIZES

FORGIVENESS



HOLDS GRUDGES

RESPECTFUL



DISRESPECTS

COMPROMISES



DEMANDS

ENCOURAGES



INSULTS

SUPPORTS



COMPETES

COMMUNICATES



HAS SECRETS



# HEALTHY RELATIONSHIPS

Try and complete it together.  
Take your time to discuss your answers.

HEALTHY

UNHEALTHY





# HEALTHY RELATIONSHIPS

Characteristics of a healthy relationship include trust, respect, communication, honesty, and compromise.

Tick any that apply to your relationship.

## HEALTHY

- Have lots of fun together
- Have more good times than bad
- We spend time together and separately with our friends
- I always feel safe with them and we trust each other
- I feel supported with my future goals, even if my goals are different from theirs
- I receive regular compliments
- We communicate our needs and wants
- We solve conflicts without hurting each other
- We respect each other's boundaries, including those boundaries around physical touch and sex
- We both apologize when we are wrong. We don't hold onto grudges and bring up the mistakes from the past
- We listen & try to understand each other's point of view even if we disagree.
- I don't try to be anyone else except myself when I am around my partner
- I don't feel fearful in my relationship
- We respect each others privacy
- We have both comprised things for each other in the past

## UNHEALTHY

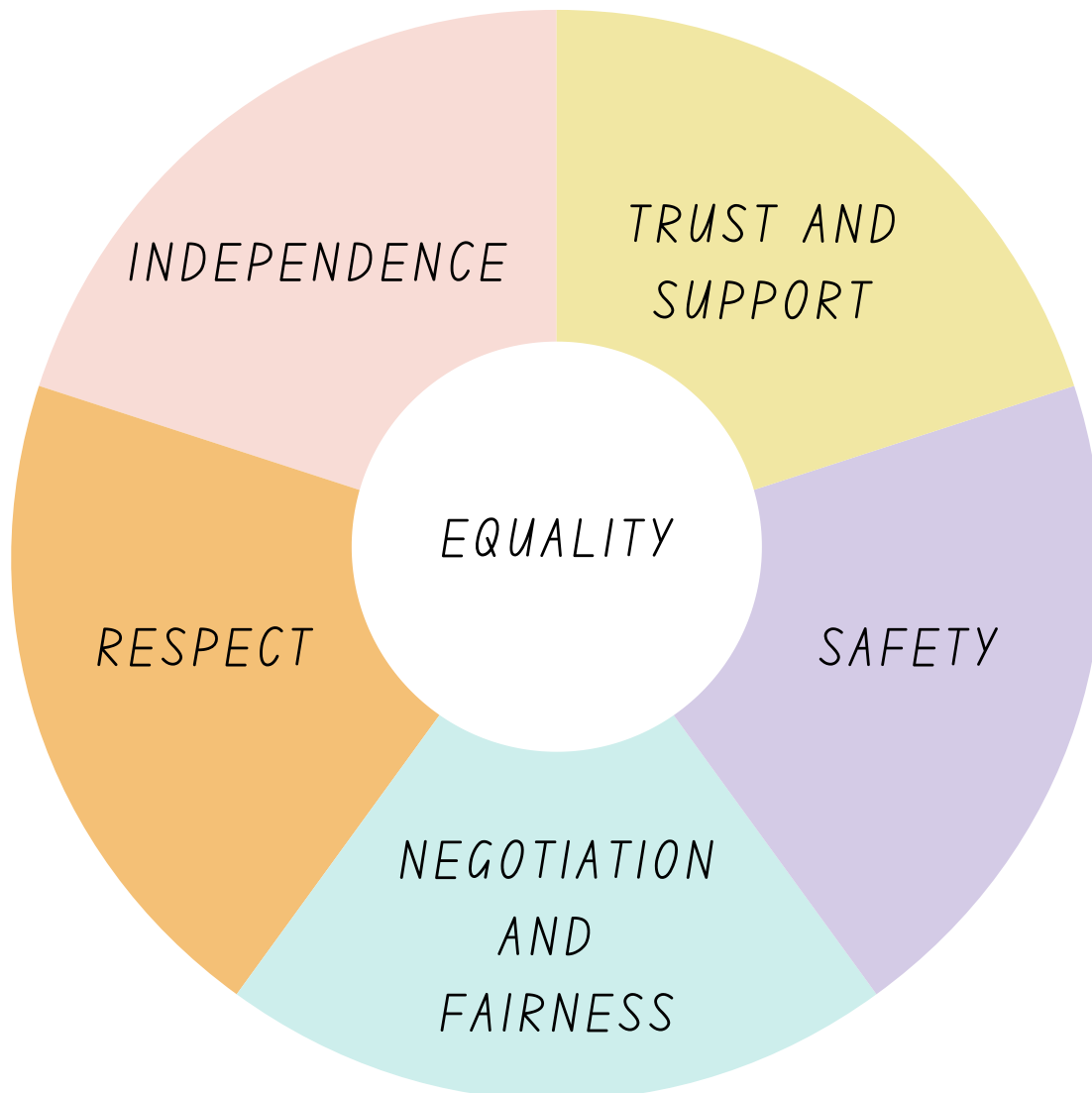
- We used to have fun, but not so much anymore
- We have more bad times together than good
- There has been times when my partner didn't make me feel safe
- My partner is often jealous and doesn't trust me for no good reason
- There has been times when I don't feel supported
- My partner often says things that puts me down
- We often fight
- If my partner is upset with me, I'll get the silent treatment
- I have never received an apology from my partner
- I have found myself trying to be someone I'm not because I am trying to impress my partner
- My partner always wants to look through my phone
- There has been times when I was fearful in my relationship
- I always have to do what my partner wants me to do



