

Ten Top Tips[©]



When you want healthy relationships

1. **Is based on respect.** Everyone in the relationship can be themselves, with different opinions, needs and interests. People take the time to listen to each other and want what is best for the other person. Showing love to people you care about is a choice.
2. **When you see something** you appreciate in someone you care about, let them know. Show your appreciation by expressing your feelings. For example: "I enjoyed our meal tonight" or give them a hug.
3. **When you are discussing something** important, try to become aware of your feelings and those of another. Practice asking yourself: "How and what am I feeling about this situation right now?" Then try to share your feelings, even if they are negative.
4. **You cannot control** someone's behaviour, but you can control how you relate to them. For example, you can control how you say things, your tone of voice and your choice of words.
5. **When you have a disagreement**, try to argue constructively without criticising, judging or dumping on them. For example, avoid using words such as 'always', 'never' or 'should', such as: "You never help me with anything."
6. **When arguing**, be clear and specific over what you are in disagreement about. Use an "I" statement to express how you feel and how you would like things to be different. For example: "I felt hurt when you spent our grocery money on new clothes. I would have preferred that you had talked with me first."
7. **Try not to take** your loved ones for granted. Spend quality time with them on a regular basis. Relationships need nourishing.
8. **Don't be afraid** to admit to your mistakes and shortcomings. No one is perfect.
9. **Love yourself** and make your needs known to others. This is not being selfish. If you are running on empty then you have very little to give to yourself and others. Meeting your needs means you have more to give to the people you care about.
10. **Never be afraid** to seek outside help and better earlier than later. Seeking help is a sign of strength, not a weakness.