

Relationship Notes:

Evaluating and Identifying Healthy Relationships

Some Examples of Relationships:

- Friendship
- Parent-child
- _____
- Boyfriend-girlfriend
- Siblings
- Acquaintance
- Roommates

What Relationships Provide:

- _____
- Social Satisfactions
- Basic Needs like shelter and food

Evaluating:

- How does your relationship affect your life?
 - in school
 - _____
 - My physical Health
 - My emotional health
 - my use of drugs or alcohol
 - my family and friends
 - my ability to function independently

In School:

- How does this person _____?
- Have my grades improved or fallen?
- Have I missed school because of this person?
- Have I limited my extracurricular activities so I can spend time with the person?

At Work:

- Have I _____ because of this person?
- Has this person ever come to my place of work to check up on me or embarrass me?
- Does this person give me any support in my career?

My Physical Health:

- Have I had any _____ with this individual?
- Have I gained or lost weight?
- Have I contracted any sexually transmitted diseases from this person?
- Have I become physically upset because of confrontation with this individual?
- Have I been coerced into having sex?

My Emotional Health:

- Do I feel better or worse about myself since entering this relationship?
- Am I more stressed, anxious or depressed?

- _____?

Use of Drugs or Alcohol:

- Have I increased my use of alcohol, drugs and/or smoking in this relationship?
- Has this person _____?
- Do I drink or use to feel more comfortable around this person/friends?

My Family and Friendship:

- _____ feel about this person?
- How does this person feel about them?
- Have I grown apart from Family and Friends since forming this relationship?
- Does this person ever act jealous of my family/friends.
- Do I lie to my family and friends to cover up for this person?
- Do we spend time separately with others we know?

Ability to Function Independently:

- _____?
- Have I become dependent on this person from my living arrangements?
- Do I feel that I just couldn't make it on my own without this person?

A Balancing Act:

- Healthy relationships maintain a balance between the individuals involved in the relationship.

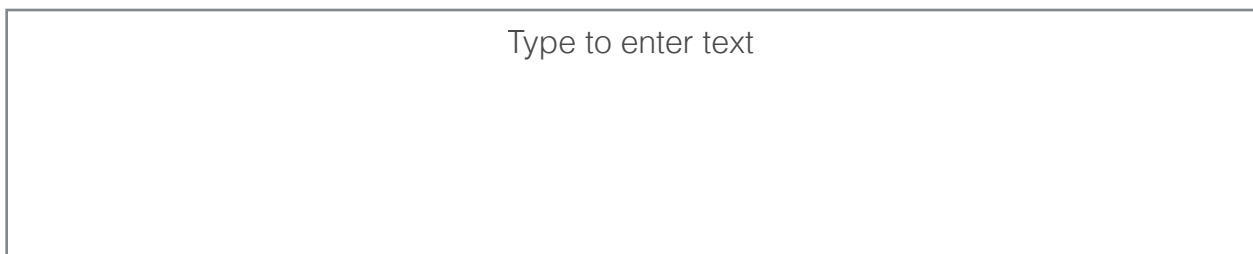
A Balancing Act: In the box- draw the example of the balancing act (circles).



A Balancing Act:

- If the relationship is all about ME, then I am focusing on getting my needs met and expect you to make my needs your priority as well- and your needs suffer.

Type to enter text



A Balancing Act:

-If the relationship is all about YOU, then I am focusing on getting your needs met at the expense of my own.

Type to enter text

A Balancing Act

-If the relationship is about US, then we are both focused on the relationship that we lose our individuality.

Type to enter text

A Balancing Act:

- In a healthy relationship, YOU, ME, and US are in a balance most of the time.
- However, sometimes YOU or ME may needs more attention..._____.

Healthy Relationships:

- How healthy is your relationship?
- The next few slides contain questions that may help you.

Questions to Ask Yourself...

1. Can you name 2-4 things about this person you really like?
 2. Can your name 2-4 things about this person you really dislike?
 3. Can you name 3 things this person is interested in besides you?
 4. Can you name 3 activities you can be involved in without this person?
 5. Do you both have equal decision-making power in the relationship?
 6. How do you handle conflicts?
 7. Do you think this person's relationships with family/friends are healthy?
 8. Since forming this relationship, do you generally feel worse, better, or the same about yourself?
- If you're confused about your relationship and where it's going and what it's doing for you, please get help from the appropriate counseling services.