# HEALTHY RELATIONSHIPS

The Equality Wheel describes the qualities involved in healthy relationships. Healthy relationships are an essential part of our overall well-being, and they can show us that we are valued, supported, and respected as human beings. Life has many great things to offer, and healthy relationships help us share that joy with others. Remembering that a healthy relationship should always provide you with more joy, happiness, and personal growth than sadness, fear, or stress. There is no power or control over another person in any relationship, and everyone should be treated equally.

Below is the healthy relationship wheel, which outlines a healthy relationship's six most important elements. Remember that healthy relationships exist in all our relationships, not just romantic ones.





# HEALTHY RELATIONSHIPS

Think about a relationship you would like to work on, how can you apply these pillars in this relationship?

RESPECT

EQUALITY

SAFETY

TRUST AND  
SUPPORT

NEGOTIATION

INDEPENDENCE



# PILLARS OF TRUST



## HONESTY

You are always told the truth.

When you are honest with someone, it shows them they can trust what you do and say. It helps them know they can believe your promises and commitments.



## TRANSPARENCY

The person you are in the relationship with is forthcoming with honesty.

Transparency will help you feel at ease, open and vulnerable. It will also allow you to share your feelings, opinions, and thoughts.



## ACCOUNTABILITY

The person you are in the relationship with does what they say they will do.

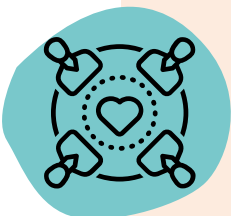
Accountability is being entirely responsible for what we do and say in a relationship.



## ETHICAL ACTIONS

The person you are in the relationship with acts in line with your morals and values.

Your ethics are principles that help guide your life and will help decide how you treat others.



## PROOF OF ALLIANCE

The person you are in the relationship with shows they are on the same team as you. The healthiest relationships are where both parties involved act as a team, respecting each other's boundaries and helping meet each other's needs.





# PILLARS OF TRUST

Think about a relationship you would like to work on, how can you apply these pillars of trust in this relationship?

HONESTY



TRANSPARENCY



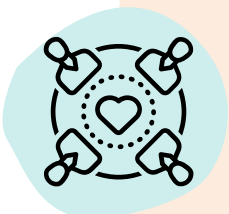
ACCOUNTABILITY



ETHICAL ACTIONS



PROOF OF ALLIANCE





# TRUST AND SUPPORT

What does trust mean to you?

Do you have trust issues in your relationships? If so, why?

How is trust earned?

Why is trust important in a relationship?

How can your trust be broken? Can it be repaired? If so, how?



# TRUST AND SUPPORT

1

Be open and vulnerable about your feelings.  
Give an example of how you can do this.

Match your actions with your words.  
Give an example of how you can do this.

2

3

Always be honest.  
Give an example of how you can do this.

4

Forgive each other when something goes wrong.  
Give an example of how you can do this.

5

Have open communication.  
Give an example of how you can do this.

6

Show empathy.  
Give an example of how you can do this.



# LOVE LANGUAGES

The five love languages are five different ways of expressing and receiving love: words of affirmation, quality time, receiving gifts, acts of service, and physical touch. Although you may be expressing affection to your partner regularly, do you truly take the time to ensure you're communicating it how your partner wants to receive it?



## WORDS OF AFFIRMATION

Verbal compliments that express love and appreciation. Such as, "I love you."

Written and spoken shows of affection matter the most to these people.



## PHYSICAL TOUCH

Nonverbal use of body language and touch to show love, connection, and excitement.

People with physical touch as their love language feel loved when they receive physical signs of affection, including kissing, holding hands, cuddling on the couch, and having sex.



## QUALITY TIME

People whose love language is quality time feel the most adored when their partner actively wants to spend time with them and is always down to hang out. Uninterrupted and undivided attention and time show someone that you care. Engaging in conversations is important.



## ACTS OF SERVICE

You value when your partner goes out of their way to make your life easier, such as bringing you soup when you're sick or making coffee for you in the morning.

"Let me help you." Broken commitments show someone that they don't matter.



## RECEIVING GIFTS

People with this style recognize and value the gift-giving process: the careful reflection, the deliberate choosing of the object to represent the relationship. Thoughtfulness makes people feel like a priority and special.

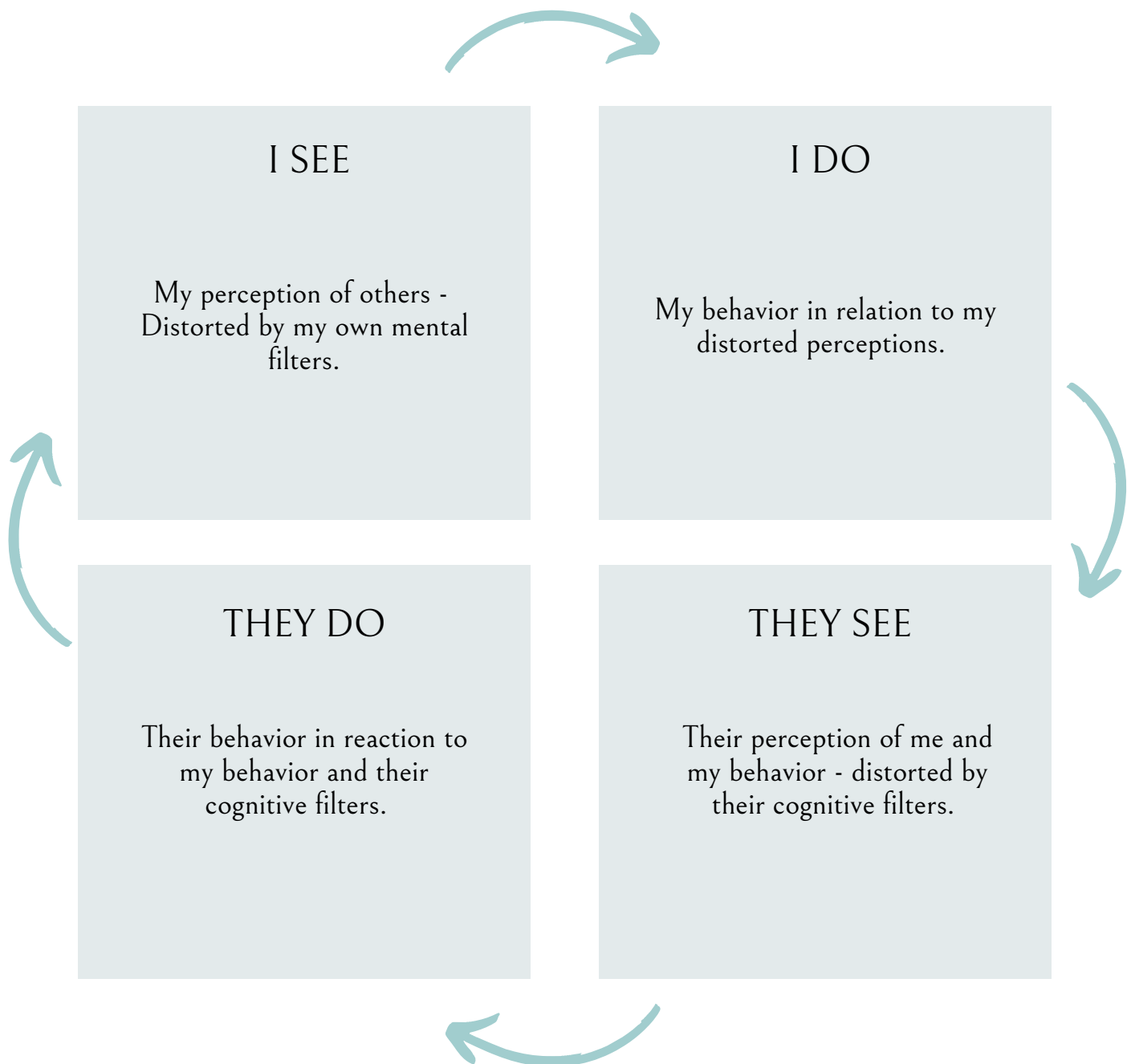


# COLLUSION CYCLE

Collusion usually implies that some secret agreement has occurred to deceive others. So how does this relate to couples and relationships?

In the context of relationships, it might be referred to as a subconscious, repetitive pattern of dysfunctional behavior between both parties. You might be surprised to learn that you have unintentionally sabotaged your relationship while justifying your perceptions and behaviors.

You can use this worksheet to help break down your behavior and perceptions the next time there is conflict within your relationship. It might help you look at things from a more helpful angle.





# EXAMPLE

Look at this example, where a feedback loop results in a self-fulfilling prophecy.

How do you stop the cycle?

Energy and perceptions need to be focused on the "I see" and "I do" boxes. Shift your perceptions of the "selfish" and "careless" partner to something more benign like "exhausted," "distracted," or "in need of a break," and you may find that ongoing interaction is likely to be more supportive and reciprocated.





# MY PARTNER'S STRENGTHS

Remember when you first started your relationship, and all you could find were positive things to say about your partner and their qualities and strengths? Unfortunately, these strengths can be easily overlooked and taken advantage of over time.

This is a mindful exercise to consciously appreciate your partner's strengths and qualities and deepen your connection.

Circle the strengths that you partner displays

HONESTY	APPRECIATIVE	RELIABLE	ADVENTUROUS	EQUALITY
RESPECT	FAIR	ORGANIZED	DIVERSE	INSPIRED
COMPASSIONATE	BRAVE	COMMITTED	DETERMINED	SELFLESS
MINDFUL	WISE	TRANSPARENT	PRODUCTIVE	LOVING
CURIOUS	INTELLIGENT	CLEAN	FUN	CARING
FORGIVING	MOTIVATED	ETHICAL	STRONG	TOLERANT
LOYAL	SUPPORTIVE	TRADITIONAL	GIVING	LOGICAL
CONFIDENT	OPTIMISTIC	PRESENT	AUTHENTIC	SPIRITUAL
GRATITUDE	ENTHUSIASTIC	PERFECTION	AMBITIOUS	NURTURING
LEADERSHIP	MODEST	DEDICATED	REFLECTIVE	DISCIPLINED
PATIENT	STABLE	PASSIONATE	SUCCESSFUL	FLEXIBLE

Choose 2 of your partner's greatest strengths and write about a positive time when they displayed this strength.

MEMORY 1:

MEMORY 2:



# EXPLORING US

THINGS WE ARE GOOD AT

○ \_\_\_\_\_  
○ \_\_\_\_\_  
○ \_\_\_\_\_

THINGS WE NEED TO  
IMPROVE ON

○ \_\_\_\_\_  
○ \_\_\_\_\_  
○ \_\_\_\_\_

WHAT WE LIKE ABOUT US

○ \_\_\_\_\_  
○ \_\_\_\_\_  
○ \_\_\_\_\_

CHALLENGES WE HAVE  
OVERCOME

○ \_\_\_\_\_  
○ \_\_\_\_\_  
○ \_\_\_\_\_

OUR GOALS FOR OUR  
FUTURE

○ \_\_\_\_\_  
○ \_\_\_\_\_  
○ \_\_\_\_\_

WE HAVE FUN WHEN

○ \_\_\_\_\_  
○ \_\_\_\_\_  
○ \_\_\_\_\_

OUR BIGGEST  
ACCOMPLISHMENTS

○ \_\_\_\_\_  
○ \_\_\_\_\_  
○ \_\_\_\_\_

THINGS THAT MAKE US  
UNIQUE

○ \_\_\_\_\_  
○ \_\_\_\_\_  
○ \_\_\_\_\_





# OUR BUCKET LIST

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_
16. \_\_\_\_\_
17. \_\_\_\_\_
18. \_\_\_\_\_
19. \_\_\_\_\_
20. \_\_\_\_\_
21. \_\_\_\_\_
22. \_\_\_\_\_
23. \_\_\_\_\_
24. \_\_\_\_\_
25. \_\_\_\_\_
26. \_\_\_\_\_
27. \_\_\_\_\_
28. \_\_\_\_\_
29. \_\_\_\_\_
30. \_\_\_\_\_
31. \_\_\_\_\_
32. \_\_\_\_\_
33. \_\_\_\_\_
34. \_\_\_\_\_
35. \_\_\_\_\_
36. \_\_\_\_\_
37. \_\_\_\_\_
38. \_\_\_\_\_
39. \_\_\_\_\_
40. \_\_\_\_\_
41. \_\_\_\_\_
42. \_\_\_\_\_
43. \_\_\_\_\_
44. \_\_\_\_\_
45. \_\_\_\_\_
46. \_\_\_\_\_
47. \_\_\_\_\_
48. \_\_\_\_\_
49. \_\_\_\_\_
50. \_\_\_\_\_



# ACCEPTANCE

THINGS ABOUT MY PARTNER THAT  
I FIND HARD TO ACCEPT

THINGS ABOUT MYSELF THAT I  
FIND HARD TO ACCEPT

THINGS ABOUT MY PARTNER THAT  
I AM STILL LEARNING TO ACCEPT

THINGS ABOUT MYSELF THAT I AM  
STILL LEARNING TO ACCEPT

THINGS ABOUT MY PARTNER THAT  
I HAVE LEARNED TO ACCEPT

THINGS ABOUT MYSELF THAT I  
HAVE LEARNED TO ACCEPT

THINGS ABOUT MY PARTNER THAT  
I VALUE AND RESPECT

THINGS ABOUT MYSELF THAT I  
VALUE AND RESPECT



# TASKS DIVIDER

Below are some words describing some of the tasks or chores that couples need to complete weekly or daily.

Some boxes have been left blank for you to add your own.

Many couples fight over household tasks, and one partner often feels they do more of the tasks.

This is a visual task to see who is doing what tasks and how you can divide them between you.

Use two different colors to highlight which task belongs to whom.

Vacuuming	Making the bed	Doing the laundry	Cleaning the dishes	Cooking
Doing the food shopping	Dusting	Mopping the floors	Cleaning the shower	Cleaning the toilet
Mangaing finances	Paying bills	Feeding the pets	Ironing	Gardening
Cleaning the pool	Washing the sheets	Emptying the bins	Cleaning the bins	Watering the garden





# CONFLICT RESOLUTION

## R.E.S.T

REST is a standard conflict resolution tool that will help resolve relationship issues by breaking the problem down into four simple steps.

R

### REVIEW

Identify and state what the problem is.

E

### EVALUATE OPTIONS TO HELP SOLVE THE PROBLEM

S

### SOLVE THE PROBLEM

Choose one of the options and put it into action.

T

### TRACK PROGRESS

Set a time between two to three weeks to review the problem.



# COMMUNICATION

Using assertive communication means you can express your feelings clearly, directly, and respectfully. When assertive, you express your thoughts and feelings and stand up for yourself without being aggressive or putting anyone down. Communicating assertively can help you minimize conflict and resolve issues more effectively while empowering yourself.

Three communication styles have been identified, and all of them can resemble different animals because of their particular characteristics and traits.  
Let's have a look!

## HIGH REGARD FOR SELF

### ASSERTIVE

- Remaining calm
- Using 'I' statements
- Avoiding accusatory language
- Standing up for yourself and others in a positive way

### AGGRESSIVE

- Speaking loudly
- Using 'you' statements
- Demanding in use of language
- Interrupting others
- Blaming others
- Intimidating others

HIGH REGARD FOR OTHERS

LOW REGARD FOR OTHERS

### PASSIVE

- Unable to effectively speak your opinions and thoughts
- Feeling walked over by others
- Needs are not being met
- Becoming resentful of others

### PASSIVE AGGRESSIVE

- Using sarcasm
- Feelings and actions don't match up
- Sabotaging or annoying others
- Avoiding confrontation
- Denying issues

## LOW REGARD FOR SELF

“

THE BIGGEST COMMUNICATION  
PROBLEM IS WE DO NOT LISTEN TO  
UNDERSTAND. WE LISTEN TO REPLY.”

STEPHEN COVEY



## "I" STATEMENTS

"I" statements are a great way to help solve the conflict. When someone feels blamed for something, it is easy to get defensive and emotional; the "I" statement formula effectively communicates your feelings and needs.

### 1 "I FEEL....

What are my feelings?

### 2 WHEN....

Gently describe the other persons actions

### 3 BECAUSE...

The effect of the behavior on you

### 4 I NEED."

What would you like the other person to do instead?



# COMMUNICATION

## "I" STATEMENTS

### 1 "I FEEL....

What are my feelings?

"I feel disrespected

### 2 WHEN....

Gently describe the other persons actions

When you don't have time for me, especially when you sit on your phone all night,

### 3 BECAUSE...

The effect of the behavior on you

I see you talking and texting on your phone all night, and I wonder why you don't make the time to even talk to me.

### 4 I NEED."

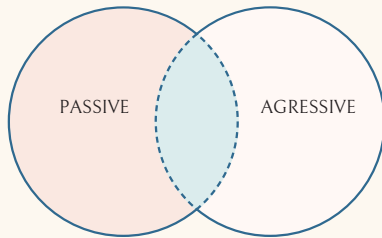
What would you like the other person to do instead?

I need you to ask me questions such as, "How was your day? what are your plans tomorrow? How can I help you?" because that makes me feel important and respected.





# COMMUNICATION



Using assertive communication means expressing your feelings clearly, directly, and respectfully. When assertive, you express your thoughts and feelings and stand up for yourself without being aggressive or putting anyone down. Communicating assertively can help you minimize conflict and resolve issues more effectively while empowering yourself.

Three communication styles have been identified, and all of them can resemble different animals because of their particular characteristics and traits.

Let's have a look!

- PASSIVE
- Hides and shys away
- Self-protection to avoid getting hurt
- Lacks confidence
- Keeps your feelings tucked inside
- Plays it safe
- Pleasing others more than accepting self

- ASSERTIVE
- Wise, calm, and observant
- Respectful and mature to self and others
- Doesn't overreact and expresses feelings tactfully
- Feels secure, confident, and loved
- Uses "I statements."

- AGGRESSIVE
- Is rude, bossy, and controlling
- Disrespectful and can make people feel uncomfortable
- Can yell and scream
- Acts like they are better than everyone else
- Intimidating



# CONFLICT TRIGGERS

WHEN THIS HAPPENS

Blank space for writing when this happens.

THIS IS WHAT I THINK

THIS IS HOW I FEEL, BECAUSE.

Blank space for writing thoughts.

Blank space for writing feelings and reasons.

WHAT I CAN DO IN THIS EVENT TO HELP REDUCE CONFLICT

Blank space for writing actions to reduce conflict.



# PROBLEM SOLVING

DEFINE THE PROBLEM IN DETAIL. WHO, WHAT, WHERE, WHEN, HOW AND WHY?

WHAT DO YOU WANT TO CHANGE?

WHAT SOLUTION DID YOU USE AND WAS IT EFFECTIVE. IF SO, HOW?

HOW WAS YOUR SOLUTION NOT EFFECTIVE? WHY?

HOW COULD YOU HANDLE THE PROBLEM BETTER NEXT TIME?



# INTERPERSONAL EFFECTIVENESS SKILL

## G.I.V.E

The worksheet will utilize GIVE skills to teach you how to prevent conflict in a relationship. It will help guide you to be genuine, maintain interest, validate, and have an easy manner when trying to avoid and resolve conflict.



G

### GENTLE

Be more gentle and treat the other person with respect. Don't threaten, attack, or express judgment while interacting with others.



I

### INTERESTED

Listen and look interested in the other person. Show interest in other people's points of view by listening without interrupting.



V

### VALIDATE

Show other people that you understand by validating their thoughts and feelings. Try to recognize when you are demanding, and respect their opinions.



E

### EASY MANNER

Be lighthearted, smile, and show an easy manner by using a little humor. Leave your attitude at the door.



# THE SELF-CARE WHEEL

Self-care means looking after yourself physically and mentally. It is essential to your relationship because it allows you to bring a more balanced, present, and happy self to a relationship which will garner a deeper connection.

Suppose you and your partner can practice self-care. In that case, you will be more understanding, loving, and accepting of yourselves, all essential qualities for a long-lasting healthy relationship.





# THE FOUR HORSEMEN AND THEIR ANTIDOTES

The four horsemen and their antidotes is a concept that highlights four common behavior and communication patterns (horse riders) that are toxic to relationships. If left unchecked, they can become a normal way of communicating with one another, eventually destroying your relationship. The antidote is how these behaviors can be reversed and heal pain through mutual care, compassion, and connection. Thus, they eliminate the toxic effects and create genuine empathy within your relationship.

## CRITICISM

Verbally attacking personality and character.  
Your partner feels verbally assaulted or rejected.



## GENTLE START UP

Address the specific behavior without blaming or attacking. Instead, talk about your feelings, and use "I" statements to express your positive need.

## CONTEMPT

Disrespect, belittling or name calling.  
Partner feels small and worthless.



## BUILD A CULTURE OF APPRECIATION

Remind yourself of your partner's positive qualities, find gratitude in positive actions. Attempt to understand your partner's point of view.

## DEFENSIVENESS

Victimizing yourself to reverse the blame.  
Partner feels unheard and unimportant.



## TAKE RESPONSIBILITY

Take responsibility for the ways that you may have contributed to the conflict. Accept your partner's perspective, and offer an apology if you were in the wrong.

## STONEWALLING

Withdrawing to avoid conflict and going silent during essential discussions.  
The partner feels rejected and abandoned.



## PHYSIOLOGICAL SELF-SOOTHING

Take a break, and spend that time doing something peaceful and soothing.  
Explain to your partner that you must take a calm break from the conflict.



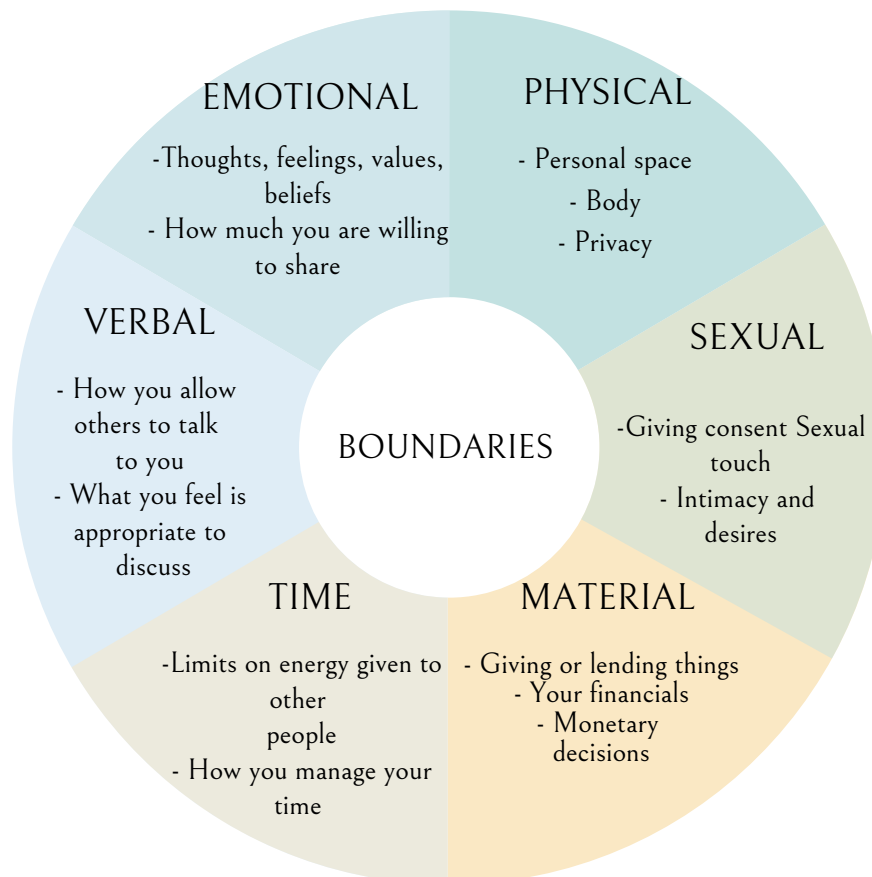
# WHAT ARE BOUNDARIES?

Boundaries are simply the limits, rules, or lines we set for comfort. Boundaries are a set of physical and mental guidelines that are established to help protect ourselves when we are around other people and in relationships.

Having healthy boundaries is an essential personal skill to help you thrive and communicate your needs. It is vital to set limits so that others don't take advantage of or manipulate you. For example, a person with solid personal boundaries will feel comfortable saying 'no' when asked to do something they are uncomfortable doing without feeling the need to apologize.

Everyone's boundaries are different, so once you set yours it shows others how you expect them to behave around you and vice versa.

## TYPES OF BOUNDARIES





# FINDING THE SWEET SPOT

By now, you are familiar with boundaries, the imaginary line separating you from others. However, finding the right balance with personal boundaries can be difficult and a work in progress for many people.

Personal limits of boundaries can be divided into three different categories, rigid (hard), porous (soft), and healthy (the right balance between the other two).

Individuals with porous boundaries find it hard to say no to people and often feel mistreated and taken advantage of.

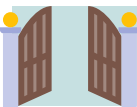
On the other hand, individuals that constantly have a wall up and don't allow people to get close to them have hard, rigid boundaries.

Understanding your boundaries is essential as it allows you to be assertive, protects you from mistreatment, and helps you develop meaningful relationships. If you recognize your boundaries as either soft or rigid, you can adjust them and move them in the right direction to find the right balance that works for you.



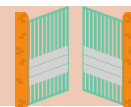
## RIGID

- DOESN'T ASK FOR HELP
- AVOIDS CLOSE RELATIONSHIPS
- CLOSED OFF
- SEEMS DETACHED FROM OTHERS
- PROTECTIVE OF THEMSELVES AND PERSONAL INFORMATION
- HAS ONLY A FEW CLOSE RELATIONSHIPS



## POROUS

- FINDS IT DIFFICULT TO SAY "NO"
- OVERSHARES TOO MUCH PERSONAL INFORMATION
- TOO INVOLVED IN OTHER PEOPLES PROBLEMS
- ACCEPTS DISRESPECT
- DEPENDENT ON OTHER PEOPLES OPINIONS
- FEELS RESPONSIBLE FOR OTHER PEOPLES HAPPINESS



## HEALTHY

- VALUES THEIR OWN OPINIONS
- DOESN'T COMPROMISE THEIR OWN VALUES FOR OTHERS
- SHARES PERSONAL INFORMATION APPROPRIATELY
- IS COMFORTABLE IN SAYING "NO" AND ACCEPTS "NO" FROM OTHERS





# WAYS I CAN IMPROVE MY BOUNDARIES

## LIMITS

What is acceptable to you and what isn't?

## VALUES

Your limits are often determined by your values, what are your top values?

## ASSERTIVE

How can you communicate your needs?

## RESPECT FOR SELF

Are you putting other peoples needs before your own?  
How can you show yourself more self respect?

## RESPECT FOR OTHERS

Are your boundaries only self serving and hurting your relationships with others? Is there a way you can reconsider your boundaries without sacrificing your needs?

## SELF-AWARENESS

Do you listen to your feelings? Has there been a time that you felt uncomfortable but didn't listen to your feelings?



# 30 DAY COUPLE CHALLENGE

CHALLENGE

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

